



Raising Diversity In Your Home

The Diverse Family Series



Objectives

- Defining culture
- Stereotypes
- Multiple perspectives and views
- Setting positive examples
- Guiding curiosity
- Unconditional love
- Embracing unity



What are Some Things that Define a Culture?

What makes your culture unique and different from others?

Defining Culture

“The behaviors, beliefs and material traits or characteristics of a social, religious, or ethnic group.”

Defining Culture (Con't.)

“The sum total of ways of living built up by a group of human beings and transmitted from one generation to another.”



Cultural Traditions

Unless you ask, you will never know why!



Stereotyping

“A simplified and standardized conception or image invested with special meaning and held in common by members of a group.”



Common Stereotypes

- Can you think of any stereotypes you heard growing up?
- Have you experienced being stereotyped?
- Is it possible to change the way we generalize and group people?



Points about Stereotyping

- It is a mistake to stereotype people prior to knowing the truth about them. It is simply prejudice!
- How would you feel if people developed opinions without ever having a conversation with you first?
- Stereotyping is insensitive.
- It can limit potentially great relationships.



Multiple Perspectives

- How you think people view your culture
- Your cultural truth



Perspective

- “What you see depends not only on what you look at but also where you are looking at it from.”
- “To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others.”

Setting Positive Examples for Your Family

- Expose yourself first to other cultures
- Respect others and their rights to think and be
- Remember you are uniquely different, and so is everyone else
- Prejudice will limit your viewpoints and perspectives
- Keep an open mind
- Develop relationships with people who come from different backgrounds
- Embrace the differences you find in others while discovering possible similarities
- Neither books, religion, ethnicity or culture can define a person
- Be an example of good character



Tips for Raising Diversity and Guiding Curiosity

- Intentionally guide a child into the discovery of other cultures (for example, museums, books, movies, travel)
- Intentionally put them in places where they will see, hear, and communicate with other groups
- Ask questions about their experience
- Nurture them through rough spots
- Build them up and encourage them to build lasting relationships with others



More Tips...

- Help them embrace diversity by experiencing foods of different cultures
- Seek out cultural events
- Experience cultural music, dance, and art
- Respect people's choices without compromising your choices
- Love people for who they are - they don't have to be like you



Review of What We Learned

- Definition of culture
- Meaning and impact of stereotypes
- Multiple perspectives - how others view your own culture and vice versa
- Tips for your family for setting positive examples, guiding curiosity and ways to embrace unity

Thank You

Please contact your Employee Assistance Program with any questions