

C&A Cares Newsletter June 26, 2020



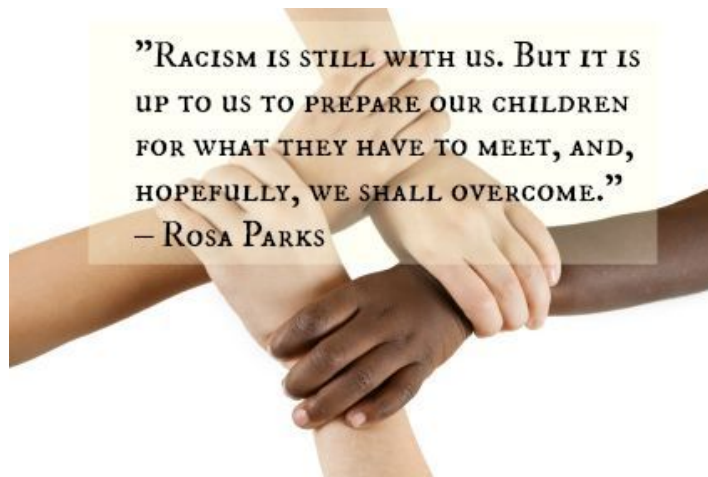
When we talk about cultural diversity, we are looking at more than just race or ethnicity. This talk includes gender, physical or mental disability, veteran status, religion, socioeconomic, national origin, sexual orientation and gender identity and expression. These fall into a cross-cultural layer. When we meet someone new, they have different pieces (race, gender, socioeconomic, etc.), which these diverse pieces make up a person.

"It was the last day of school, and I was walking with my dad, preparing to leave. Suddenly, he paused, looked at me intently and said, "Son, you're a black male, and that's two strikes against you." To the general public, anything that I did would be perceived as malicious and deserving of severe punishment and I had to govern myself accordingly. I was seven years old."

- Robert Stephens

"No matter how big a nation is, it is no stronger than its weakest people, and as long as you keep a person down, some part of you has to be down there to hold him down, so it means you cannot soar as you might otherwise."

- Marian Anderson



Five Steps to help parents/ guardians teach about cultural diversity

There are five steps parents/guardians can use to teach about cultural diversity:

1. Self-reflection
2. Look for books on Culture, Race, Disability, etc.
3. Encourage questions
4. Attend cultural events
5. Take a stand against cultural insensitivity

The first step starts in self-reflection. Children learn from parents, so we as parents/guardians need to understand what our own beliefs are when it comes to cultural diversity. Through self-reflections you can learn how to identify your own cultural and family beliefs and values, define your own personal cultural/identity (race/ethnicity, age, experience, etc.) and then ask yourself about a time when you became aware of being different from other people. The goal is to have an awareness of one's own biases, prejudices and assumptions. Once we are aware of our worldview, we can then know what we do not want our child or teenager to learn, and instead can focus on how to learn to be open to new things, experiences and people. The first step is the most important step to take in helping your child or teenager grow in an accepting environment.

your child or teenager grow in an accepting environment.

The second step is to look for books based on different cultural layers for your child/teenager. Look up books that would fit your child/teenager's age that talk about these differences in a positive light. There are many books at your local library as well as lists online that will give you a recommendation on where to start.

The third step is to encourage your child/teenager to ask questions. Create a free space for you child/teenager where they can ask questions and be curious. This can be tough, but it is important to remember that you do not have to know all the answers. If you do not know the answer to a question, be honest and say, "I don't know." Take your time in doing your research about the question; make sure your child or teenager understands that once you do know the answer, you will talk to them about it.

The fourth step is attending cultural events. At this time, it is harder to attend cultural events due to COVID-19, but as things re-open and when you feel safe, start visiting local events which can be found in your local newspaper or on social media such as Facebook.

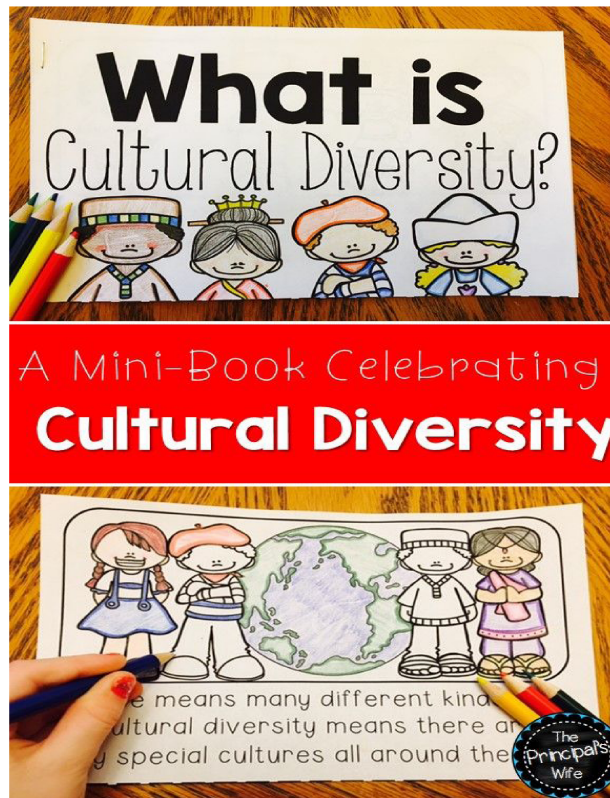


Steps continued

In the meantime, there are other things you can do to learn and try new things. You can order different cuisines from restaurants and explore videos on YouTube or movies about different cultural festivals, their meaning and how they are celebrated in the original country or place.

Step five is to take a stand against cultural insensitivities to other cultures. If you or your child notice something that is not right, you can talk to your child or teenager about it, and find ways to prevent it or encourage them to speak up during those situations. You are building your child or teenager a toolbox on how to face certain situations to their best capacity.

When we teach children and teenagers about cultural diversity, we are helping them learn how to accept, understand and love the differences in people. This is something they will have with them forever.



C&A extends a thank you to Engagment and Inclusion Coordinator Isaac Baez at Stark MHAR



Child and Adolescent Behavioral Health - May 2020.

Our mailing address is:

919 2nd St. N.E., Canton, Ohio 44704

[Unsubscribe](#) | [Manage Subscriptions](#)

DONORVIEW