

Cultural Sensitivity for Healthy Relationships

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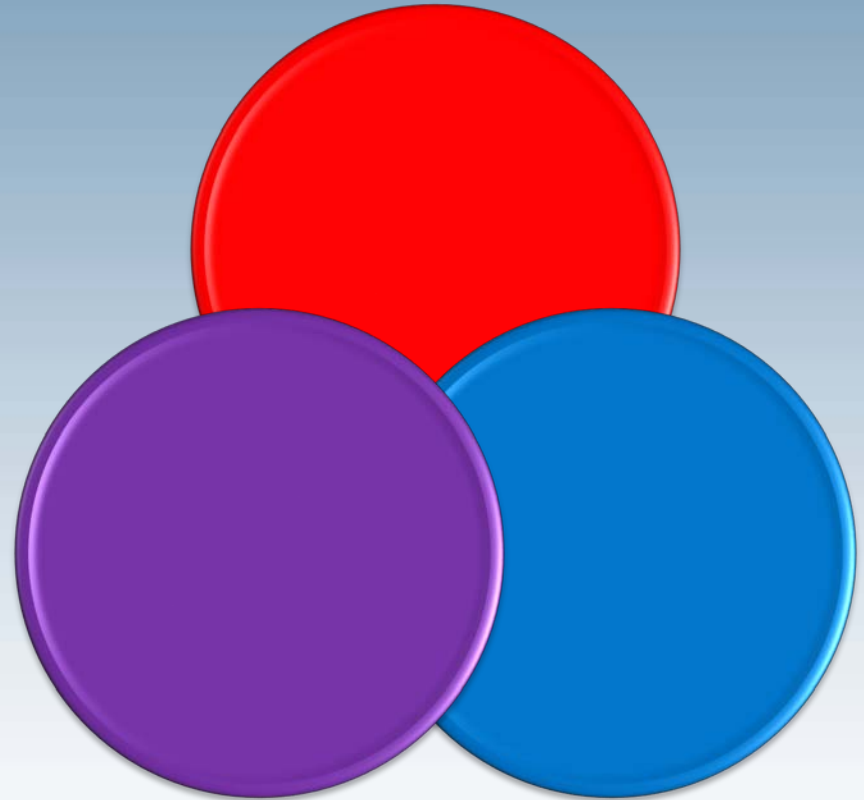
Culture



The Sum of all lived experiences:
What we know
Who we are
How we do things

Demographics- Factors that Influence Culture

- Social
- Economic
- Cultural



Culture can be based on:



- Shared Characteristics (drug use)
- Stage in Life (e.g. youth cultures)
- Sexual Orientation
- Gender
- Nationality
- Geographical/regional residency
- Social Class/socioeconomic status
- Relationship Status
- Religious Beliefs
- HIV/AIDS Status



Culture

Customs

Ways of thinking

It influences

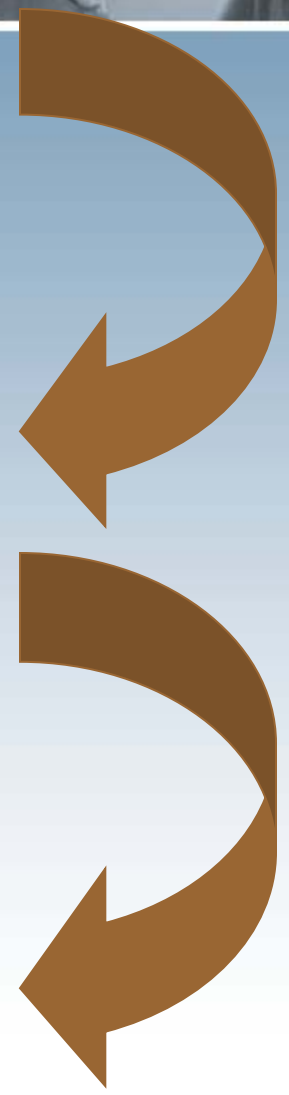
Patterns of Communication

Behavior

It is the foundation of

Beliefs

Value systems





Cultural Competency / Sensitivity

The ability to respond respectfully and effectively to people of all cultures in a way that affirms and values cultural differences and protects/preserves the dignity of each individual.

Seattle King County Department of Public Health, 1994.

Language



- Disseminates important information for personal and cultural survival.
- Provides a sense of belonging by shared knowledge and reinforces group bonds.

Cultural Sensitivity

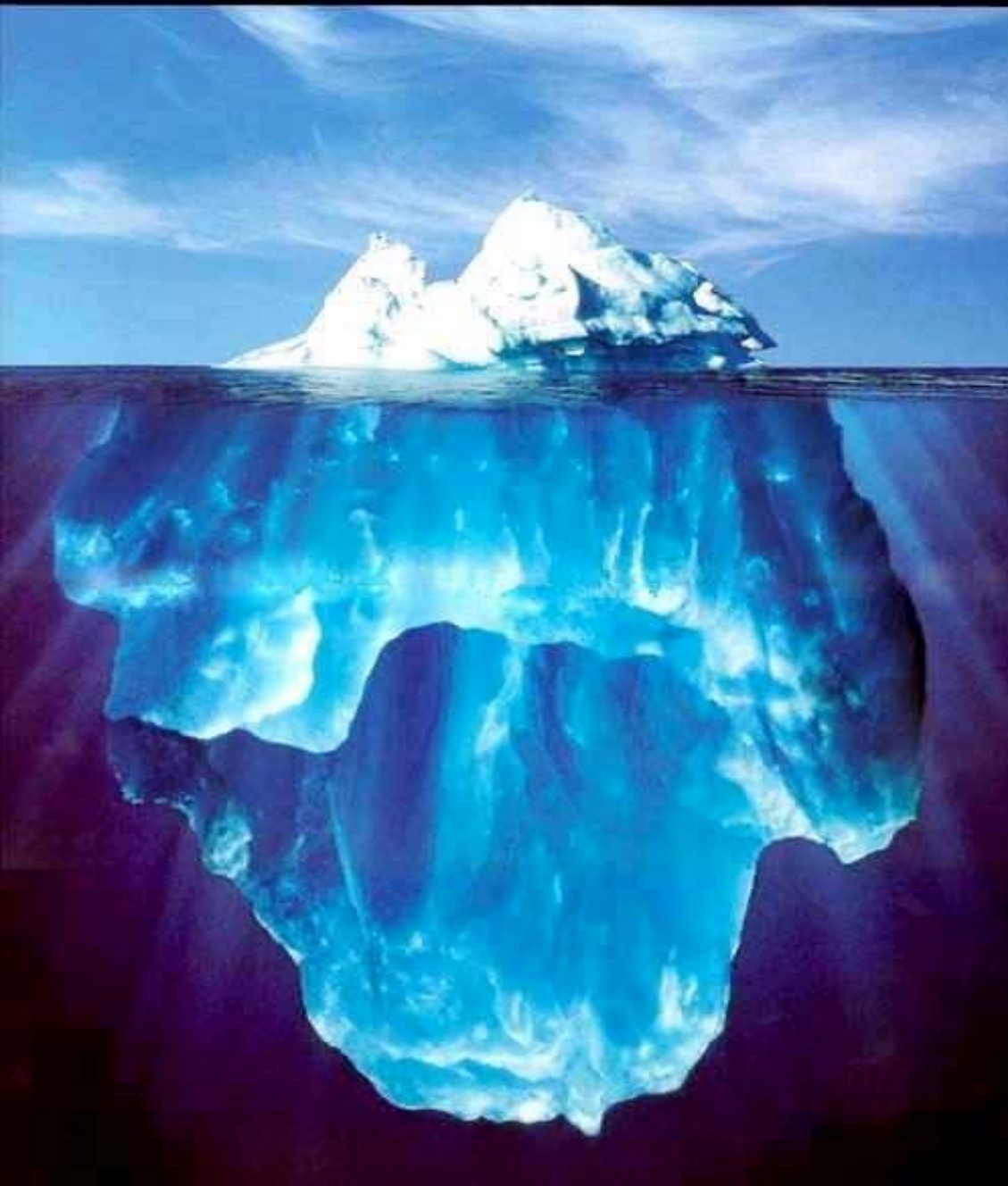


- Conduct in which a person recognizes the existence of both shared commonalities and differences for improved communication.
- Requires skills in observations, sensibility to behavior and speech.
- Involves willingness to observe local codes and rules of behavior.

Surface Culture and Deep Culture



- Some aspects of a culture are visible and others are hidden.
- Surface culture may be tangible and recognizable of a group.
- Deep Culture may remain hidden but may rise to the surface in emotions and performing behavior.



Surface Culture

What is visible when you meet someone

Deep Culture

What cannot be seen and requires the use of Dynamic Interaction to elicit more of.

Elements of Surface Culture



- Food - food and culinary contributions
- Holidays - patriotic holidays, religious observances, and personal rites and celebrations
- Arts - traditional and contemporary music, visual and performing arts, and drama
- Folklore - folk tales, legends, and oral history
- History - historical and humanitarian contributions, and social and political movements
- Personalities - historical, contemporary, and local figures

Elements of Deep Culture

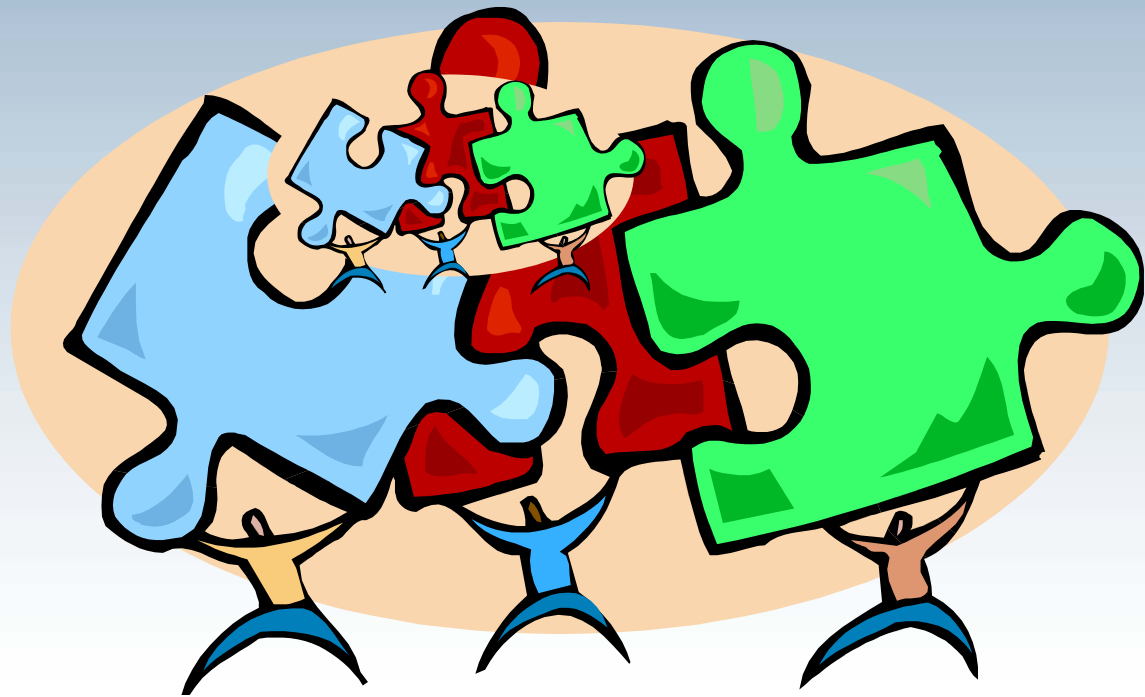


- Ceremony
- Concepts of time
- Courtship & marriage
- Ethics
- Family ties
- Health & medicine
- Folk myths
- Grooming & presence
- Ownership
- Rewards & privileges
- Rights & duties
- Religion
- Sex roles
- Space & proximity
- Subsistence
- Taboos
- Values





Being part of the puzzle can help build healthy relationships!!





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