



# Promoting Children and Youth's Personal and Cultural Identity

PRIDE In-Service eLearning

## Course Description

This eLearning Module has one session that can be taken on your own schedule. This module discusses the importance of culture and making a commitment to cultural competence to support a child or youth's well-being. You will start this by thinking about and recognizing your own culture, as well as by learning and reflecting on your cultural biases. This module reviews ways you, as a caregiver, can provide a home that promotes a child or youth's culture, and reviews ways to manage the diversity of children and youth in your home. The best ways to learn information about a child or youth's culture are discussed as well as the different ways to support the child or youth to maintain connections to their culture and community. Other important topics that are discussed include ways to avoid stereotyping a child or youth's culture, as well as supporting them when they face discrimination and racism.

## Learning Objectives

- Describe the relationship between this PRIDE module and the other PRIDE modules.
- Clarify why valuing and making a commitment to cultural competence is an essential task of the caregiving team.
- Identify ways to demonstrate valuing and respecting the cultural diversity of children, youth and their families, and their caregivers.
- Explain why promoting a child or youth's cultural norms and values help to develop self-esteem.
- Describe the importance of seeking support, as necessary, from community members in addressing children and youth's cultural concerns.
- Identify ways to incorporate children and youth's cultural traditions, customs, and events into the everyday life of a caregiver.
- Identify ways to ensure inclusivity of children and youth who identify as LGBTQ2S+.

## Guided Discussion Questions

1. What was your biggest take away from this eLearning? How will you incorporate that to support and maintain the culture of the children and youth in your care?
2. What do you do to introduce your family culture to a new child or youth in your care?

## Resources

### Glossary

**Culture** The way of life for groups of people, meaning the way they do things. Different groups may have different cultures. Culture is seen in a people's identity, spiritual beliefs, language, writing, music, clothes, cooking and in what they do. But it is also a part of what is not seen and includes their thoughts, ideas, and connections to their land, customs and values.

- Cultural Competence** Cultural competence is more than having knowledge of people with different cultural backgrounds and being comfortable with those differences. Cultural competency means being aware of your own beliefs and values, and how they may be different from other cultures. It is a commitment to the self-evaluation of your beliefs and learning about what exists in different cultures, worldviews, identities, genders and sexualities, races, ethnic backgrounds and religions. Cultural competence is about using that knowledge to create a positive attitude toward all those cultural differences, and a readiness to accept and respect those differences.
- Discrimination** Discrimination is unfair treatment of one particular person or group of people. Usually the different treatment is because of the person's sex, religion, nationality, ethnicity (culture), race, or other personal traits. Discrimination based on race is called racism.
- Cultural Bias** Cultural bias is the tendency to interpret and judge experiences in terms of the distinctive values, beliefs, and other characteristics of the society or community to which you belong.
- Stereotyping** When we experience new events, people or groups, we tend to think about them through our past experiences, memories and ideas. A Stereotype is a mistaken idea or belief many people have about a thing or group that is based upon one characteristic, such as how they look on the outside, which may be untrue or only partly true. Stereotyping people is a type of prejudice because what is on the outside is a small part of who a person is.