

Cultural Identity Worksheet

Instructions: Keeping in mind that cultural groups include, but are not limited to: Race, Ethnicity, Gender, Sexual Orientation, Socioeconomic Status, Age, Physical Abilities, Nation of Origin, Profession, Military, Religion, etc., answer the following questions.

Cultural Groups

The four dominant cultural groups that make up my cultural identity are:

1. _____
2. _____
3. _____
4. _____

Positives

The most positive thing about being a member of these groups is:

(i.e. – cultural group is southern; enjoy living in this geographic part of the U.S., due to foods (hushpuppies, chicken fried steak, etc.), mild weather, informality of relationships)

- 1.
- 2.
- 3.
- 4.

Challenges

The most challenging thing about being a member of these groups is:

(i.e. – cultural group is southern; viewed by others as backward, ignorant, 'slow,' behind in the times, uneducated, obese, etc.)

- 1.
- 2.
- 3.
- 4.

Teaching about Culture and Cultural Identity

Communicating the concept of Cultural Identity is one of the most basic components of cultural awareness. It is important for individuals to begin to see themselves as cultural beings and try to understand their own cultural identity before beginning to talk about the cultural aspects of other people.

Many people, particularly those with memberships in dominant groups, have never thought of themselves as having a culture. When we communicate to individuals that they indeed do have their own cultural identity, we can hopefully convince them that **everyone** benefits from cultural awareness education.

The concept of culture is not always easy to explain. The following are some notes that may help explain the concept.

Culture – The shared values, norms, traditions, customs, art, history, folklore, and institutions of a group of people.

Cultural Group – We each belong to many different cultural groups. We belong to groups based on our ethnicity or race, gender, politics, marital status, religion, age, or even the region of the country we are from.

Cultural Identity – The many different group affiliations we hold come together to create a unique cultural identity for each of us. Our cultural identity is very complex with each group membership intersecting with the others. Because of this complexity, we can not be judged, labeled or categorized based on one aspect of our identity.

Cultural Filter – Our complex cultural identity creates in our minds a ‘cultural filter.’ Everything we experience each day goes through this filter and how we think, feel and react to the world around us is directly related to the make-up of our cultural filter.