



 **Cultural Diversity**

BCCMHA Training

# \*Culture

- \* Knowledge, beliefs, and values of an ethnic or religious group, nationality group, or social group.
- \* Culture is often passed from generation to generation.
- \* Culture guides thoughts, decisions, and actions of the group.

# \* Diversity

- \* Diversity are the qualities that are different from our own and the groups in which we belong, but are present in other groups and individuals.
- \* Diversity can be age, ethnicity, sexual orientation, education, income, religious beliefs, and marital status.
- \* Cultural Diversity refers to differences between cultural groups and within cultural groups.

# \* Cultural Groups Influences

- \* Cultural groups have their own customs, normal behaviors, superstitions, beliefs, and languages that guide how they live, communicate, dress, and celebrate their holidays.
- \* Cultural background can influence behaviors based on their education, gender identification, education, immigration status, and status within their family.

# \* Prejudice & Stereotypes

- \* Prejudice is a judgement, attitude, or opinion about an individual or group not based on facts. This may also result from an emotional experience with a person from a certain group.
- \* Prejudice is often based on stereotypes which are over simplified and over generalized views about individuals or groups who belong to a different race, religion, or nationality.

# \* Culture & Healthcare

- \* Culture may impact how an individual responds to healthcare. This may impact their decisions on treatments, interactions with authority figures, family roles, and their health beliefs.
- \* It would be imperative to learn about the cultures you may be working with in order to be sensitive to their belief systems.

# \*Sources

- \* Cultural Diversity in Behavioral Health Care. (2004). Retrieved from <https://barrycounty.training.reliaslearning.com/courses/8752/CAM-OP/CD2/lessonframeset.html> Graphic Education and Cross Country University