

Cultural Competence Checklist: A Personal Reflection

This exercise is a tool to heighten your awareness of how you view children/families from a culturally and diverse caseload.

Ratings score for each question:

1 Strongly Agree

2 Agree

3 Neutral

4 Disagree

5 Strongly Disagree

___ I treat all of my clients with respect for their culture.

___ I do not impose my beliefs and value systems on my clients, their family members, or their friends.

___ I believe that it is acceptable to use a language other than English.

___ I accept my clients' decisions whether I agree with them or not

___ I provide services to clients who are Aboriginal, First Nations, Metis, and Immigrant

___ I feel I need to respond to others' insensitive comments or behaviors.

___ I do not participate in insensitive comments or behaviors.

___ I am aware that the roles of family members may differ within or across culture or families.

___ I recognize family members as decision makers for services and support.

___ I respect non-traditional family structures (e.g., divorced parents, single parents, same sex parents, grandparents extended family as caretakers).

___ I understand the difference between a communication disability and a communication difference.

___ I understand that views of the culture and traditions of a family may influence the families' decision to seek or decline my support/services.

___ I understand that there are several First Nations in B.C. with different languages and dialects and children may speak with English as a second dialect.

I understand that another culture, language, or limited language skill is not a reflection of:

Reduced intellectual capacity

The ability to communicate clearly and effectively in a native language

I understand how culture can affect child rearing practices such as:

Discipline

Dressing

Toileting

Feeding

Self-help skills

Expectations for the future

Communication

I understand the impact of culture on life activities, such as:

Education

Family roles

Religion/faith-based practices

Gender roles

Alternative medicine

Customs or superstitions

Employment

Perception of time

Views of wellness

Views of disabilities

I understand my clients/families cultural norms may influence communication in many ways, including:

- Eye contact
- Personal space
- Use of gestures
- Comfort with silence
- Turn-taking
- Topics of conversation
- Asking and responding to questions
- Greetings
- Interruptions
- Use of humor
- Decision-making roles

NOTE: These questions are for you to consider... there is no total score for these questions, but they are for you to review your responses.

What areas did you score - 3 Neutral, 4 Disagree, 5 Strongly Disagree?

Would you consider taking cultural safety or competency training?

(NOTE: Source of the checklist is unknown)