



## Cultural Pride

---

Think of some cultural norms of your own. Consider why you feel responsible to honor them. How can you extend that understanding to others?

# Empathy

## Respects Differing Cultural Norms



**Mindfulness Principle:** Put It In Neutral

**Skill Focus:** Recognize why an individual has a responsibility to honor their cultural norms.

- 1
  - Think about what the phrase “cultural norm” means. What are some examples of cultural norms from your own family, community, or groups that you participate in? Cultural norms can range from big events, like the holidays you celebrate or if you have a religious or spiritual practice, to smaller things like the food you and your family enjoy to the clothing or jewelry that you wear.
  - How did you learn these norms and behaviors?
  - We’re going to visualize some of our norms, and work to understand why we feel responsible to honor them while identifying why it’s important to respect other people’s norms.
- 2
  - Close your eyes and imagine a cultural norm you practice.
  - Imagine taking that norm and going somewhere that no one else practices it. Imagine being in a group where people told you not to do it/ wear it/practice it. How would you feel?
  - Now imagine someone comes into the classroom who is practicing/ displaying a norm that is unfamiliar to you. You might not understand it. Remember how you felt when you were told not to show your norm. How can you show them respect? What questions might you ask them?
- 3
  - Open your eyes. What did it feel like to see your norm in a new context? How were you able to use that experience to be respectful of having a new norm in your usual context?
  - It’s important to remember that everyone has different cultural norms. Sometimes, there’s lots of different norms within one local community. There can be different cultural norms present on the same street, between states and countries, or even within the same family.