Handout 1

**“Keep Your Culture!”**

**Instructions:** How well do you know other cultures?

Pick the country associated with a common cultural belief, custom or habit.

1. In which country is it traditional for a bride to wear a red dress?

🗌 India 🗌 Croatia 🗌 Iceland 🗌 Mexico 🗌 Italy

2. In what language is the character for the number 4 pronounced the same way as the character for the word “death?”

🗌 Greek 🗌 Russian 🗌 Spanish 🗌 Chinese 🗌 Hebrew

3. Patients from which religious group do NOT want to be touched unless being given direct patient care?

🗌 Hindu 🗌 Orthodox Jews 🗌 Jehovah’s Witness   
🗌 Catholic 🗌 Missouri Synod Lutheran

4. A woman from which country may be unwilling to look a male healthcare provider in the eye, even when answering a direct question?

🗌 India 🗌 Viet Nam 🗌 Iran 🗌 Mexico 🗌 Philippines

5. The family of a patient from which country may expect to hear news about a poor prognosis first, so they can decide if the patient should be told?

🗌 India 🗌 Viet Nam 🗌 Greece 🗌 Mexico 🗌 Israel

6. Parents from which religious society may refuse to allow their child receive a life-saving blood transfusion?

🗌 Hindu 🗌 Orthodox Jews 🗌 Jehovah’s Witness

🗌 Catholic 🗌 Missouri Synod Lutheran

**“Keep Your Culture!”**

**Answer Key & Notes**

1. In which country is it traditional for a bride to wear a red dress?  **India**

In the India, red is the traditional color of bridal dresses, and is frequently represented in the media as a symbolic color for married women. In India, red is associated with purity, sexuality in marriage relationships through its connection to heat and fertility.It is also the color of wealth and beauty.

*Additional information:* In other Asian cultures (including Vietnam and China), red is a traditional color for the bride to wear on her wedding day. In China, red is associated with courage, loyalty, honor, success, fortune, fertility, happiness, passion, and summer.

In Central Africa, Ndembu warriors rub themselves with red during celebrations. Since their culture sees the color as a symbol of life and health, sick people are also painted with it. In other parts of Africa, however, red is a color of mourning, representing death. Because of the connection red bears with death in many parts of Africa, the Red Cross has changed its colors to green and white in parts of the continent.

1. In what language is the character for the number 4 pronounced the same way as the character for the word “death.”  **Chinese**

Just as many American patients would not be comfortable in room 13—a number that is considered bad luck—many Chinese (and Japanese) patients would prefer not to be in a room called “death.” Even the most sensitive health care provider could not be expected to know the significance of the number 4 without some knowledge of these two Asian cultures (or their languages).

1. Patients from which religious group do NOT want to be touched unless being given direct patient care? **Orthodox Jew**

Nurses are generally taught the importance of touch. Yet, if they are caring for a patient of the opposite sex and that patient is an Orthodox Jew, for example, it is important to know that, for that religion, contact outside of hands-on care is prohibited.

1. A woman from which country may be unwilling to look a male healthcare provider in the eye? **Iran**

If the patient is female and from a Muslim country, such as Iran, and the physician is male, she may be trying to avoid sexual impropriety. Lack of eye contact in American culture may indicate many things, most of which are negative. A physician may interpret a patient's refusal to make eye contact as a lack of interest, embarrassment, or even depression. Knowing the meaning of eye contact, or lack thereof, may help avoid misinterpreting a patient's behavior.

*Additional information:* A Chinese patient may be showing the physician respect by not giving eye contact. A Navaho patient may be trying to avoid soul loss or theft.

1. The family of a patient from which country may expect to hear news about a poor prognosis so they can decide if the patient should be told? **Mexico**

The custom in many cultures, including the Mexican, Filipino, Chinese, and Iranian cultures, is for a patient's family to be the first to hear about a poor prognosis, after which the family decides whether and how much to tell the patient. Members of such these cultural groups may believe that it would be insensitive for a patient to be told bad news and that this would only cause the patient great stress and even hasten death by destroying hope.

1. Parents from which religious society may refuse to allow their child receive a life-saving blood transfusion? **Jehovah’s Witnesses**

Many Jehovah's Witnesses believe that the Bible prohibits ingesting blood and that Christians should therefore not accept blood transfusions or donate or store their own blood for transfusion. It is one of the doctrines for which Jehovah's Witnesses are most well known. Witnesses' may refuse transfusions of whole blood or its four primary components—red cells, white cells, platelets and plasma, even in an emergency.

*Additional Information:* Other members of the organization can shun those who voluntarily accept a transfusion. The Jehovah's Witnesses Watch Tower Society has established Hospital Information Services to provide education and facilitate bloodless surgery. This service also maintains Hospital Liaison Committees, whose function is to provide support to adherents of this belief.

**Reference:** www.ncbi.nlm.nih.gov/pmc/articles/PMC1070887/

Handout 2

**“Culture Is ...”**

How we meet

Metaphors we use

Our humor

Our symbols

Our stories and rituals

Our use of space

Our rewards

How we greet strangers

How we communicate

Our sacred cows

Time issues

How mistakes are dealt with

Our celebrations

Our heroes and heroines

How we learn

How we view hurdles

How we deal with deviants

How we approach new problems

How leaders lead

How we deal with angry customers

How we get better at what we do

Our status symbols

**Note: I figured out where this source belongs!!!!!!!**

*Source: Center for Victims of Torture, 1993*Handout 3

**“Diversity Beans”**

**Instructions:** In teams, you’re going to each get 6 Jelly Beans. Your goal is to write the color/flavor of the bean.



Color \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Flavor \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Color \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Flavor \_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**DIVERSITY Life Lesson: “Never Judge Others!”**

*Adapted from: Sweet Understandings & Diversity Beans*Handout 4

**Tolerance Pledge**

SHARE my world by welcoming differences.



**To fulfill my pledge, I will:**

**Examine** my own biases and work to overcome them,

**Set** a positive example for my family and friends,

**Work** for tolerance in my own community,

**Speak** out against hate and injustice

*Source: www.tolerance.org*Handout 5

**“Visible/Invisible”**



**Instructions:** We know that culture is like an iceberg. A small part of it is visible and the larger part is invisible.

**List your visible cultural characteristics:**

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**List your invisible cultural characteristics:**

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Handout 6



**“What Do YOU Do When … ?”**

**Instructions:** In teams, write what you should do in each of these circumstances. Then we’ll SHARE.

 1. A doctor is making ethnic/racial remarks.

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2. A nurse is telling an “off color” joke.

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3. An occupational therapist is making fun of someone with a disability.

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