

SUGGESTED TOKENS

World Stress Balls

www.garrettspecialities.com/stress-balls-earthballs

Diversity Pin from Baudeville

(Initially suggested)

www.baudeville.com

Diversity Jelly Beans

www.diversitybeans.com

A stylized illustration of a blue and white striped ball, possibly a beach ball or a piece of art, with a chain wrapped around it. The ball is positioned in the bottom right corner of the page. The chain is made of interlocking links, some of which are blue and others are white. The ball has a blue base color with white stripes. The entire illustration is set against a background of horizontal lines.



ACTIVITY CU-1

CULTURE PROFILES

Somalian
Sudanese
Ethiopian
Colombia, South America
Germany
France
South Korea
Afghanistan

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



This image shows a blank sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

[illegible]

A large, bright yellow smiley face is the central focus. It has closed, curved eyes, rosy cheeks, and a wide, red, smiling mouth. Five red hearts of varying sizes are scattered around the top of the face. The background is white with horizontal black lines, suggesting a notebook or a template for writing.



HCA Culture ACTIVITY CU-1

"Why Should We Care About People We Don't Know?"

We do this to develop a sense of community and global understanding . Helping is as self-serving as it is altruistic. Without it we will not advance our culture and our lives. Carol Goose Devine,
The Caedmon School.

Instructions: Read the country profiles provided. Select ONE thing you found interesting about the article. SHARE with your team: the similarities, the differences. Share something unique or devastating about the article.

ONE thing that interested me.

Similarities/Differences from ME (an American):

I found this article unique/devastating because

"Knowledge without goodness is dangerous." Samuel Johnson

HCA Culture ACTIVITY CU-2

"Boost Cultural Competence"



Weekly Monthly Yearly Rarely Never

- | | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1. I'm aware of people with different cultural backgrounds in my neighborhood. | ☐ | ☐ | ☐ | ☐ | ☐ |
| 2. I'm aware of people with different cultural backgrounds in my community. | ☐ | ☐ | ☐ | ☐ | ☐ |
| 3. I speak with people of different cultural backgrounds from mine. | ☐ | ☐ | ☐ | ☐ | ☐ |
| 4. I watch TV shows that promote positive cultural backgrounds. | ☐ | ☐ | ☐ | ☐ | ☐ |
| 5. I listen to music from other cultures. | ☐ | ☐ | ☐ | ☐ | ☐ |
| 6. I hear others speak positively about people of different cultures. | ☐ | ☐ | ☐ | ☐ | ☐ |
| 7. I eat food from other cultures. | ☐ | ☐ | ☐ | ☐ | ☐ |
| 8. I learn about other cultures in school. | ☐ | ☐ | ☐ | ☐ | ☐ |
| 9. I read positive stories about people from other cultures. | ☐ | ☐ | ☐ | ☐ | ☐ |
| 10. I have attended cultural events. | ☐ | ☐ | ☐ | ☐ | ☐ |

HCA Culture ACTIVITY CU-3

"Who Am I?"

Instructions: Answer the following questions. Then, in teams, we'll discuss our answers with each other. Look for similarities/differences.

1) Do you speak a language other than English?

2) What foods do you like? Dislike?

3) What is considered respectful/disrespectful in your home?

4) What music do you like to listen to?

5) What are celebrations like in your home?



HCA Culture ACTIVITY CU-4

"Roots"



"Everyone comes from somewhere!"

Be proud of your cultural heritage. PASS IT ON!

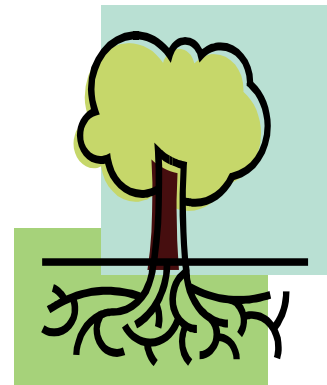
Instructions: Did you know ... People of minority backgrounds have "roots" in different places! For example: you may have been born in San Francisco, California, but your father may have been born in Miami, Florida, and his parents may have been from Africa.

Locate your point of origin and be prepared to share your "Cultural Heritage" with everyone at our next meeting.

Things to Remember!

- Talk to your family about this activity.
- SHARE with them why you're doing it.

I was born _____
My father was born _____
My mother was born _____
My GRANDfather was born _____
My GRAND mother was born _____



HCA Culture ACTIVITY CU-4 "What's In A Name?"

Instructions: You'll probably need some help with this Activity from a parent or other relative. Answer the following questions. Then, next week, we'll share together.



Why did your parents choose your name?

Were you named for someone? If yes, who? YES NO

Do you like your name? Why? Why not?

If you could choose another name, what would it be?

Do you have a "nickname?" If yes, please share. _____



HCA Culture ACTIVITY CU-5

“Culture: Through Different Eyes”



Instructions: Listed below are six topics. First answer the questions on your own based on **YOUR** individual experiences and then let's get together in teams to find out differences or even similarities.

Celebrations (Birthdays? Holidays? Graduation?)

Greetings (Friends? Peers? Others?)

Education (High School? College? Technical? Trade?)

Beliefs (Religion? Traditions? Right? Wrong?)

Family Life (Discipline? Nutrition? Elderly? Family Gatherings?)

Social Life (Activities? Dress? Friends? Fun? Entertainment?)

HCA Culture ACTIVITY CU-6

"Visible/Invisible"

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



HCA Culture ACTIVITY CU-7

“Learning About Heritage: I Was Born ... “

Instructions: Knowledge is an important component of cultural competence. So, your assignment is to interview your OLDEST living relative. Listed below are 10 questions to get you started.

Insert-
PHOTO
Here

Who did you interview? _____

What year/place were they born? _____ Age? _____

What do you remember about your parents?

What did you do for fun as a kid?

Can you remember something from childhood about the way life was in your time?

Biggest lesson learned:

HCA Culture ACTIVITY CU-8

"Keep Your Culture!"

Instructions: How well do you know other cultures? Match the country to the cultural belief, custom or habit.



Culture: French, Hispanic/Mexican, Italian, Amish, Greek, Mexican

Drinking wine is part of
what culture?

What culture likes to eat
cheese at the end of a meal?

Where did blue jeans
Originate?

What culture does chili and
Tacos originate?

Eating out is a major past time in
This culture.

The family is the most important
Social unit in this culture.

What culture shows affection
Through touching?

HCA Culture ACTIVITY CU-8

“Keep Your Culture!” ANSWER SHEET

Instructions: How well do you know other cultures?
Match the country to the cultural belief, custom or habit.

Culture: French, Hispanic, Italian, Amish, Greek, Mexican

Drinking wine is part of
what culture?

ITALIAN

What culture likes to eat
cheese at the end of a meal?

FRENCH

Where did blue jeans
Originate?

FRANCE

What culture does chili and
Tacos originate?

MEXICO

Eating out is a major past time in
This culture.

GREEK

The family is the most important
Social unit in this culture.

AMISH

What culture shows affection
Through touching?

HISPANIC

HCA Culture ACTIVITY CU-9

“Americans, Generally Speaking ... ”

Instructions: Read the statements below and say why you agree or disagree with the statement.



- 1) Americans are always in a hurry.
- 2) Americans believe in treating everyone the same way.
- 3) Americans say what they think.
- 4) Americans don't show much respect for their elders.
- 5) Americans are always optimistic.
- 6) Americans are very impatient.

Next, select ONE statement from above and answer the following two questions:



1. How would you feel if this statement was made about you? _____
2. What would be a polite response to it?

HCA Culture “Crossing Borders” ACTIVITY

Instructions: This is your official “Crossing Borders” passport to cultural competence. How you can become a cultural ambassador?



Crossing Borders YOUR Passport to Success!



Insert
Your Photo
Here!

What I did do to earn a “Crossing Borders” STAMP!









Congratulations! You are now an official
“Cultural Ambassador.”

Read a book, learn a dance, play a game, taste a new food, learn a new skill, watch a movie, visit a shop or restaurant, talk to someone from another country, learn how to say hello in a different language!

HCA Culture HANDOUT H-2

“Developing Positive Relationships”

Here's a list of 12 ways to develop positive relationships.

1. **Be a person of integrity/character.** Be positive, honest, and respectful.
2. **Be kind and caring.** Reach out to others in the midst of their suffering.
3. **Be loving and supportive.** When you care about others, it shows! Love is unconditional, but don't sacrifice your beliefs/values for another person.
4. **Be a good listener.** Be interested in others.
5. **Spend time with others and share experiences.** If you want a relationship to grow, you have to spend time cultivating it.
6. **Recognize and admit problems with others.** Try to find out why there's a problem and work together to solve it.
7. **Be willing to compromise.** Try to come to an understanding by listening to each other.
8. **Talk about feelings.** It's okay to say how you feel in a non-threatening way!
9. **Don't blame others.** In a word—FORGIVE! Let it go!
10. **Don't judge others.** Nobody's perfect.
11. **Expand your network of friends.** Include people who are different from you.
12. **Be friendly.** Think about ways to be more friendly.

Source: Free Spirit Publishing. What Do You Stand For? For Teens

HCA Culture HANDOUT H-1

“ 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

Source: Center for Victims of Torture, 1993.

HCA Diversity ACTIVITY DI- 1

"Ripple of Hope"



"Few will have the greatness to bend history; but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation ... It is from numberless diverse acts of courage and belief that human history is thus shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current which can sweep down the mightiest walls of oppression and resistance."

1) What does the title "Ripple of Hope" mean to you?

2) What's one thing you will do differently after reading this speech ?

Source: Robert F. Kennedy, The Man and His Words The Dream Lives

HCA Diversity ACTIVITY DI-2

“The NOT So Comfortable—Comfort Zone”



Listed below are environments that you might feel “uncomfortable” in because you’re not “comfortable” with the setting. Can you think of any others?

- Different place to worship
- A restaurant where the servers speak a different language
- A setting where others have different strengths than you
- A store you usually don’t shop in



Instructions: Now! Get out of the ZONE!!! “Your Comfort Zone.” Visit ONE place before next class meeting! Write your findings in your JOURNAL.

Adapted from: <http://www.tolerance.org>

HCA Diversity ACTIVITY DI-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 _____



Color _____



FlaVor _____

FlaVor _____



Color _____

FlaVor _____

Color _____

FlaVor _____

Color _____

FlaVor _____

Color _____

FlaVor _____

DIVERSITY Life Lesson: “Never Judge Others!”

Adapted From: Sweet Understandings & Diversity Beans

HCA Diversity ACTIVITY DI-4

"For The Record ... IN FIVE!"

Have you ever walked into a store to buy something and you felt like Big Brother was watching every move you made?

Instructions: Complete the five statements below with the reality you believe to be true to your generation. Again, the reality is what **YOU** think is common to most teenagers.



For example here's a myth for sure!

"All teenagers are selfish and inconsiderate."

So, "For The Record"

All teenagers are NOT: _____ .



1. All teenage girls are: _____ .
2. All teenage guys are: _____ .
3. All teenagers believe: _____ .
4. All teenagers have: _____ .
5. The biggest problem facing teens is: _____ .

Adapted from Life Lists for Teens, Free Spirit Publishing

HCA Color My World HANDOUT H-1

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

HCA Diversity HANDOUT H-2

10 Ways to Fight Hate



ACT
UNITE
SUPPORT THE VICTIMS
DO YOUR HOMEWORK
CREATE AN ALTERNATIVE
SPEAK UP
LOBBY LEADERS
LOOK LONG RANGE
TEACH TOLERANCE
DIG DEEPER

Source: www.tolerance.org

HCA Diversity ACTIVITY DI-5

"What Do YOU Do When ... ?"

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



Someone is making ethnic/racial remarks.

Someone is telling an "off color" joke.

Someone is making fun of someone with a disability.

Some of your friends are making fun of others that are different or bullying them.

HCA Diversity HANDOUT H-3

10 Ways to Fight Racism

1. **Stand Up!** Don't allow someone to call you names. Say, "It's not okay that you're saying this to me, and I'm not listening to it anymore."
2. **Confront!** If it's name calling. Ask the person what they mean by it. Look the person in the eye.
3. **Stand Up for Others!** If you see someone being harassed, go to the person and tell them to stop it. Tell the person you don't agree with their words/actions.
4. **Support!** Ask the victim to have lunch with you and share with each other about the incident. Offer to tell an adult.
5. **Just Walk Away!** It takes great courage to walk away from a situation that others when stay and confront. In this day and time that could be potentially dangerous.
6. **Check In with Others!** Ask friends you trust to get their perspective.
7. **Report it!** This is very important...tell adults that this behavior is going on to prevent another Columbine incident.
8. **Talk to Your Parents!** They need to know what you're facing at school.
9. **Talk About It!** If this is the culture at your school, then be a catalyst to change it! The first step begins with Y-O-U.
10. **You're Not Alone!** Sometimes, it's easy to feel singled out. If it's happened to you, it's probably happened to others.

Adapted from: Life Lists for Teens, Free Spirit Publishing, 2003

HCA Diversity HANDOUT H- 4

“Forgiving OTHERS”

- **ACKNOWLEDGE** it. Bad things happen to good people. But, never give up ... **FINISH STRONG!**
- **REPORT** it. Make sure others know. If someone has broken the law, they need to take responsibility for it.
- **SHARE** it. If you're upset, then it's okay to let others know you are hurting ... in a nonviolent way. Also, talk about your feelings with a trusted friend or adult.
- **WRITE** about it. Use your journal—draw or write it.
- **COMMUNICATE** it. Let the other person know your feelings. Oftentimes, people may not be aware that they've hurt your feelings. Think through your words! (Don't let anger rule your emotions)!
- **REFLECT** on it (the incident). Ask for understanding to put it behind you.
- **FORGIVE**. Don't let your attitude, feelings, and reactions control how you respond.
- **CHOOSE** it. Choose to forgive others!
- **SERVE**. Caution—Do not read if you have weak spirit! Do something kind for the person who offended you. A random act of kindness could make a difference!

Adapted from: Free Spirit Publishing.

HCA Diversity HANDOUT H-5 “Forgiving YOURSELF”

Forgiving yourself is not an easy thing to do especially if others were tremendously hurt by your actions. You can ...

Break **FREE** from the chain!

Deny it ...

Lie about it ...

Cheat ...



Not telling the truth is like a chain and with each lie the chain gets longer and longer. Do you want to be set free from this chain? It's simple ...



Admit it!
Take responsibility for
your actions.

Adapted from: Free Spirit Publishing

HCA Diversity HANDOUT H- 6

13 Ideas to Promote Diversity

- 1) **It's easy to ignore, but DON'T!** Don't accept racist remarks—**EVER!** Deal with it immediately. Be Courageous! Walk away from offensive jokes. Let others know where you stand.
- 2) **Are you biased? Are you prejudiced?** Check in with yourself.
- 3) **Take the lead!** Welcome new faces and be the **BEST** example ever!
- 4) **Knowledge GOOD!** Keep up to date with reliable information.
- 5) **FACE YOUR FEARS!** (Remember this from our "Character" module)? Fear is ignorance. Don't let your fears hold you back.
- 6) **"Seen any good movies lately?"** Watch National Geographic programs or see a movie about different cultures.
- 7) **Create a Diversity Council.** A Diversity Council is a great forum for communicating diversity to others.
- 8) **A school project is a great way to sponsor an Ethnic Art Show.** The newspapers and television stations could be invited to join in the celebration.
- 9) **Adopt a NO TOLERANCE attitude for Hate Crimes.** Report it!
- 10) **Celebrate DIVERSITY!** Think of ideas to celebrate and promote diversity throughout the year. Recognize special holidays and events with food, fun, and lots of festivities.
- 11) **R-E-S-P-E-C-T!** Show respect to **EVERYONE ... ALWAYS!**
- 12) **Compassion for others is non-negotiable!** Treat everyone with equality, dignity, and **RESPECT!**

Source: Life Lists for Teens, Free Spirit Publishing.

HCA Diversity ACTIVITY/HANDOUT
“Mixin’ It Up Survey”

“Mixin’ It Up Survey”

Source: www.mixitup.org/teachers

HCA Diversity ACTIVITY/HANDOUT
“Tolerance Survey”

“Tolerance Survey”

Source: www.mixitup.org/teachers



Color My World
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
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Speak out against hate and
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Color My World
10 Ways to Fight Hate

ACT

Unite

Support the Victims

Do Your Homework

Create an Alternative

SPEAK UP!

Lobby Leaders

Look Long Range

TEACH TOLERANCE

Dig Deeper

Source: www.tolerance.org

Bookmark for Teens

Directions:

- Copy in color on heavy-stock.
- Laminate.
- Punch hole in top.
- Cut ribbon and insert in hole.