

## Cultural Humility

Please fill in the box next to the best answer. (Fill in only one box per question)

1. Culture is made up of things that people share in common, including: (Choose one)
  - Values
  - Beliefs
  - Language
  - All of the above
  
2. One of the best ways to support a child's cultural identity is: (Choose one)
  - Emphasize how different the child's culture is from your own.
  - Ignore the child's requests to have food and rituals that are familiar to them.
  - Ask the child about their traditions and try to incorporate them into your family life.
  - Help the child practice and strengthen their English (or whatever language is spoken in your home).
  
3. All of the following are important things a parent who is fostering or adopting should do when talking with children about their backgrounds, beliefs, cultures and perspectives, **EXCEPT**: (Choose one)
  - See the world from the child's perspective.
  - Keep an open attitude.
  - Appreciate viewpoints different than your own.
  - Insist the child accepts your cultural traditions as their own.

4. Ways that families can demonstrate they are interested in embracing the child's culture include all of the following, **EXCEPT**: (Choose one)
- Learning about the child's background prior to having the child in your home and continuing to learn after the child is in your home.
  - Avoiding the child's way of celebrating holidays because it is different than your traditions.
  - Seeking out family, extended families and same or similar communities as resources for the child to practice and/or grow in their cultural understanding.
  - Cooking food that is unique to the child's culture.
5. Having a connection to their culture strengthens a child's cultural identity by instilling all of the following, **EXCEPT**: (Choose one)
- Pride
  - Isolation
  - Belonging
  - Understanding