Top Tips in relation to Culture and ethnicity

* Remember that we all have a culture – we can only know what this is by asking. Remember Age, Gender can influence culture. Keep focus on the child.
* Practice is guided by law and the safety and wellbeing of child is paramount. Don’t be afraid to consider the negatives/risks in terms of culture and diversity but also be aware of positives or protective factors within certain cultures.
* Acknowledge the stereotypes we hold and challenge – be open to change judgement based on evidence.
* Take a social and cultural history - include this in assessment and planning. Consider parents experience of being parented. Complete a genogram/other tools to gather information.
* Do not use jargon. Use simple language and check information is understood.
* Do not be afraid of asking difficult questions in relation to family culture see below.
* If there is a doubt about level of understanding – we should always use a translator.

Suggested questions to open discussion

* Who respects you/do you feel respected? Why?
* Who do you respect? Who inspires you at home, school, friends, other?
* Who do you look up to? Who is your role model and why?
* What special occasions do you celebrate – any cultural or religious ones? How do you celebrate?
* What do you know about your parents/grandparents? Where are they from? What is/was their culture? What did they do?
* How do you identify yourself? Are you British? What clothes, traditions, food and music do you like? Who do you know who is famous from your country/background?
* What can you see in your home that shows your culture or your family’s culture ?
* What do you know/like about the area you live in/come from?
* Have you experienced any discrimination, prejudice or racism?