



THE ROLE OF CULTURE IN OUR LIVES

Culture is “a powerful force that shapes our lives...It is a set of values, beliefs and behaviors shared by a group of people” (York, 2016, p. 79).

PLEASE ANSWER THE FOLLOWING QUESTIONS ABOUT YOUR UPBRINGING.

1. What were some of your favorite foods?

2. What was something special that your family liked to do together?

3. How did experiences within your community and culture shape who you are?

4. Describe the first time you realized that the way your family did something was different than how others did it.

WITH A PARTNER, BRIEFLY DISCUSS YOUR ANSWERS.

1. What did you notice about how your family's culture contributed to your upbringing?

2. How might your cultural values, beliefs, and practices impact your work with families and children?

REFLECTION

1. What did you learn about the ways culture influences relationships and caregiving?

