

# Every Body **WALK!**

## Cultural Competency In Action

We encourage you to consider the following questions for you, your colleagues and your organization as you move to incorporate issues of equity and social justice into your work. These questions can help you become aware of existing biases and provide you with important considerations before beginning to work with a community.

### Questions about yourself:

- What is your self-identity? (e.g. female, Hispanic, professional)
- What historical events have shaped your life experiences?
- What have your life experiences been like? (e.g. success, inequity)
- What are relationships between people, genders, generations like in your community?
- What gives you a sense of belonging? (e.g. religion, occupation, history)

### Questions about the community of choice:

- Who resides in this community?
- What is valued in this community? (e.g. respect, responsibility, pride, self-determination, interdependence)
- How are religious beliefs valued?
- What language is used?
- What are important customs?
- Valued emotions?
- Important beliefs for solving problems?)
- Valued institutions? (e.g. school, church)
- Important features of family?
- Valued features of marriage?
- Most valued form of social organization?
- Value of formal education?
- Most valued community unit? (e.g. neighborhood, city, county)
- Attitudes about others or outsiders helping to solve problems?
- Attitudes about solving problems myself?
- Most valued help-giving person?
- Economic conditions?

### Other things to consider:

- Are any of these values different from yours?
- Are there specific values in this community that you don't understand?
- Are there any values that you are unsure how to address?
- Is there a member of the community you can speak to about your differences before starting your project?