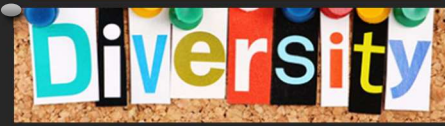


# Asian American



## Cultural Competency

Build awareness, knowledge, and skills to engage respectfully with individuals from diverse groups.



## Reasoning:

Crucial for fostering inclusive, equitable, and effective interactions in our increasingly diverse society.



## Outcome:

Enables better communication, understanding, and support across various sectors including healthcare, education, and social services. #allyship #community

## Respecting Asian American Diversity: A Cultural Competency Guide

- 1. Recognize the Diversity:** • Asian Americans represent over 20 countries of origin • Major subgroups: East Asian, South Asian, Southeast Asian, Pacific Islander • Vast differences in languages, religions, and cultural practices
- 2. Avoid Stereotyping:** • Challenge the "model minority" myth • Recognize individuality within Asian American communities • Avoid assumptions based on appearance or name
- 3. Understand Historical Context:** • Be aware of immigration histories and their impact • Recognize the effects of historical events (e.g., Japanese internment, Vietnam War) • Acknowledge ongoing issues of discrimination and xenophobia
- 4. Respect Religious and Spiritual Diversity:** • Major religions: Buddhism, Hinduism, Islam, Christianity, Sikhism • Respect dietary restrictions and holiday observances • Recognize the importance of spiritual practices in daily life
- 5. Appreciate Language Diversity:** • Over 100 languages spoken among Asian Americans • Respect limited English proficiency in older generations • Avoid assumptions about language abilities
- 6. Recognize Family Dynamics:** • Understand the importance of family in many Asian cultures • Respect diverse family structures and roles • Be aware of intergenerational conflicts in immigrant families
- 7. Acknowledge Mental Health Stigma:** • Understand cultural barriers to seeking mental health support • Recognize how "saving face" may impact help-seeking behaviors • Promote culturally sensitive mental health resources
- 8. Celebrate Cultural Contributions:** • Recognize Asian American contributions to art, science, politics, etc. • Appreciate diverse cultural celebrations and traditions • Support Asian American businesses and cultural events
- 9. Practice Active Listening:** • Allow individuals to define their own identities • Ask respectful questions to increase understanding • Avoid making assumptions based on cultural background
- 10. Commit to Ongoing Learning:** • Stay informed about current issues affecting Asian American communities • Seek out diverse Asian American voices and perspectives • Reflect on and challenge your own biases and assumptions

**\* AAPI experiences are diverse and complex. Approach everyone with respect, openness, and a willingness to learn. \***