Easy-to-use quick reference for culturally appropriate interventions

5 QUESTIONS TO ASK YOURSELF

1. What is important to the person I am trying to help?

2. What are my prejudices about this population or situation?

3. Am I the right person to intervene?

4. What are my privileges? Can I use them wisely?

5. Is this really relevant to understanding the immediate situation?

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Recognize and accept differences

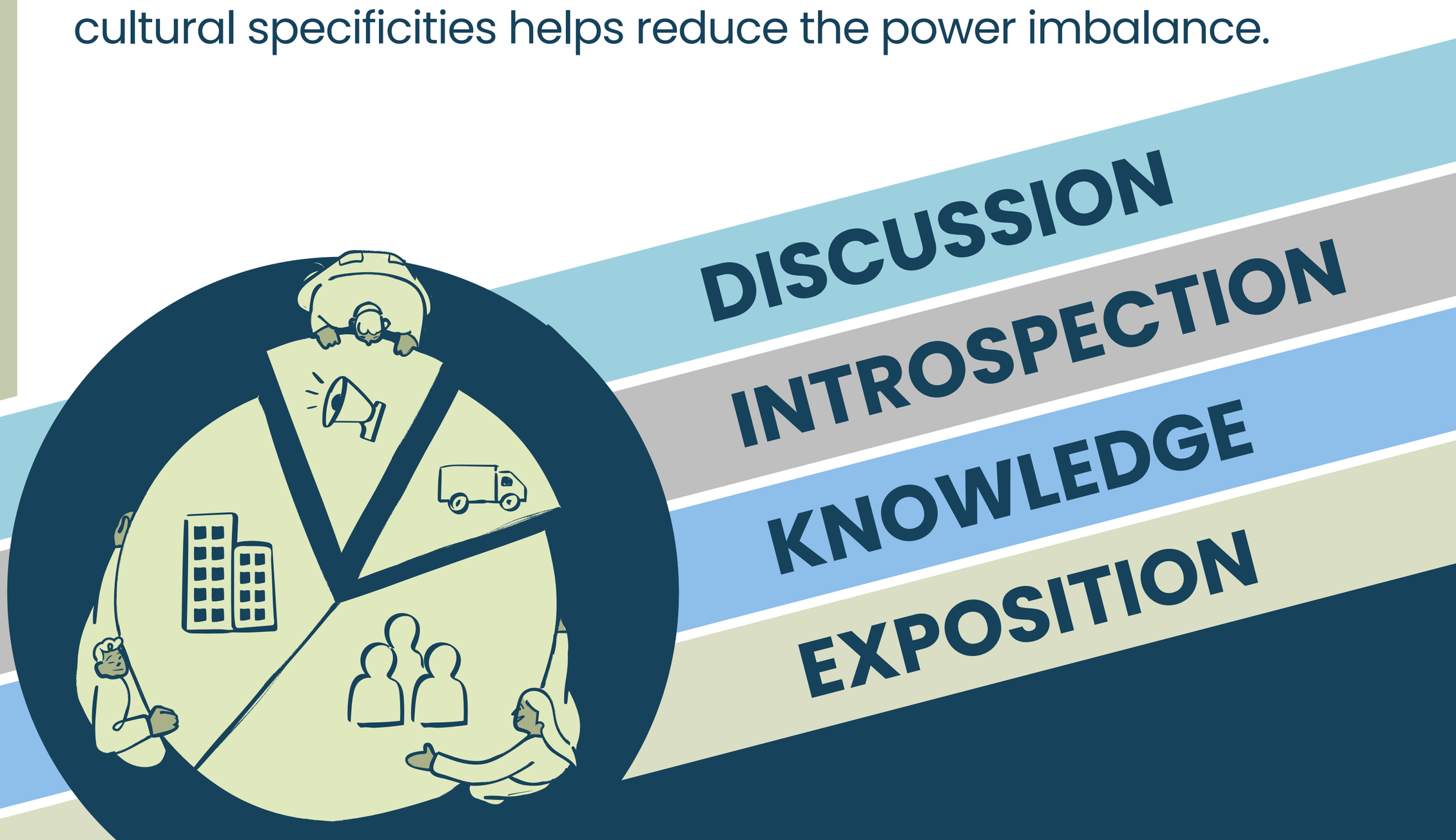
Know your culture and learn about your clients' cultures, to avoid overemphasizing the differences.

Avoid unhealthy curiosity

Ensure that the information you request is necessary to understanding and support the person's situation.

Focus interventions on the other

Ensure that they are consistent with each person's cultural specificities helps reduce the power imbalance.



Remember that social, historical and political contexts affect how individuals perceive the world around them and experience discrimination.

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