

# Module 3:

## Increasing Cultural Awareness and Building Community Support

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### Objectives

1. To understand the continuum of cultural awareness and development of cultural responsiveness.
2. To gain self-awareness, getting past stereotypes and biases.
3. To be aware of the diversity of Native American communities and issues affecting Native young people in their historical and community contexts.
4. To appreciate Native American ethnic and cultural identity development.
5. To address oppression and trauma with Native American young people.
6. To build support for Native American young people.

### Training Video



#### Increasing Cultural Awareness



View the video at YouTube:  
<https://youtu.be/TrCS81Suzcg>

## Video Questions

In this video clip, the young woman talks about her exploration of her cultural identity through learning about her family's African American and Native American cultural roots, and connecting with a culturally specific youth-serving organization. After viewing the video segment, consider the following questions:

1. Why is it important for her recovery to look at the complex cultural heritage that is part of her life?
  2. How does she see her family as both supportive and as problematic?
  3. What is the added support she can receive from a culturally-specific youth development organization?
  4. How would you approach this scenario if you don't share the same cultural or racial background?
  5. Regardless of your background, how do you think you could support this young person?
  6. What questions might you ask this young woman if you were working with her on examining her life goals?
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## Module 3 Questions

Here we offer questions to guide your exploration of how module 3 content could be applied in your work with young people:

1. What is your cultural identity? How important was your cultural identity to your family and/or community growing up? What are the ways in which your cultural identity intersects with your other personal characteristics (such as age, gender, race, education) to shape the ways you relate to other people?
2. How is your sense of cultural identity helpful in your work with Native American youth and young adults and/or other young people whose racial/ethnic/cultural identity is different from yours? Can you give an example?
3. What have you done to prepare yourself to provide culturally responsive services to Native American youth and/or other youth whose background is different from yours? Is there an example of what you have done to prepare to work with a specific Native youth?
4. How have you addressed trauma and oppression in your work with Native youth?
5. How can you assist Native American youth to develop a sense of positive ethnic and cultural identity? What have you done to support youth in their cultural identity development?
6. What have you done to connect youth with their cultural community?