



Cultural Competency Self-Assessment

This checklist is intended to heighten your awareness and sensitivity to the importance of cultural diversity and cultural competence in the foster care setting. It provides examples of the kinds of values and practices that foster such an environment

Directions: Read each statement and check the box that most applies to you. This checklist is for personal use only, and is not to be collected or turned in. It is for **your information only**.

Communication Styles

	Frequently	Occasionally	Rarely or Never
1. I refrain from using derogatory names, even in jest, in the course of my communications.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. For children who speak languages or dialects other than my primary language, I attempt to learn and use key words in their language.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I try to use terms and examples that are age, culture, and maturity appropriate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I discourage people around me, adults and children, from using racial and ethnic slurs by helping them understand that certain words can hurt others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I refrain from verbally making fun of other cultures or peoples.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I refrain from telling jokes centered around different cultures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I refrain from mimicking accents as a joke or derogatory expression towards other cultures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I refrain from expressing views that liken social problems to specific cultures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I refrain from getting frustrated when others don't speak English.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I refrain from viewing non-English speakers as less intelligent.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Values & Attitudes

	Frequently	Occasionally	Rarely or Never
11. I avoid imposing values that may conflict or be inconsistent with those of cultures or ethnic groups other than my own.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I screen books, movies, and other media resources for negative cultural, ethnic, or racial stereotypes before sharing them with my family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I intervene in an appropriate manner when I observe others engaging in behaviors that show cultural-insensitivity, bias, or prejudice.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I understand that family is defined differently by different culture.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I understand that individuals from culturally-diverse backgrounds may desire varying degrees of assimilation into the dominant culture.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I accept and respect that male/female roles in families may vary significantly among different cultures.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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| 17. | I understand that age and life cycle factors must be considered in interactions with individuals and families. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18. | I recognize that the meaning or value of medical treatment and health education may vary greatly among cultures. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 19. | I recognize and understand that beliefs and concepts of emotional well-being vary significantly from culture to culture. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20. | I refrain from using yelling and corporal punishment as forms of discipline. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21. | I refrain from expecting people to think like I do. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 22. | I refrain from expecting people to have the same standards I have. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 23. | I enjoy working and interacting with people that are ethnically and racially different from me. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 24. | I enjoy listening to different points of view and lifestyles. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 25. | I feel at ease being around people of different sexuality/sexual orientation/ gender identity. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 26. | I respect other religions and religious points of view. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 27. | I refrain from speaking bad about other religions. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 28. | I refrain from judging people who are poor or less fortunate. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 29. | I have house rules that prevents racial profiling. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 30. | I attend racially-diverse events and activities. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 31. | I associate with friends from a variety of racial and ethnic groups. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 32. | My church is racially-diverse and ethnically-diverse. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 33. | My hairdresser/grocery store/retail store are racially-diverse and ethnically-diverse. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 34. | I know the stories and trials of my ancestors. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 35. | I recognize the faults and follies of my ancestors. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 36. | I have friends from various cultural groups, ethnic, and racial groups. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 37. | I understand the special needs and requirements of different ethnic and racial groups. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 38. | My family is culturally-diverse. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 39. | I feel comfortable in a gathering of people who are not from my culture. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 40. | I consider myself open to new idea and concepts. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

All the answers should ideally be marked "frequently". That being said, there is no grading on this assessment. Too many scores other than "frequently" might indicate that you have issues in the areas of cultural sensitivity and competency. Each answer not marked "frequently" should give cause for consideration. Those answers would indicate need for improvement, and might cause barriers to good foster parenting.