

Accept and Respect Other Cultures

Regardless of where you live on this great, big Earth, chances are you will eventually interact in some way with a culture that is different from your own. When most people think about culture, their first thoughts involve race or ethnicity. Culture goes far beyond that, however. In fact, we are all members of various cultural groups and our cultural identities develop based on the influence of these memberships. Like most things that make you who you are, the development of your cultural identity is an ongoing process. As we are exposed to different sets of beliefs and values, we may adopt other cultural beliefs that were not part of our original makeup. In this way, culture is dynamic and complex.

Culture is a system of shared beliefs that are used by a society in order to interact with the world, as well as with each other. Often, we think of the food, music, clothing, and holidays that are shared by a group as their culture, but these are only some of the elements. Other elements include customs, values, behaviors, and artifacts. Culture is, therefore, a combination of thoughts, feelings, attitudes, and beliefs shared by those of the same racial, ethnic, religious, or other social group. Many of these groups we are born into (such as racial and ethnic groups) and others we choose (such as religious or political groups). Many of us move between groups, adjusting our ideas and beliefs as we grow and learn. Those who go through cultural shifts may adopt new customs, but they will also retain elements of their previous cultural experiences.

12 Rules of Respect

1. Be aware of your nonverbal and extra-verbal cues
2. Develop curiosity about the perspective of others
3. Assume that everyone is smart about something
4. Become a better listener by shaking your “but”
5. Look for opportunities to connect with and support others
6. When you disagree, explain why
7. Look for opportunities to grow, stretch, and change
8. Learn to be wrong on occasion
9. Never hesitate to say you are sorry
10. Intentionally engage others in ways that build their self-esteem
11. Be respectful of time when making comments
12. Smile!

The behavior patterns we use most often are the ones our brains are most skilled and efficient at using, even if they're not the ones we desire. Our brains prefer to stick with tasks and behaviors that can be successfully performed with the least amount of effort.

**RESPECT
THE RULES**



Erasmus+



RULES OF RESPECT

**Break barriers~
No prejudices**

**Strategic Partnership
between schools**

2016-2018

**Ortona, Italy
13th -17th November
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How to Be Culturally Responsive

The ability to learn from and relate respectfully to people of your own culture as well as others' is known as "cultural responsiveness." Being culturally responsive requires openness to the viewpoints, thoughts, and experiences of others. This is not about changing others to be more like you. Instead, it is about exploring and honoring the differences of others. Developing a cultural-responsive attitude is a life-long journey. It includes:

1. Developing cultural self-awareness. What influenced your own cultural identity? What values and beliefs do you hold and why? Understanding your own cultural makeup is the first step to understanding that others hold different values and beliefs and believe in them as much as you believe in yours.

2. Learn to appreciate and value diverse views. Do not judge views that differ from yours as wrong. Instead, just accept that they are different and even try to understand other points of view.

3. Avoid imposing your own values. Once you are aware of cultural differences, you may find that the cultural norms of some groups make you uncomfortable. Again, it is important to resist the urge to judge. Instead, make a conscious effort to understand the other perspective.

4. Resist stereotyping. Avoid all stereotypes whether "negative" or "positive." Statements such as "blondes are dumb" or "Asians are good at math" will never be true of all individuals within that population. Furthermore, there will always be individuals outside of that population who will also fit that statement. Stereotypes are therefore unreliable and untrue.



5. Learn what you can. Reading about or talking to members of another culture or visiting a friend's cultural celebration is a great way to increase your knowledge and overall acceptance.

6. Accept your own naïveté. Cultural responsiveness may require you to forgive your own mistakes and ignorance. Don't dwell on them. Instead, learn from them.

What Is Tolerance?

Tolerance is another very important concept when learning to respect and accept other cultures. But what is tolerance and why is it so important? Generally speaking, tolerance is the recognition of the universal human rights and freedoms of others, and it is not a passive concept. Tolerance does not equate to indifference or indulgence. Instead, it is a freely given acceptance of the differences of others, and it is the recognition of the value of those differences without judgement. In other words, it is a respect of diversity, and many believe that it is also the very virtue that makes peace possible.

Tips for Fostering Tolerance

1. Live by the "golden rule": Do unto others as you would have them do unto you.
2. View differences as positive. Learning about diversity and cultural differences can be fun. Rather than being fearful and critical of people who are different, learn about their differences
3. Don't blame all people in a particular ethnic group, religion, etc. for the cruel actions of a few who happen to be from the same group.
4. Lastly, remember we all share the same world. Regardless of our differences, this world belongs to us all. To be tolerant is to welcome those differences and even to delight in them.

Cultural diversity: Why we should respect other cultures

By learning about people of different cultural backgrounds, we can increase our horizons, have better interpersonal dialogue and communicate more on a personal level.

Diversity is not only important for adults, but children should be learning about different cultures too, especially those who live in diverse countries within European Union. It is extremely important for adults to teach kids to be accepting of different cultures because if children are not taught, then they become more close-minded. Parents or family members need to sit down and talk with children as well as present them with easy to understand data, and talk about the importance of cultural diversity.

If you are able to explain the importance of diversity to children and show them how diverse the world is, you can help them to be more open minded toward people of different cultural backgrounds.

In today's world if we all are able to respect and know about other cultures, and respect their values and belief, life would be easier for most of us, and we can learn a lot of good things

