CONTINUUM OF CULTURAL SAFETY AND HUMILITY

Cultural Competence

- Skills and behaviours that help a practitioner provide "quality care to diverse populations"
- Can build upon self-awareness
- Limited by reducing culture into a set of skills that practitioners can master and overemphasizing culture difference

Cultural Awareness

- Acknowledgement of differences
- Focus on "other" and "other culture"

Cultural Sensitivity

- Recognize the need to respect cultural differences
- Focus on "other" and "other culture"

CULTURAL SAFETY

- Determined from the patient/ community's perspective
- Considers the social, political and historical contexts
- Requires practitioners to be self-reflective

Anti-racism

Reducing power differences between minority and dominant groups

Cultural Humility

Process of self-reflection to understand personal and systemic biases and privilege

Traumaand violenceinformed care

Recognize the impacts and root causes of historical intergenerational trauma

This graphic has been adapted from: