Exploring Cultural Concepts: The *Culturagram*

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Keywords

Culturagram, cultural responsiveness, culturally diverse families, family assessment
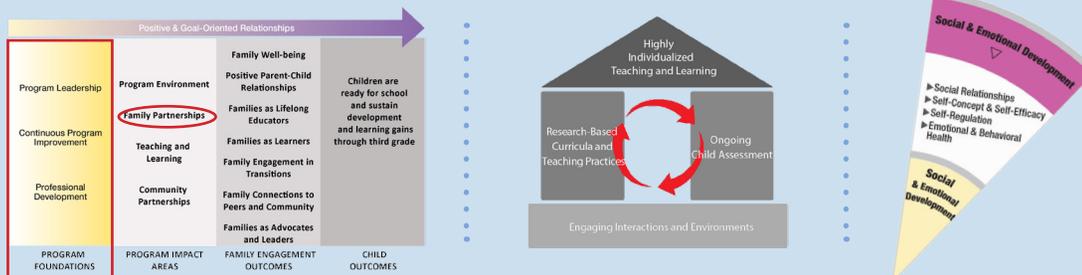
Some Research Highlights

- An important part of getting to know a family is to learn and value their multi-dimensional cultural perspective.

- The *Culturagram* is a tool that may be used to collect family data related to culture; it is especially useful for refugee and immigrant families.

- The *Culturagram* recognizes the important role of culture in understanding families.

- Staff have a responsibility to educate and help enlarge the cultural lens of other professionals in the field who are working with diverse families.

Relevant Publications

Congress, E. (2008). The culturagram. In A. Roberts, Social work Desk Reference (2nd ed.) (pp.969-973.) New York: Oxford University Press.

Head Start Frameworks

This resource highlights only select aspects of each framework and is not an exhaustive review of the frameworks or the research.

Instructions for Completing *Culturagram*

1. Form small groups to review the *Culturagram* and its 10 elements.

2. Individually think about either your present-day family or your childhood family.

3. Fill in the *Culturagram* on the lines provided. Skip the elements that don't pertain to you or your family.

4. Within your small group, share the aspects of your *Culturagram* that you feel comfortable discussing.

5. Consider the following questions:

   - What similarities did you notice among the *Culturagrams* shared in your small group? What differences did you notice?

   - How might you use this experience to increase your understanding of and responsiveness to the variety of cultures and languages represented by the families in your classroom or program?

   - What are some of the ways you might gather elements of a family's *Culturagram* without actually using the form directly with families?

Note: In practice, it is important NOT to sit with families and ask them directly about the elements of their *Culturagram* or fill out the form in front of them.

Culturagram – 2008

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Legal Status

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Time in Community

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Reasons for Relocating

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Language Spoken at Home and in Community

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Values about Family Structure, Power, Myths and Rules

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Family (list individual members)

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Health Beliefs

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Values about Education and Work

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Impact of Trauma and Crisis Events

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Oppression and Discrimination Bias and Racism

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Contact with Cultural and Religious Institutions, Holidays, Food and Cooking

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