

TIPS FOR TEENS

BECOMING MORE ACCEPTING OF DIFFERENCES



TIPS FOR BUILDING A CULTURALLY COMPETENT WORLD

TIP 1: KNOW WHAT DIVERSITY MEANS

Everyone has something unique about him- or herself. These unique qualities can include different races, ethnicities, sexual orientations, religions, physical abilities, learning abilities, or anything else.

TIP 2: BECOME MORE CULTURALLY AWARE

Gain knowledge and understanding of individuals who are different from you in their behaviors, attitudes, customs, and abilities.

TIP 3: GET TO KNOW OTHERS

If you see someone at your school who comes from another country, is of a different race, or who behaves differently than others around you, try to get to know her or him. You may be surprised at how much you have in common.

TIP 4: UNDERSTAND OTHERS

Some of your classmates may learn a little differently than others. Try to be patient when interacting with them.

TIP 5: LEARN ABOUT A DIFFERENT CULTURE

Take a class, read a book, or watch a TV show about another culture. Understanding where others come from can help you appreciate diversity.

TIP 6: RESPECT DIFFERENT BEHAVIORS

As you grow up, you may begin to have romantic relationships. The individuals people are attracted to may be the same sex or the opposite sex. Every individual deserves to have his or her own preferences respected.

TIP 7: TRY TO IMAGINE BEING DIFFERENT

Spend some time imagining yourself in a wheelchair, not knowing a language, or being a member of a different race. How would you feel? If you understand how it feels to be different, it can change the way you view others.

TIP 8: ORGANIZE AN ACTIVITY

Try to schedule an activity in your school that promotes understanding diversity. For example, have students from difference cultures share a home-cooked dish.

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One Teen at a Time