



## **Educator Guide**

**Welcome to CKG Foundation's Cultural Sensitivity Toolkit. This guide is to help facilitate a successful online and classroom follow up experience to meet the content learning objectives.**

### **Learning Objectives**

At the conclusion of this activity, students will be able to:

- Identify how they feel when exposed to new cultural practices
- Engage with others from cultures different than their own in a way that is educational and discerning
- Feel motivated to educate others about their own culture and beliefs
- Identify aspects of their own cultures that they are proud of
- Understand the varying perceptions of mental health across cultures

### **Self-Reflection**

The Cultural Sensitivity Toolkit uses self-reflection surveys to encourage students to think about what they value about their own cultures and how they embrace cultures different from their own. Students will come to understand the importance of becoming familiar with the unfamiliar and reflect on how opening up to the world around us can positively impact our mental health and the mental health of those around us.

### **Conversation Starters**

Mental health and wellness topics are by their nature personal and require sensitivity. It is important to set a safe and supportive tone to encourage deeper consideration of the topics and promote a sense of safety to share and learn. Following is a set of suggested guidelines for participants and facilitators. The facilitator will read the expectations, gain agreement, and move to the discussion questions. It can be helpful to have the group write or read each statement aloud starting with: "I will..."

- Listen generously and understand that another's life experience is their truth.

- Respect each other's privacy, values, and personal priorities.
  - Speak from the (*my*) heart.
  - Be yourself (*myself*).
1. How can being culturally aware and sensitive benefit our own mental health?
  2. How can this benefit the mental health of others?
  3. How do you feel when experiencing elements of cultures outside of your own? Why do you think you might feel this way?
  4. How does your own culture play in to how you care for your mental health?
  5. What are some traditions or rituals you participate in? Why are they special to you?
  6. What are aspects of your culture that help you cope with anxiety, sadness, or difficult days?

## FAQs

### How long will it take my students to go through this course online?

We estimate 20-30 minutes to complete the course, not including the downloadable activities. The journal is designed for personal use over a period of time (weeks or even months).

This course is designed to be used as a student-led independent experience, or as a teacher curriculum resource. It can be used in a hybrid manner in which the e-learning portion is assigned as pre-work for an in-class discussion. Sections of the toolkit can be used over several class periods.

Educators are welcome to download and use the activities and Journals to supplement other curriculum resources.

### Can I split the toolkit into multiple lessons?

Yes, absolutely. We recommend that you have students complete the toolkit prior to class discussions. Any of the learning objectives could stand alone for a more in-depth lesson.

### How does a student log in?

- Once our Privacy Agreement is signed by a faculty member, the toolkit link will be shared
- Using this link, students will create an account and be granted access to all CKG Mental Wellness Toolkits

- On the Toolkit homepage, select “Cultural Sensitivity Toolkit”
- On the Cultural Sensitivity homepage, select “Enter Toolkit” and begin working

**Does the student receive a course completion notification?**

Yes, the student receives a certificate of completion once the entire toolkit has been completed. The student has the option to copy the link to the certificate or download the certificate. The student is able to access the certificate at any time from their personal “dashboard” once logged into the Toolkit site.

**Does the course have to be completed all at once?**

No. Once a student has created an account and logged in, they may complete the toolkit over multiple sessions. Once completed, they can go back and review the toolkit, however, they cannot re-visit the self-reflection sections once submitting responses.

**Can I see my students’ responses to questions in the toolkit?**

No, responses to questions are not collected. Questions are only intended to prompt personal self-reflection. Educators can follow up with classroom discussion with similar questions. Please see Conversation Starter questions.

**Who do I contact to provide feedback about my experience using the toolkit?**

We love feedback! We are always working to improve the educator and student experience with our Mental Wellness Toolkits. Please contact [program@ckgfoundation.org](mailto:program@ckgfoundation.org)

**ASCA Mindsets & Behaviors tied to Learning Objectives**

**M.2** Sense of acceptance, respect, support and inclusion for self and others in the school environment  
**B-SS 2.** Positive, respectful and supportive relationships with students who are similar to and different from them

**B-SS 10.** Cultural awareness, sensitivity and responsiveness

**Standards of Learning for Virginia Public Schools (2020) tied to Learning Objectives**

**7.15** The student will recognize contributions of various racial and ethnic groups to family life and society.

- 7.16** The student will increase his or her ability to listen to different points of view and to accept the rights of others to a differing point of view.
- 12.2** The student will analyze the effects of cultural and family patterns on individual and family development.