

# Cultural differences and conflict

Our kids' wellbeing is impacted by cross cultural issues, often through discrimination and lack of acceptance. There are ways you can support your child through this.



What is culture?

Culture is the accepted norms and practices of a particular group of people.

- We often see a person's cultural background through their language and race
- We also see it through their art, music, food and style of clothing

- A cultural group can share the same gender, age, sexual preference, spirituality, physical issues or social status, among other things

“Standing for cultural acceptance and standing by your child against discrimination makes the world a safer place for them”

How can cultural discrimination harm young people?

Cultural discrimination is when a person is treated less favourably because of their culture. Australia provides laws to protect its citizens but despite this, some young people are insulted, humiliated or threatened because of their culture. It can lead to:

- Feelings of sadness and lack of trust in other people
- Isolation and exclusion
- Depression and feeling suicidal
- Anxiety and fear of being attacked verbally or physically
- Inability to concentrate on study or work
- Post-traumatic stress and flashbacks
- Managing urges to retaliate and consequences of doing so
- Feelings of anger and frustration

## What can I do to encourage cultural acceptance?

As a parent, you can provide support to your child if they have been discriminated against.

You can also encourage cultural acceptance through your own actions.

- Raise your child with pride in their own cultural identity
- If your child is hurt by discrimination, remind them of their strengths
- Avoid reacting in anger or retaliating in front of your child
- Encourage them to be assertive where safe to do so
- Expose your child to multicultural experiences and diverse friendships
- Talk with them about stereotypes and actively challenge these
- Reassure your child that they're not alone
- Tell them discrimination is not ok
- Talk positively about other cultures
- Alert the authorities, if required
- Support for you and your child

Join with others who celebrate cultural differences and take a stand against discrimination.

If you see discrimination online or in person, you can report it. Check out these organisations for more information.

- Diverse Australia Program – Everyone Belongs (previously [Harmony Day](#))
- [Online Hate Prevention Institute](#)
- [Human Rights Commission Complaints](#)