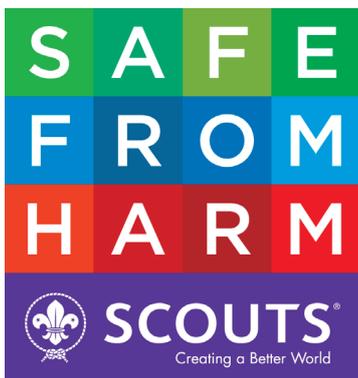




CULTURAL SENSITIVITY



LISTENING EAR TRAINING

– CULTURAL SENSITIVITY

This session is focused on how cultural factors may impact an individual's mental health and well-being. The facilitator may provide information on how to be culturally sensitive and respectful when working with individuals from diverse backgrounds.

Use multimedia resources such as videos and case studies to help volunteers understand how cultural factors may affect mental health and well-being. Use group discussion and role-playing exercises to help volunteers practice being culturally sensitive and respectful.

Case Study 1: Cultural Differences in Coping Mechanisms

A Scout comes from a culture where it is considered inappropriate to openly discuss emotional distress. The Scout has been struggling with anxiety and depression but is hesitant to seek help or talk about their feelings with anyone, including their family and friends.

Assessment: The troop leader must assess the cultural factors that may be impacting the Scout's reluctance to seek help. They should also assess the severity of the Scout's symptoms and determine if they need immediate support.

Immediate Support: The troop leader should acknowledge and respect the Scout's cultural background while also providing support and resources for coping with mental health challenges. They should offer alternative coping mechanisms that are culturally appropriate and emphasize the importance of seeking help when needed. The troop leader can also connect the Scout with a mental health professional who is familiar with their culture and can provide support in a culturally sensitive manner.

Case Study 2: Stigma Surrounding Mental Health in Certain Cultures

A Scout comes from a culture where there is a strong stigma attached to mental health challenges. The Scout has been experiencing symptoms of anxiety and depression but is hesitant to seek help due to fear of being labelled as "weak" or "crazy."

Assessment: The troop leader must assess the cultural factors that may be contributing to the Scout's reluctance to seek help. They should also assess the severity of the Scout's symptoms and determine if they need immediate support.

Immediate Support: The troop leader should provide education and information about mental health and challenge any cultural misconceptions or stigmas around mental health. They should also emphasize the importance of seeking help and providing resources for accessing mental health support. The troop leader can also offer to connect the Scout with mental health professionals who are familiar with their culture and can provide support in a culturally sensitive manner.



Overall, it is important for volunteers to understand that cultural factors can have a significant impact on mental health and well-being. It is important to be respectful and sensitive to cultural differences and provide support and resources that are appropriate for each individual's unique cultural background.

GROUP DISCUSSION:

1. Have the volunteers share their own cultural backgrounds and experiences with mental health. This can help increase awareness of cultural differences and reduce stigma around mental health challenges.
2. Discuss common cultural stigmas or misconceptions around mental health and brainstorm ways to challenge and overcome them.
3. Discuss different cultural beliefs and practices related to mental health and well-being, and explore ways to incorporate them into the troop's activities and programming.
4. Brainstorm ways to make the troop's activities and programs inclusive and accessible to Scouts from diverse cultural backgrounds.

ROLE-PLAYING EXERCISES:

1. Divide the volunteers into pairs and assign each pair a different cultural scenario. For example, one pair could role-play a scenario where a Scout from a culture that values emotional expression seeks support from a Scout from a culture that values emotional restraint. The pairs can then act out the scenario and discuss how cultural differences impacted the interaction.
2. Role-play a scenario where a Scout is experiencing mental health challenges and is hesitant to seek help due to cultural stigmas or misconceptions. The volunteers can act out different approaches to providing support that is culturally sensitive and respectful.
3. Role-play a scenario where a Scout has experienced discrimination or prejudice based on their cultural background. The volunteers can act out different ways to support the Scout and promote inclusivity within the troop.

Overall, these exercises can help Scout volunteers develop cultural sensitivity and awareness, and provide them with practical skills for working with Scouts from diverse cultural backgrounds.



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