

Cultural Identity

Culture is a word that is used quite frequently and often times when applied to identity, people assume it relates to ethnicity or race. While cultural identity certainly includes this aspect of identity, it encompasses much more. There are several models or frameworks that exist for understanding cultural identity; a few of them are listed below. As you review these models, think about:

What is your cultural identity? What aspects of your cultural identity stand out as most important to you and why?

ADDRESSING Model	RESPECTFUL Model
A: Age & Generational influences	R: Religious & Spiritual identity
D: Developmental and acquired	E: Economic class background
D: Disabilities	S: Sexual identity
R: Religious and spiritual orientation	P: Psychological maturity
E: Ethnicity	E: Ethnic/racial identity
S: Socioeconomic status	C: Chronological/developmental challenges
S: Sexual orientation	T: Trauma and threats to well-being
I: Indigenous status	F: Family background and history
N: National origin	U: Unique physical characteristics
G: Gender	L: Location of residence and language differences

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