

## Exploring My Own Culture Worksheet

1. Who took care of you when your mother or caregiver had to go out? At what age were you left alone? At what age were children in your family given responsibility to care for the other kids in the family? At what age were you allowed to baby-sit with younger siblings or other children?
2. What form of discipline or punishment did your family use most often? Did this form of discipline affect how you felt about your parents? How so? Were there any kinds of discipline or punishment that your parents wouldn't use because they felt it was harmful to you?
3. Did your family have different expectations for different children in the family? Older (or younger) children? Boys and girls?
4. Who made what kinds of decisions in your family? Which were made by your mother, your father, or other family members? Other family members? Any joint decisions? What influence was there from extended family, grandparents, or others living in the home? What decisions were children permitted to make for themselves?
5. Who did your family turn to for help and support in times of need or trouble? Did you help yourselves? Did you turn to immediate, close, or extended family? A wide range of extended family and friends? A church group? A community? Did you turn to "professional" helpers (the plumber, the electrician, a counselor, the bank)?
6. What were your family's values and beliefs about the following:
  - Respecting your elders
  - Sex and/or pregnancy outside of marriage
  - People who didn't work regular jobs
  - Formal education
  - Talking to people outside the family about family matters
  - The major life goals your family had for you
7. Which of your family's values and patterns of behavior do you still adhere to and which have you changed?