



# Cultural Safety Self-Reflection Cards

**What words would you use  
to describe your culture?**

**What parts of your culture do you relate to? Which parts don't you like as much?**

**What is a part of your culture  
that feels ordinary to you,  
but that might stand out to  
other people?**

**How does understanding your own culture support you to understand other people?**

**How do you feel when you  
encounter difference?**

**Can you name an  
assumption you have  
about another culture?**



**What do you think about  
power dynamics in your  
work with families?**

**Where are the gaps in your  
cultural knowledge?**

**How do you respond when  
you observe racist or  
discriminatory behaviour?**

**Other than speaking,  
what skills do you have to  
communicate with children  
and families in your work?**

**How comfortable do you  
feel with making mistakes  
in your work?**

**Can you relate to the idea that in cross-cultural situations there can be uncertainty?**