


AIAN Cultural Strengths




**Examples of Cultural Strengths
... despite the Challenges**

Common Myths

- AIAN don't pay taxes
- AIAN get free education
- AIAN don't serve in the armed forces
- Most AIAN receive a


NOTE (Fact): AIANs are the only group in the US who are required to carry a card to prove who we are.



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Strengths: Resilience


- Ups and downs of life, more programs offered in AIAN settings to emphasize resilience and respect for traditional values



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Strengths: AIAN Contribute to Society


- AIAN pay taxes, hold jobs that help society (e.g., teachers, Hot Shot Fire Fighters), and share healing and traditional knowledge with those who need it.



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Strengths of AIAN Cultures


- Traditional Indian Medicine, spirituality, and healing
- Uses include herbal teas for pain relief for unmanaged cancer pain, etc.



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Strengths of AIAN Cultures

- Family (as with most, if not all cultures) remains one of the core strengths within the diverse AIAN cultures



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Strengths of AIAN Cultures

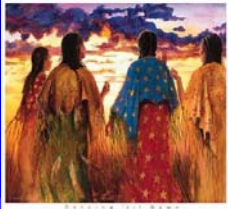
- Respect our traditional practices that contributed to our survival.



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Strengths of AIAN Cultures


- “Community” includes protecting the family, clans, extended family, neighbors
- Note: “Clans”, “Bands”
- Being AIAN is more than simply checking a box on a survey; it implies a responsibility to give back to the community



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Strengths of AIAN Cultures

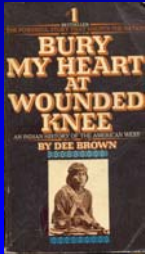
- Respect for elders and traditional practices



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Strengths of AIAN Cultures


- Honor our Ancestors



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Strengths of AIAN Cultures

- Honor our histories. We stand on the shoulders of our ancestors.



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Strengths of AIAN Cultures

- Respect our Veterans
- AIAN are over-represented in the armed forces
- AIAN hold unique roles in armed forces; Apache Tunnels in Vietnam; Code Talkers in WWII)




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Strengths of AIAN Cultures


- Respect for ties with the environment and the land (“the balance”)



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Strengths of AIAN Cultures


- Balance with our relatives, the animals



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Strengths of AIAN Cultures


- We are Survivors!



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Strengths of AIAN Cultures

- Palliative care and end-of-life ... most Natives die in their homes



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Common Values Among Natives

- Sharing and generosity
- Allegiance to family, community, and tribe
- Respect for elders
- Non-Interference
- Orientation to present time
- Harmony with Nature
- Respect for status of the Woman and the Child

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Common beliefs related to Spirituality

- A belief in an unseen power, Great Mystery or Creator
- All things in the universe are related
- Worship reinforces bonds between the individual, family, and community (our relatedness)
- Spirituality is intimately connected to our health

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AIAN Cultural Strengths

| Respective Core Values | |
|-------------------------------|-------------------------------|
| <u>Traditional Native</u> | <u>Main Stream US Society</u> |
| Cooperative | Competitive |
| Group/Tribal Emphasis | Freedom, Progress, Efficiency |
| Extended Family Important | Individualism |
| Modesty | Sexy |
| Patience/Passive (SW) | "Getting Ahead in Life" |
| Generous/Non-Materialistic | Material Comfort |
| Respect for Age | Youth |
| Spirituality | External Conformity |
| Indirect Criticism | Direct Criticism |
| Harmony with Nature | Conquest of Nature |

