

# THE CULTURAL SAFETY CONTINUUM

**Cultural Safety** is an outcome based on respectful engagement that recognizes and strives to address power imbalances in the health care system.

It is important to keep in mind that:

- Cultural safety is a dynamic and everchanging process
- Safety is defined by those who receive care, not by those who provide it

There's a spectrum upon which cultural safety is situated and it includes Cultural Competency, Cultural Awareness, Cultural Sensitivity, and Cultural Humility.



**Cultural Competency:** an approach that focuses on acquiring skills, knowledge and attitudes to work in more effective and respectful ways with Indigenous people and communities

**Cultural Awareness:** having an understanding that there are differences between cultures

**Cultural Sensitivity:** the realization that our own cultural views influence our viewpoints and biases

**Cultural Humility:** the recognition that learning to apply culturally safe and appropriate care is lifelong



It is important to note that being knowledgeable about a culture alone does not go far enough to address the underlying health equity issues that permeate health systems.

