

CULTURE

Culture in its broadest sense is cultivated behavior; that is the totality of a person's learned, accumulated experience which is socially transmitted, or more briefly, behavior through social learning.

Culture is also what we do and how we behave and perform (for example, theater, and dance). It informs and is encapsulated in how we walk, sit, carry our bodies, and interact with others; how we behave depending on the place, time, and "audience;" and how we express identities of race, class, gender, and sexuality, among others.

Culture also includes the collective practices we participate in, such as religious ceremonies, the celebration of secular holidays, and attending sporting events.

It is important to note that culture is not synonymous with race or ethnicity. Culture could refer to someone's way of life, hobbies, religion, generation, or interests.

CODE-SWITCHING

The conscious or unconscious of switching between languages, dialects, or intonations depending on the specific situation of who one is speaking to, what is being discussed, and the relationship and power and/or community dynamics between those involved. BIPOC are safer in some situations if they code-switch.

CULTURAL APPROPRIATION

Cultural appropriation is the act of members of dominant/powerful/privileged groups claiming ownership of, or the rights to, less powerful/privileged groups' cultural and/or religious symbols, dress, and ceremonies.

GASLIGHTING

A form of psychological manipulation in which a person or a group covertly sows seeds of doubt in a targeted individual or group, making them question their own memory, perception, or judgment, often evoking in them cognitive dissonance and other changes, including low self-esteem.

MICRO-AGGRESSIONS

Verbal, nonverbal, and environmental slights, snubs, or insults, whether intentional or unintentional, which communicate hostile, derogatory, or negative messages to target persons based solely upon their marginalized group membership.