



## Tips on Using Inclusive Language

### *Check Your Assumptions about Cultural Norms*

*Why? One should question one's own beliefs to better understand how one's judgments are relative to a particular cultural background and not based on universal, absolute standards of what is "normal," "natural," or "good."*

<b>Example of Language that May Not Be Inclusive</b>	<b>Why it May Feel Non-inclusive</b>	<b>Suggested Revision to be More Inclusive</b>
"Japanese culture is full of so many strange and beautiful rituals that can come off as weird."	This statement frames a non-Western culture as "strange" and "weird" and assumes that Western cultures are "normal" and "natural" by comparison.	"Japan's intricate and complicated history has led to the development of rituals that outsiders may find both beautiful and difficult to understand."
"The breakdown of the nuclear family is responsible for the rise of crime rates in urban communities."	The idea that the "nuclear family" is the norm reflects patriarchal assumptions about what defines "family": something ruled by the male	"The nuclear family is one of several strong family structures, and the decline of the nuclear family in urban communities may reflect an

	<p>leader, or patriarch.</p> <p>Historical research and analysis reveal a wide variety of existing family structures around the world.</p>	<p>underlying problem that is leading to a rise in crime.”</p> <p>A step further: “Claiming that the decline of the nuclear family in urban communities is the reason for rising crime rates assumes that the nuclear family is the only familial structure that can cope with the economic factors that lead to increases in crimes.”</p>
--	--	--

“Orientalism and Power: When Will We Stop Stereotyping people?” *YouTube*, uploaded by *BBC Ideas*, 30 Apr. 2017, <https://youtu.be/ZST6qnRR1mY>.

“What is Patriarchy?” *YouTube*, uploaded by *Choices Program*, 24 March 2020, <https://youtu.be/ROLXAC2PXuU>.

“Where Does the Nuclear Family Come From?” *YouTube*, uploaded by *Origin of Everything PBS*, 21 Nov. 2017, <https://youtu.be/-T6v3DhGhTc>.