

## INTERGENERATIONAL CULTURAL DIFFERENCES

### MAKE ROOM FOR FAMILY, CULTURE, AND ADULT AUTONOMY

Generations may hold different expectations about independence, caregiving, dating, marriage, gender, work, religion, money, and family privacy.

#### NAME THE VALUE UNDERNEATH

- Instead of 'You are controlling,' ask what value is being protected: safety, family unity, respect, reputation, stability, tradition, or independence.
- Understanding a value does not require agreeing with every behavior.

#### SEPARATE VALUE FROM METHOD

- A parent may value family closeness; an adult child may still need privacy.
- A family may value caregiving; care can still include consent and sustainable limits.
- Tradition can be honored without coercion.

#### USE BOTH/AND LANGUAGE

- 'I value our family AND I need to make this decision myself.'
- 'I respect where this tradition comes from AND I am choosing something different.'
- 'I want to stay connected AND I am not discussing that topic.'

#### AVOID CULTURAL STEREOTYPES

- No culture is one single set of beliefs.
- Families vary by generation, migration history, religion, region, class, disability, gender, personality, and individual experience.
- Ask rather than assume.

#### REPAIR AFTER CONFLICT

- Lower the temperature before solving the issue.
- Reflect what you heard, state your need, and identify one concrete agreement.
- If there is abuse, coercion, or threats, safety takes priority over family harmony.

#### CREATE NEW TRADITIONS

- Families can intentionally decide what to carry forward, adapt, or leave behind.
- Ask: What do we want the next generation to inherit from us emotionally, culturally, and relationally?

Healthy cultural continuity can include change. Respect does not require silence, and autonomy does not require rejecting family.