

This is Diversity Awareness Month



Here are 11 ways to celebrate and appreciate the diversity of world around us.

Support minority-owned businesses.

By shopping and eating at more minority-owned businesses, you are helping create more opportunities for property ownership, credit building, and the establishment of generational wealth for communities who were denied such opportunities for decades.

Try to learn another language.

Language is inherently intertwined with culture. While it does take a significant amount of time and energy to become fluent, just learning basic conversational skills shows those around you that you care enough to communicate with them in their native language.

Read a diverse book.

Being exposed to different cultures through literature helps broaden our worldview and develop an appreciation for diversity. Along with this, diverse authors bring forth unique and different perspectives.

Go to a cultural art exhibit.

Artwork oftentimes serves as a reflection for different cultures. There are several cultural exhibits in New Jersey, as well as a multitude of virtual exhibits that can be accessed from any famous museum around the world.

Watch a movie with People of Color (POC) lead actors.

Racial stereotypes and offensive portrayals often dominate the entertainment industry, leading viewers to understand and categorize minorities inaccurately. Hence, it is important to watch and support movies that depict POC as complex individuals instead of just a caricature.

Try out a new ethnic restaurant.

Ethnic foods opens the door for cultural exchange and community building. Along with helping POC-owned restaurants, it is another way to make space for people from different backgrounds and appreciate global culinary traditions.

Learn about another culture's traditions.

Understanding other cultures helps us understand diversity. Actively seeking out information gets rid of any miscommunication and misinterpretation and helps us respect and appreciate people's differences.

Listen to diverse genres of music.

Listening to music is another way to experience another culture. Music is universal. It has a way of transcending through languages and connecting people. Even if the genre or language is unfamiliar, you can be moved by the rhythm, beat and emotion of music. You can find connection and appreciation in music's ability to communicate across languages and cultures.

Expand your definition of diversity.

Diversity is so much more than race, ethnicity, and gender. Try to think about other things that make you and others unique.

Challenge stereotypes in television and film.

People who create media and advertising can have biases just like everyone else. When you watch television or look at other forms of media, pay attention to characteristics of the good/bad characters, or certain ethnic groups being linked to specific products. Try to seek out credible resources on how race and ethnicity play a role in media portrayals.

Be an ally.

It is important to stand up for those being targeted. Speak up when you hear jokes or comments at the expense of others and let people know that biased speech is always unacceptable.