For this month, let’s take a moment to step back and consider if we have any issues or habits that seem to “run in the family” or might have been “passed down”. These generational curses may include poverty, alcoholism, fear, mental illness, etc. Some of these vices are more common than we might think. A few generational curses that are often neglected include self-bias, personal prejudice, racism, sexism, and LGBTQ+ discrimination.

A person is not born with these characteristics but instead has been taught through various experiences. These experiences can include conversations with friends/family or positive/negative situations that can shape an individual’s way of thinking. Hence, it is imperative that we work to break these generational curses and create a better future. This can be done in a few ways.

The first step is to question everything we are taught or told before making a conclusion. Just because a statement is made that does not make it true. You don’t believe everything on the internet right? This leads to the next step, education. When encountering an ideology/topic that is discriminative or controversial we must check your biases to determine if the statement is supported by facts that are not skewed in any way. We must be willing to learn and see both sides of a topic.

Obtaining this knowledge will help us to educate the current and next generations to establish a more diverse, equitable, and inclusive world. Lastly, we must stay open minded in an effort to prevent the generalizing groups. It can be hard not to make assumptions about groups based on our experiences but when in doubt remember to step and take a moment to reflect. Through the practice of these steps, we can break generational curses and continue to work towards progress within our communities.
DEFINITIONS

Generational curse
- The cumulative effect on a person of things that their ancestors did, believed, or practiced in the past, and a consequence of an ancestor's actions, beliefs, and sins being passed down

Self-bias
- Prejudice in favor of or against one thing, person, or group compared with another, usually in a way considered to be unfair

Personal Prejudice
- One's liking or dislike for something more than another generally without good reason

Generalization
- A general statement or concept obtained by inference from specific cases

May

- National Asian American and Pacific Islander Heritage Month
- Haitian Heritage Month
- Indian Heritage Month
- Jewish-American Heritage Month
- Mental Health Month

RESOURCES

WHAT IS GENERATIONAL TRAUMA AND HOW CAN WE HEAL FROM IT?

BREAKING THE GENERATIONAL CURSE OF THE STRONG BLACK WOMAN

TIME FOR DESPOJO: BREAK AWAY FROM YOUR GENERATIONAL CURSES NOW

The NIU PT DEI Alliance is actively seeking new members

INTERESTED IN BECOMING A PART OF THE ALLIANCE?

JOIN US

INTERESTED? EMAIL US AT NIUPTDEIALLIANCE@MAIL.NIU.EDU WITH A BRIEF EXPLANATION OF WHY YOU WANT TO BECOME A PART OF THE ALLIANCE.

Promote PT to middle, high school, community college, and undergrad students from marginalized communities via presentations!!

Generate DEI-related discussions with fellow cohort members!!!

Community engagement!!!

Cultivate strategies to improve knowledge and awareness on DEI topics via monthly newsletters!!!

Collaborate with other DPT programs and ITPA on DEI initiatives!!!

MONTHLY TEAM MEETINGS!!!

Please take the time and complete our survey.
Thank you!!!
(Link Below)

Link