

Examine the Cultural Circles of Influence on Your Fathering

Where did you learn to be a father? What does it mean to be a 'good' father? How should a father handle authority and discipline? Are there ways a father should and should not act?

As you think about the father you want to be, it's important to examine the many cultural influences (past and present) that shape your beliefs about fatherhood. Choose all the 'cultural circles of influence' below that you most identify with. In each circle write an example of how your fathering has been influenced. Feel free to add any cultural influences not listed.

Cultural Circles of Influence

Ethnicity
Family Structure
Activity/Sport
Religion
Race
Orientation
Social Class
Economic Status
Language
Country/Nation
Education
Region/Neighborhood

Write out a few others that come to mind before entering them in the circles below.

Example:

Ethnicity
I make sure to hug my children and show them I love them. Growing up in Latino culture (Colombia), dads were physically affectionate with their kids.

(Six empty circles for user input, alternating in color: blue, red, blue, red, blue, red)



Drawing the Cultural Circles of Influence

Not all influences have the same impact. So, on this page, draw your circles of influence and the bigger the influence, the bigger the circle should be. Some circles influences overlap and are linked with others. For example, “economic status” and “social class” or “ethnicity” and “gender identity” could exert very similar influences.

There is no right or wrong here. Just explore how these influences weigh differently on you.

Cultural Circles of Influence

