



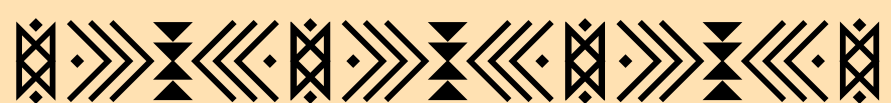
NATIONAL LATINX HERITAGE MONTH





SIGNIFICANCE OF THE START AND END DATE

Latinx Heritage Month starts on September 15 and ends on October 15th. These dates were set in order to include some of the Latin countries' Independence Day and Día de la Raza. Countries that have their Independence Day in September are Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Mexico, Chile, and Belize.

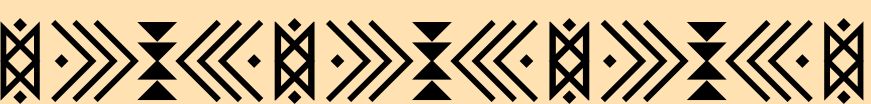


HISPANIC VS LATINX HERITAGE MONTH

It is important to recognize that officially, most people use Hispanic Heritage Month to denote this month's celebration.

However, "Hispanic" does not represent diverse races, cultures, and indigenous languages. The term "Hispanic" refers to people who came from or is a descendant of a Spanish-speaking country. The term "Latinx" is a gender-neutral term that refers to someone who comes from or is a descendant of Latin America. People can be both Hispanic and Latinx, however, not all Latinos are Hispanic. For example, Brazilians are Latinos but are not Hispanic because their native language is Portuguese.

Source



LATINX CULTURE

There are a few common cultural significances and traditions across all Latin American Countries:

- **Corn**
 - Mexico: Tacos
 - Guatemala: Chuchitos
 - Venezuela: Arepas
- **Creation Myths In Some Indigenous Cultures:**
 - Creation myths about their origins as *hombres de maíz* (men of corn) and their traditions surrounding the natural rhythm of the corn harvest
- **Traditional Dancing:**
 - Argentina: Tango
 - Mexico: Folkloric dancing
 - Cuba: Salsa



SPOTLIGHT: BOLIVIA



The national culture is a mix of Hispanic and pre-hispanic elements, specifically 3 cultural traditions:

1. Quechua/Aymara

a. Corresponds to two traditions that existed before Spanish Conquest

2. Spanish or Hispanic

3. Small Amazonian ethnic group

Spanish is the national and official language, however, in rural highlands, Quechua (Incan language) and Aymara are spoken.



DAILY FOOD AND TRADITIONS



A typical diet mostly consists of carbohydrates. In the rural highlands, potatoes, grains, corn, and legumes are regularly used with jerky from cattle or Andean camelids. In the east, rice, cassava, peanuts, bananas, legumes, and corn are paired with fish, poultry, and beef. Some national delicacies include guinea pig and deep-fried pork. Recommended dishes to try are:

- **Salteñas:** baked empanadas
- **Anticucho:** skewered chicken or beef heart
- **Zonzo:** pancake-like entrée

During ceremonial occasions, public displays of generosity and reciprocity. This includes offering an ample amount of food and drinks that are not available at other times of the year.

Source

HOW TO STAY EDUCATED

Readings:

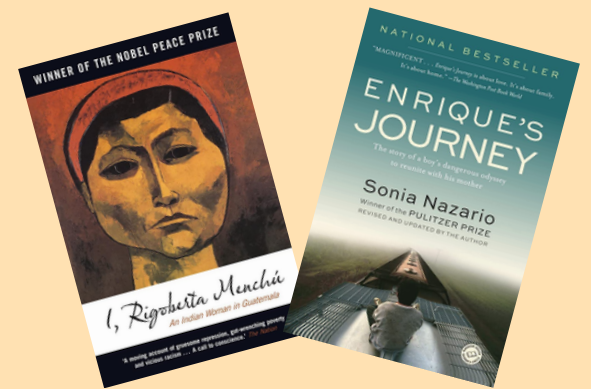
- I, Rigoberta Menchu: An Indian Woman in Guatemala
 - The story of an Indian woman living in Guatemala and her journey to advocating for Indian rights and ethnocultural reconciliation
- Enrique's Journey
 - The story of a Honduran boy who makes the trip to the U.S. on *el tren de la muerte* ("the train of death") to find his mother.

Films:

- The Book of Life
- Encanto
- Coco
- More

Practicing cultural competency:

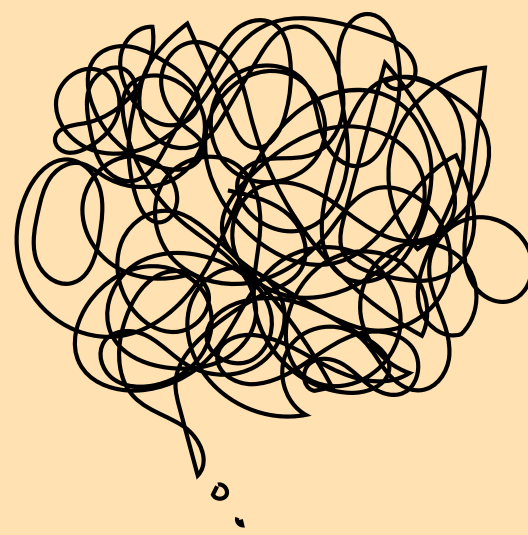
- Culturally competent care for Latino patients - Santa Clarita University
 - Explains the importance of cultural competency and includes case studies for practitioners to read
- Cultural competency model for Latinos
 - A reading that describes the cultural competency model for the Latinx population





MENTAL HEALTH: MACHISMO

Mental health is considered a taboo topic with the stigma surrounding it. People are hesitant to ask for help for fear of being labeled as crazy or seen as mentally unfit.



A factor that contributes to mental health is the concept of *Machismo* or toxic masculinity. It can lead to risks that affect women and children, other men, and themselves. Some examples of these risks are domestic violence, homicides, accidents, suicide, and many forms of addiction. Studies have shown that due to issues relating to toxic masculinity in the Americas, 1 in 5 men do not reach the age of 50.



Source



INTERGENERATIONAL TRAUMA

Intergenerational trauma is the emotional and psychological wounding across generations. Immigrants are more vulnerable due to the legacies of colonialism, political violence, and migration-related stressors. Immigrant trauma comes from the experience of moving to a new country where they are often stigmatized. They face challenges of assimilation that can go against their views.

Source



A subcategory within intergenerational trauma is first-generation trauma. There is no real definition, however, it encompasses the experiences of children in immigrant households who live in American society. Usually in most households, the firstborn has the unspoken responsibility of navigating American society both for their siblings and their parents. They also suffer from a dual identity of not being American enough nor Latino enough.

Source



RESOURCES

- [Therapy for Latinx](#)
 - Directory to finding a Latinx therapist
- [NRHCMH](#)
 - Website that shares stories/articles related to mental health
- [SanaMente](#)
 - Mental health services in Spanish
- [NAMI California](#)
 - Includes Latinx resources, personal stories, and informational articles





COLORISM AMONG THE LATINX COMMUNITY

Colorism is the act of prejudice against individuals with darker skin tones, typically in ethnic communities. Due to years of colonialism, the preference for lighter skin tones comes from ideals of white supremacy. An example of this is the implementation of *Sistema de Casta* (caste system) by the Spanish, which was meant to whiten the race through intermarriage. The mixing of both indigenous and Europeans lead to the racial classification of the offspring.



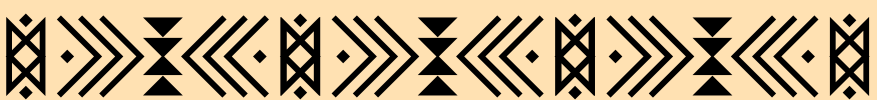
SISTEMA DE CASTA

Latin America experienced over 100 different castes, however, the main ones are the following:



- **Spaniards**
 - Phenotypically white individuals born in Spain
- **Criollos**
 - Offspring of the Spaniards born in the Americas
- **Mestizos**
 - People of mixed European and Indigenous ancestries
- **Mulatos**
 - People of mixed European and African ancestries
- **Zambos**
 - People of mixed Indigenous and African ancestries
- **Indigenous**
 - Phenotypically of Indigenous descent
- **Africans**
 - Phenotypically of African descent

Source



MODERN EFFECTS OF COLORISM AND HOW TO COMBAT IT

Reports have shown that 27% of Latinx have experienced discrimination by other Latinxs, specifically those with darker skin tones. About 48% reported that they have heard family members and friends make racially insensitive comments or jokes. The effects are unconsciously adopted that such comments can come in the form of families telling their children not to date a specific ethnicity or complimenting people due to their fair skin. European beauty standards have also influenced people's perception of their beauty.

Source to combat colorism, it is important to recognize our own biases that we may have. It is also important to actively speak out when we hear discriminatory comments or jokes. We have to continuously work to reverse the norm placed on us due to years of colonialism.

