

Cultural Connectedness Scale - California (Adapted)

Record ID _____

I believe things like animals, rocks (and all nature) have a spirit like Native American/Indigenous People.

- ☐ Yes
☐ No

I can understand some Native American/Indigenous words or language(s).

- ☐ Yes
☐ No

I know my Cultural, Spirit, Indian or Traditional Name.

- ☐ Yes
☐ No
☐ Does not apply (We do not use these names)

I use ceremonial/traditional medicines (See Examples List #1) for guidance or prayer or other reasons (See Examples List #2).

- ☐ Yes
☐ No

I have participated in a traditional/cultural ceremony or activity (See Examples List #3).

- ☐ Yes
☐ No

I have helped prepare for a traditional/cultural ceremony or activity in my family or community (See Examples List #3).

- ☐ Yes
☐ No

I have shared a meal with community, offered food or fed my ancestors for a traditional/cultural or spiritual reason (See Examples List #4).

- ☐ Yes
☐ No

Someone in my family or someone I am close with attends traditional/cultural ceremonies or activities (See Examples List #3).

- ☐ Yes
☐ No

I plan on attending a traditional/cultural ceremony or activity in the future (See Examples List #3).

- ☐ Yes
☐ No

I plan on trying to find out more about my Native American/Indigenous culture, such as its history, Tribal identity, traditions, customs, arts and language.

- ☐ Yes
☐ No

I have a traditional person, elder or other person who I can talk to (See Examples List #5).

- ☐ Yes
☐ No

I have spent time trying to find out more about being Native American/Indigenous, such as history, tribal identity, traditions, language and customs.

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

I have a strong sense of belonging to my Native American/Indigenous family, community, Tribe, or Nation.

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

I have done things that will help me understand my Native American/Indigenous background better.

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

I have talked to community members or other people (See Examples List #5) in order to learn more about being Native American/Indigenous.

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

When I learn something about my Native American/Indigenous culture, history, or ceremonies, I will ask someone, research it, look it up, or find resources to learn more about it.

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

I feel a strong connection/attachment towards my Native American community or Tribe.

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

If a traditional person, counselor or Elder who is knowledgeable about my culture, spoke to me about being Native American/Indigenous, I would listen to them carefully (See Examples List #5).

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

I feel a strong connection to my ancestors and those that came before me.

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

Being Native American/Indigenous means I sometimes have a different perception or way of looking at the world.

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

The eagle feather (or other feathers) has a lot of traditional meaning for me (See Examples List #6).

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

It is important to me that I know my Native American/Indigenous or Tribal language(s).

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

When I am physically ill, I look to my Native American/Indigenous culture or community for help.

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

When I am overwhelmed with my emotions, I look to my Native American/Indigenous culture or community for help.

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

When I need to make a decision about something, I look to my Native American/Indigenous culture or community for help.

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

When I am feeling spiritually ill or disconnected, I look to my Native American/Indigenous culture or community for help.

- ☐ Strongly Disagree
☐ Disagree
☐ Do Not Agree or Disagree
☐ Agree
☐ Strongly Agree

How often do you offer a ceremonial/ traditional medicine for cultural/traditional purposes? (See Examples List #1)

- ☐ Never
☐ Once/Twice in the Past Year
☐ Every Month
☐ Every Week
☐ Every Day

How often do you use ceremonial/traditional medicines? (See Examples List #1)

- ☐ Never
☐ Once/Twice in the Past Year
☐ Every Month
☐ Every Week
☐ Every Day

How often does someone in your family or someone you are close to use ceremonial or traditional medicines? (See Examples List #1)

- ☐ Never
☐ Once/Twice in the Past Year
☐ Every Month
☐ Every Week
☐ Every Day

Example list #1: Ceremonial & Traditional Medicines Example list #2: Uses of Ceremonial & Traditional Medicines
 Example list #3: Traditional, Tribal & Cultural Ceremonies or Activities Example list #4: Cultural Uses of Food
 Example list #5: Traditional Persons, Elders & Leaders

Example list #6: Feathers

- Angelica Root
- Bear Root
- Cedar
- Corn Pollen
- Copal
- Greasewood
- Jimson
- Milk Weed
- Mountain Tea
- Mugwort
- Palo de Santo
- Peyote
- Sage
- Sweet grass
- Tobacco
- Women's Tea
- Asking for a blessing in a sacred manner
- Calmness
- Cultural connections
- Gifting to show respect
- Give thanks

- Guidance
- Help Sleeping
- To honor
- Personal Healing
- Prayer
- Smudge
- Spiritual connections
- Spiritual Offerings
- Steady Mind
- Talk to the creator
- Keep bad spirits away
- Acorn Ceremony
- Beading Class
- Bear Dance, Sun Dance, Round Dance or other Cultural Dance
- Big Time
- Burning of Clothes
- Coming of Age
- Deer Gathering
- Drumming
- Feast Giveaway
- Fiesta (South of Kern Valley)
- GONA
- Longhouse
- Moon Ceremony
- New Years
- Pot Latch
- Pow Wow
- Puberty Ceremony
- Repatriation
- Running is my High
- Spring Ceremony
- Story Telling
- Sunrise Ceremony
- Sun Rise (Alcatraz)
- Sweat Lodge
- Traditional Tattoo
- Washing of the Face
- Wiping of Tears
- Young Men's Ceremony
- Yuwipi
- Spirit Plate
- Thank You Ceremony
- Special Feast
- Community Feed
- Other
- Ceremonial Leader
- Cultural Teacher
- Doctor
- Elder
- Father
- Feather Man
- Feather Woman
- God Father
- God Mother
- Head Heir
- Head Man
- Head Woman
- Medicine People
- Mother
- Mother Bear
- Regalia Leader
- Spiritual Person
- Timiiwal
- Top Doc
- Eagle
- Condor
- Flicker
- Hummingbird
- Raven
- Hawk
- Turkey

- Quail
- Woodpecker