

Cultural Connectedness Scale (29-item Original Scale)

Record ID _____

I plan on trying to find out more about my [Aboriginal/FNMI] culture, such as its history, traditions, and customs.

- ☐ Yes
☐ No

I have spent time trying to find out more about being [Aboriginal/FNMI], such as its history, traditions and customs.

- ☐ Strongly disagree
☐ Disagree
☐ Do not agree or disagree
☐ Agree
☐ Strongly agree

I have a strong sense of belonging to my [Aboriginal/FNMI] community or Nation.

- ☐ Strongly disagree
☐ Disagree
☐ Do not agree or disagree
☐ Agree
☐ Strongly agree

I have done things that will help me understand my [Aboriginal/FNMI] background better.

- ☐ Strongly disagree
☐ Disagree
☐ Do not agree or disagree
☐ Agree
☐ Strongly agree

I have talked to other people in order to learn more about being [Aboriginal/FNMI].

- ☐ Strongly disagree
☐ Disagree
☐ Do not agree or disagree
☐ Agree
☐ Strongly agree

When I learn something about my [Aboriginal/FNMI] culture], I will ask someone more about it later.

- ☐ Strongly disagree
☐ Disagree
☐ Do not agree or disagree
☐ Agree
☐ Strongly agree

I feel a strong attachment towards my [Aboriginal/FNMI] community or Nation.

- ☐ Strongly disagree
☐ Disagree
☐ Do not agree or disagree
☐ Agree
☐ Strongly agree

If a traditional person, Elder, or Clan Mother spoke to me about being [Aboriginal/FNMI], I would listen to them carefully.

- ☐ Strongly disagree
☐ Disagree
☐ Do not agree or disagree
☐ Agree
☐ Strongly agree

I feel a strong connection to my ancestors.

- ☐ Strongly disagree
☐ Disagree
☐ Do not agree or disagree
☐ Agree
☐ Strongly agree

Being [Aboriginal/FNMI] means I sometimes have a different way of looking at the world.

- ☐ Strongly disagree
☐ Disagree
☐ Do not agree or disagree
☐ Agree
☐ Strongly agree

It is important to me that I know my [Aboriginal/FNMI] language.

- ☐ Strongly disagree
☐ Disagree
☐ Do not agree or disagree
☐ Agree
☐ Strongly agree

I can understand some of my [Aboriginal/FNMI] language.

- ☐ Yes
☐ No

I use tobacco for guidance.

- ☐ Yes
☐ No

I have participated in a cultural ceremony (examples: Sweatlodge, Moon Ceremony, Sundance, Longhouse, Feast or Giveaway).

- ☐ Yes
☐ No

I have helped prepare for a cultural ceremony (examples: Sweatlodge, Moon Ceremony, Sundance, Longhouse, Feast or Giveaway).

- ☐ Yes
☐ No

I have offered food or feasted someone/something for a cultural reason.

- ☐ Yes
☐ No

Someone in my family or someone I am close with attends cultural ceremonies (examples: Sweatlodge, Moon Ceremony, Sundance, Longhouse, Feast or Giveaway).

- ☐ Yes
☐ No

I plan on attending a cultural ceremony in the future (examples: Sweatlodge, Moon Ceremony, Sundance, Longhouse, Feast or Giveaway).

- ☐ Yes
☐ No

I have a traditional person, Elder or Clan Mother who I talk to.

- ☐ Yes
☐ No

How often do you make tobacco offerings for cultural purposes?

- ☐ Never
☐ Once/twice in the last year
☐ Every month
☐ Every week
☐ Every day

How often do you use sage, sweetgrass, or cedar in any way or form?

- ☐ Never
☐ Once/twice in the last year
☐ Every month
☐ Every week
☐ Every day

How often does someone in your family or someone you are close with use sage, sweetgrass, or cedar in any way or form?

- ☐ Never
☐ Once/twice in the last year
☐ Every month
☐ Every week
☐ Every day

I know my cultural/spirit name.

- ☐ Yes
☐ No
-

In certain situations, I believe things like animals
and rocks have a spirit like [Aboriginal/FNMI] people.

- ☐ Yes
☐ No
-

The eagle feather has a lot of meaning to me.

- ☐ Strongly disagree
☐ Disagree
☐ Do not agree or disagree
☐ Agree
☐ Strongly agree
-

When I am physically ill, I look to my
[Aboriginal/FNMI] culture for help.

- ☐ Strongly disagree
☐ Disagree
☐ Do not agree or disagree
☐ Agree
☐ Strongly agree
-

When I am overwhelmed with my emotions, I look to my
[Aboriginal/FNMI] culture 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 [Aboriginal/FNMI] culture for help.

- ☐ Strongly disagree
☐ Disagree
☐ Do not agree or disagree
☐ Agree
☐ Strongly agree
-

When I am feeling spiritually disconnected, I look to
my [Aboriginal/FNMI] culture for help.

- ☐ Strongly disagree
☐ Disagree
☐ Do not agree or disagree
☐ Agree
☐ Strongly agree