

About Heritage

Heritage is important because it gives direction for living based on knowledge, values and attitudes passed down over the generations.

Heritage supports and enhances many aspects of 'being', such as:

- A sense of cultural identity and belonging.
- How to survive and keep healthy and safe.
- Spiritual strength – what to believe in and value, what customs and ceremonies to follow.
- A sense of self-worth.
- Building confidence in self by providing a basis for knowing how to behave, what protocols to follow, who you are and your responsibilities within the greater cultural group.
- Fosters the development of aspirations through learning about heroes and to emulate positive role models.
- Provides models for learning.
- Provides a record of personal and cultural histories which encapsulates the wisdom across the ages.
- Demonstrates the connection groups have with the Elements, i.e. Fire, Earth, Air, Water.
- Highlights how culture evolves across time and changing conditions.

Traditional stories incorporate 'truths' for young people to know, which are presented at an intellectual and emotional level that they can understand, and can influence their behaviour and thinking.

A person's heritage defines their cultural identity.