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U Report by UNICEF

MYTH

~~*You have to choose between your culture of origin and the culture of the country where you live.*~~

REALITY



You can belong to both cultures, in your own way.

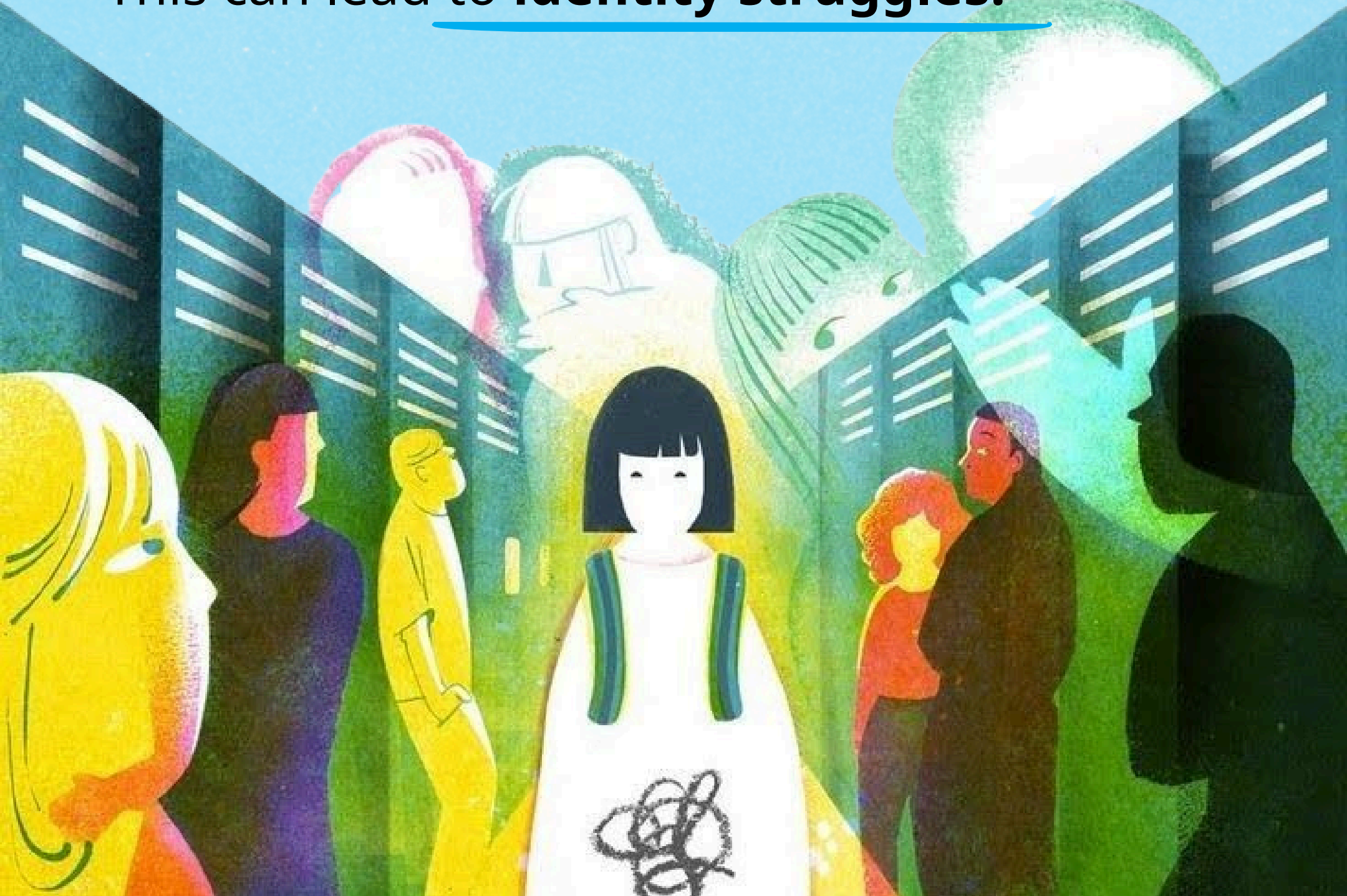
#1

WHERE DO YOU REALLY BELONG?

If you grow up between two cultures, you may sometimes feel:

- “too foreign” for one place;
- “too different” for another;
- pressured to choose which side you belong to.

This can lead to **identity struggles.**



#2

THE PRESSURE OF EXPECTATIONS FROM FAMILY, SOCIETY, FRIENDS, AND TRADITIONS

Sometimes, expectations can seem to conflict with each other:

- being “enough” of your culture of origin;
- fitting perfectly into your new environment;
- not disappointing anyone.



⚠️

But trying to please everyone can sometimes make you lose touch with who you really are.

#3

YOU DON'T HAVE TO CHOOSE JUST ONE PART OF YOURSELF

Your identity isn't divided in half. It's a mix — made up of languages, memories, values, and **ways of seeing the world that come from different places.**

You can:

- speak several languages and think in different ways;
- have values that may seem opposite, but that you've learned to bring together;
- feel at home in more than one place — or create a place that feels like your own.



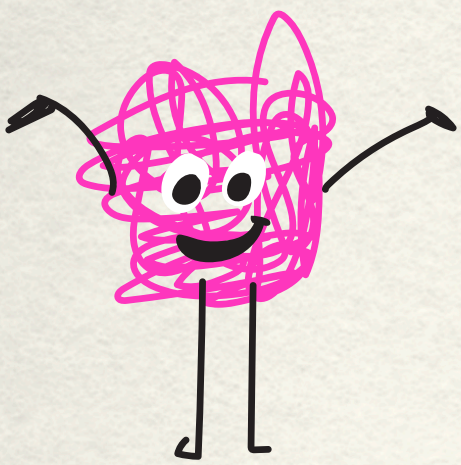
#4 FINDING YOURSELF ALSO MEANS ACCEPTING CHANGE

Growing up between different cultures **can be complicated.** Sometimes you may feel caught between different worlds and experience **mixed emotions,** such as:

- guilt;
- confusion;
- anger;
- loneliness.



But these experiences **can also become sources of strength and self-awareness, helping you develop:**



- empathy;
- an open mind;
- resilience;
- the ability to build bridges between people.

#5

DON'T LOSE YOURSELF JUST TO FEEL ACCEPTED

👉 Being between two worlds can be a strength🤍

👉 You don't have to prove that you belong “enough” to any culture. Your story is already valid just as it is.

Are you between 14 and 24 and looking for support?

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