

# NACRAO DEI&B

## OCTOBER 2022

### HISTORY OF HALLOWEEN

The tradition originated with the ancient Celtic festival of Samhain (a Pagan religious festival originating from an ancient Celtic spiritual tradition) when people would light bonfires and wear costumes to ward off ghosts.

Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31, they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth.

### A GUIDE TO BEING CULTURALLY SENSITIVE THIS HALLOWEEN

Halloween is fast approaching and with it comes a deluge of costumes. Whether you are making your costume from scratch or stopping by Spirit Halloween, you have a range of ideas to choose from. However, when considering the myriad of possibilities, there is one thing to keep in mind — is my costume offensive or hurtful?

Here are some costumes that should not be worn this Halloween:

1. Pocahontas
2. An Egyptian Goddess
3. A gypsy
4. A geisha
5. Any type of headdress

Cultural appropriation is defined as "the act of taking or using from a culture that is not your own, especially without showing you understand or respect this culture." This act is notoriously prevalent during Halloween, committed mostly by people don't get the implications of their costume. Anyone can be guilty of cultural appropriation, no matter their race or ethnicity.

There is a difference between respecting a culture and appropriating it. Respecting a culture means educating yourself on the unique history, traditions and struggles of that specific group. Using a tacky outfit to represent a stereotype is not considerate, but ignorant.