



## **Cultural Competence**

**We must not merely dismiss these comments and suppress the emotions they provoke. By doing so, we inadvertently condone such behaviour, risking harm to our mental well-being, hindering academic progress, and fracturing relationships in our working and learning environments. In this context, storytelling emerges as a potent tool for prompting reflection upon our language practices to recognise that seemingly innocuous remarks perpetuate insensitivity.**

### **Conclusion**

**In conclusion, this exploration underscores the impact of language in patient care, medical education, and beyond. In education, inclusive language fosters safe spaces that encourage open dialogue and engagement, bridging understanding between educators and students. Moreover, their impact extends beyond classrooms, moulding how students perceive and interact with the world.**

**UCL educators' commitment to inclusive language exemplifies the potential for meaningful change. Their dedication to diverse perspectives shapes an more equitable medical education. Yet, personal narratives remind us of the nuances and power of seemingly innocuous remarks. Embracing conscious language choices is key to fostering equity, reducing disparities, and creating an environment where everyone's voice is valued and understood, paving the way for an more equitable future.**

1 The Denver principles 1983 12

2 Best KL, Mortenson WB, Lauzière Fitzgald Z, et al. Language matters! The long  
standing debate between identity first language and person first language

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3 Cook RJ and Dickens BM Reducing stigma in reproductive health  
2014; 125: 89-92. doi:10.1010/1010035/02280805 dkRJan