

		<div> <div></div> B: causal or replicated, nearby population (5) <div></div> C: observational or small sample (8) <div></div> D: expert opinion only (1) </div>							
		<div> <div></div> A: pooled or causal in the right population (0) </div>							
#	Recommendation	A	B	C	D	Person	Parents	Schools	Employers
1	Let the person name their own identity; no one-box forms two surveys; no experiment or field trial			C		C	C	C	C
2	Talk about heritage early and often, with pride one meta-analysis (102 studies), modest effects		B				B		
3	Keep the heritage language alive at home, both parents using it pooled correlation; direction unclear			C			C		
4	Teach heritage literacy, not only speech speech outlasts writing; one school study			C			C	C	
5	Offer dual-language programmes lottery study, 7 to 9 months of reading; no identity data		B					B	
6	Run identity-exploration courses one randomised trial, one regression-discontinuity study and its follow-up		B					B	
7	Give a brief belonging message at transitions one randomised trial, N = 92		B					B	
8	Help people tell integrated, agentic stories correlations; no test on in-between people			C		C			
9	Connect people to peers like them one review and one qualitative study; programme studies excluded by design			C		C		C	
10	Use RAFT and structured leaving routines widely taught, never tested				D			D	
11	Reward integration, not the number of cultures one three-study paper, observational			C					C
12	Bundle training with responsibility and mentoring one 708-workplace observational study			C					C
13	Do not rely on one-off bias workshops review of 418 experiments		B						B
14	Expect self-reported pride, not proof of advantage one national survey			C		C			