

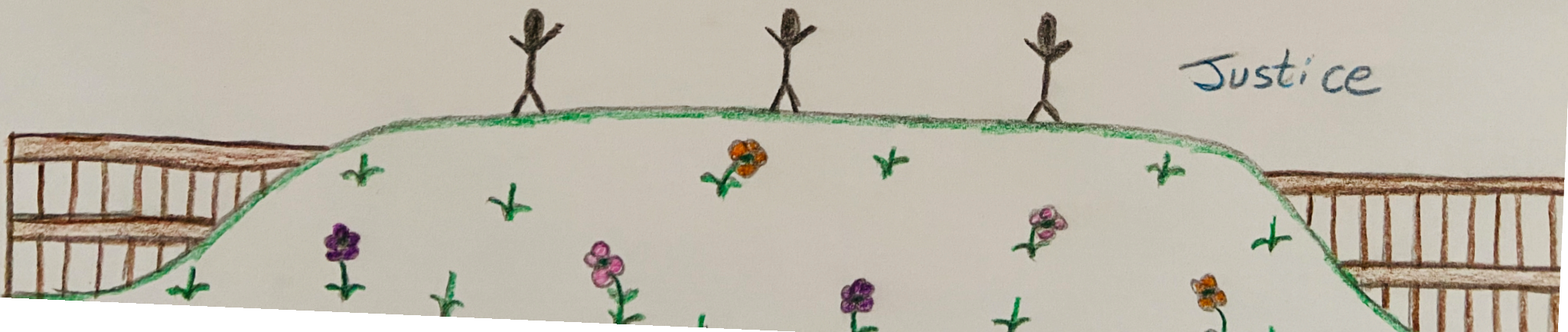
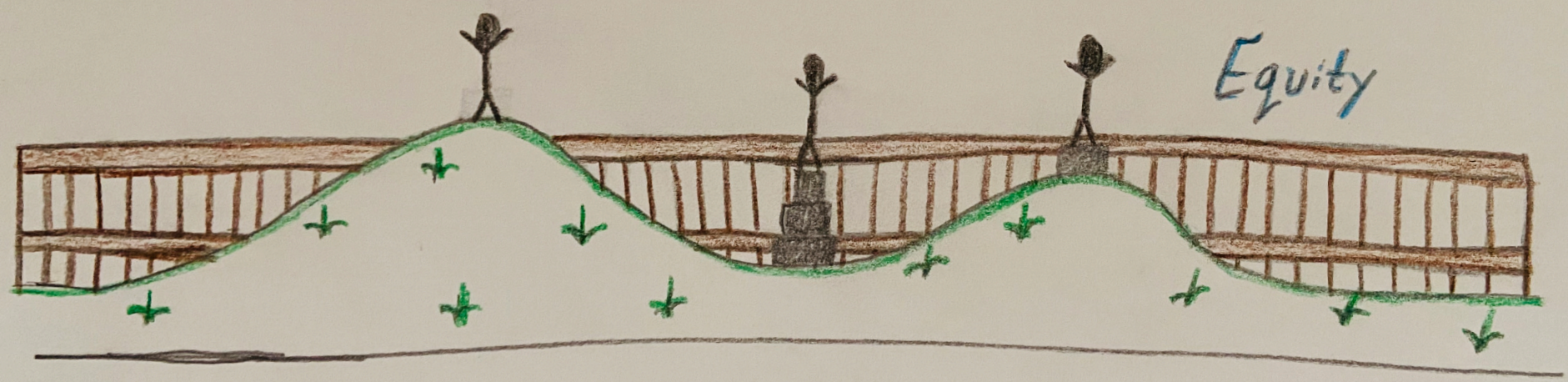
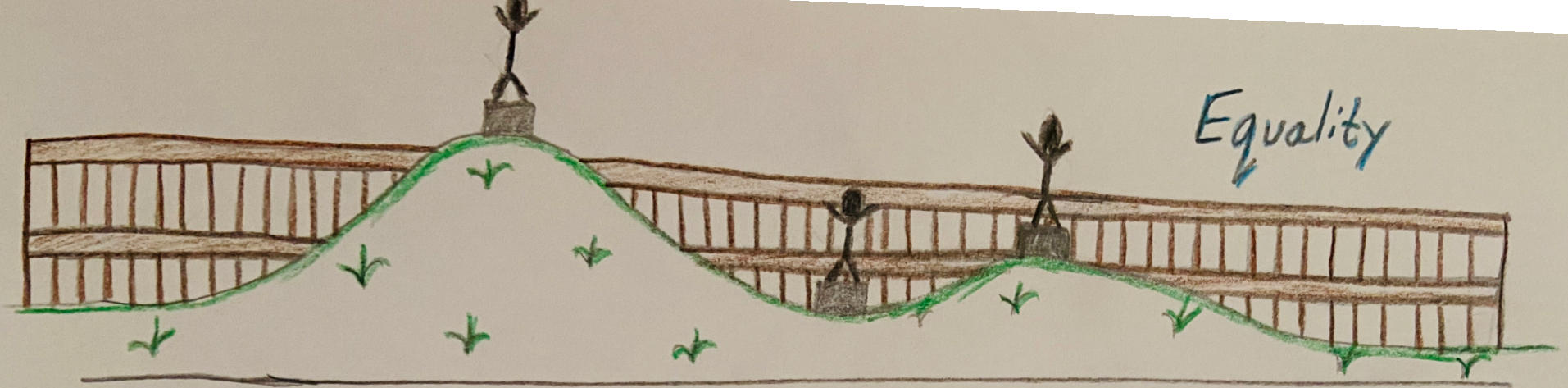
Learning How to be Anti-Racist

7/1/20

Slides and materials from the discussion held on 7/1/20

COMMUNITY EXPECTATIONS

- 1) Please change your name in Zoom to include your pronouns.
- 2) Prepare to get uncomfortable and lean into that.
- 3) Use the “raise hand” feature if you would like to speak next.
- 4) Assume good intentions when others are speaking and take a breath before responding.
- 5) Use “I” statements and speak from your own experiences.



HERE'S HOW WE #DEFUNDTHEPOLICE

FIRST. Demand that lawmakers support reparations for all families of those killed and survivors of police violence.

SECOND. Demand that every State, city and municipality spend LESS on law enforcement and incarceration. Period.

FINALLY. Demand investment into Black communities. It is not enough to defund the police, we need to put in place systems to uplift and protect Black communities.

**THAT MEANS
DIVESTING FROM:**

POLICE IN
SCHOOLS

CRIMINALIZING
MENTAL HEALTH

MILITARY WEAPONS
AGAINST CITIZENS

AND INVESTING IN:

TEACHERS &
COUNSELORS

MENTAL HEALTH &
RESTORATIVE SERVICES

COMMUNITY-LED
HARM REDUCTION

BLACK
LIVES
MATTER



More about the “Spoons Theory”

By Manda May (abridged)

<https://www.facebook.com/amanda.letts.10/posts/10104618986376232>

Something I talk about in therapy with my clients is the Spoon Theory that Christine Miserandino coined back in 2003. It was originally created to help explain the daily toll of chronic illness. I apply it to mental health all the time.

The Spoon Theory says that every day, each person wakes up and is allotted 20 spoons to spend that day. Everything you do costs spoons. Getting dressed. Cooking. Taking care of your children or pets. Even self-care, like going for a run, costs spoons. Some things cost more spoons than others, having a chronic disability, or a special needs child, or severe depression, all cost an immense number of spoons every day. Many people run out of spoons even just trying to survive the day. To make big advances in your life and to achieve your goals above basic needs, you ***HAVE*** to have spoons available at the end of the day. Studying all night for months to crush the SATs costs many, many spoons.

More about the “Spoons Theory”

By Manda May (abridged)

<https://www.facebook.com/amanda.letts.10/posts/10104618986376232>

I cannot tell you how many of my white friends are exhausted from the emotional toll of the protests. Growing as a person costs spoons. Digesting what’s happening in our country right now, aka tuning in, costs spoons. Deciding you want to take action steps costs spoons. Having it out with a family member or friend who doesn’t get it costs spoons. Yep. Fighting racism internally and externally is hard. It’s been a hard week. That’s true. And that’s white privilege. That it’s been hard this week and not every week.

It costs spoons, every single day, to be a person of color. It costs spoons when race is at the top of every headline and it costs spoons when it’s not in the news at all. The loss of all of these spoons adds up and it puts white people at even more of an advantage. We have more spoons to do well in school and work. More spoons to dedicate to our family. More spoons to achieve our goals at every age. You can’t see them, but some of those spoons you have leftover each day are white privilege.

More about the “Spoons Theory”

By Alex Jenny (abridged)

<https://www.facebook.com/alexjenny/posts/10224183744520190>

I’ve been getting questions from white folks that basically amount to “What if I want to be an ally but I’m mentally ill and traumatized?” Here is my response as a trauma therapist and anti-oppression educator: It is time y’all seriously take a look at ways to increase your distress tolerance and emotional regulation skills, if not for your own healing, then for the cause. Mental illness and PTSD is not an excuse, it is a very real barrier, yes, AND it is absolutely something that can be worked on.

Black people are being actively and acutely traumatized continually and are still showing up to fight because they have no other alternatives. So no, mental illness does not give you an excuse to disengage completely. There are many ways to participate, but looking away altogether is, again, a privileged decision.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

I can if I wish arrange to be in the company of people of my race most of the time.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

If I should need to move, I can be pretty sure of renting or purchasing housing in an area which I can afford and in which I would want to live.

I can be pretty sure that my neighbors in such a location will be neutral or pleasant to me.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

I can go shopping alone most of the time,
pretty well assured that I will not be followed
or harassed.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

I can turn on the television or open to the front page of the paper and see people of my race widely represented.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

When I am told about our national heritage or about “civilization,” I am shown that people of my color made it what it is.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

I can be sure that my children will be given curricular materials that testify to the existence of their race.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

I can be pretty sure of having my voice heard in a group in which I am the only member of my race.

I can be casual about whether or not to listen to another person's voice in a group in which they are the only member of their race.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

I can go into a music shop and count on finding the music of my race represented, into a supermarket and find the staple foods which fit with my cultural traditions, into a hairdresser's shop and find someone who can cut my hair.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

Whether I use checks, credit cards or cash, I can count on my skin color not to work against the appearance of financial reliability.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

I can talk with my mouth full and not have people put this down to my color.

I can swear, or dress in second hand clothes, or not answer letters, without having people attribute these choices to the bad morals, the poverty or the illiteracy of my race.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

I can do well in a challenging situation without being called a credit to my race.

I am never asked to speak for all the people of my racial group.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

I can worry about racism without being seen as self-interested or self-seeking.

If I declare there is a racial issue at hand, or there isn't a racial issue at hand, my race will lend me more credibility for either position than a person of color will have.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

I can easily buy posters, post-cards, picture books, greeting cards, dolls, toys and children's magazines featuring people of my race.

I can expect figurative language and imagery in all of the arts to testify to experiences of my race.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

I am not made acutely aware that my shape, bearing or body odor will be taken as a reflection on my race.

I can be late to a meeting without having the lateness reflect on my race.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

I can think over many options, social, political, imaginative or professional, without asking whether a person of my race would be accepted or allowed to do what I want to do.

I will feel welcomed and “normal” in the usual walks of public life, institutional and social.

White Privilege: Unpacking the Invisible Knapsack

By Peggy McIntosh

Read the entire paper here:

<https://nationalseedproject.org/Key-SEED-Texts/white-privilege-unpacking-the-invisible-knapsack>



**THAT'S NOT OKAY
WITH ME.**

RACISM INTERRUPTER



privtoprog

@PRIVTOPROG



I'M SORRY, WHAT?

RACISM INTERRUPTER

@PRIVTOPROG

“

**I DIDN'T REALIZE
YOU THINK THAT.**

RACISM INTERRUPTER

@PRIVTOPROG



**WHAT YOU JUST SAID
IS HARMFUL.**

RACISM INTERRUPTER

@PRIVTOPROG

“

**WE DON'T SAY
THINGS LIKE THAT
HERE.**

RACISM INTERRUPTER

@PRIVTOPROG



HOLD ON.

**I NEED TO PROCESS
WHAT YOU JUST SAID.**

RACISM INTERRUPTER



**HELP ME
UNDERSTAND
YOUR THINKING.**

RACISM INTERRUPTER

@PRIVTOPROG

“

**I FIND THAT
OFFENSIVE.**

RACISM INTERRUPTER

@PRIVTOPROG

““

THAT'S NOT FUNNY.

RACISM INTERRUPTER

@PRIVTOPROG

““

**I'M NOT
COMFORTABLE
WITH THAT.**

RACISM INTERRUPTER

@PRIVTOPROG

ACTION ITEM #1

Watch Hamilton the Musical
(Available on Disney+, July 3rd)

OR

At the very least, listen to the **entire** soundtrack
(Available on Spotify, iTunes, Amazon Music, YouTube)

ACTION ITEM #1

Identify 2-3 problematic things within/about the musical.

*Email them to christina.ramos@csulb.edu
by 5pm on Tuesday, July 7th.*

ACTION ITEM #2

Start reading the book you
selected last week.

ACTION ITEM #3

Sign up for the SURJ phone zap to defund the police.

Webinar TOMORROW

July 2nd, 12pm PST

SHOWING UP
for
RACIAL JUSTICE

Defund The Police Phone Zap



Thursday July 2nd 12 pst/3 est

Register: bit.ly/SURJDefundPhoneZap

**Join SURJ to make calls to our local officials
together, demanding that they defund the police**

ACTION ITEM #3

If you missed the Webinar, you can still
take action!

Contact your local officials and demand that they
defund the police.

Reference Sheet provided by SURJ:

<https://docs.google.com/document/d/17yefFJhHH9fMUuckS0Rd2uSQXajGaV-FfGyJ0wbPx8g/edit>

ACTION ITEM #4

Make your own autobiographical list of your privileges in regards to:

Sexual Orientation

Gender Identity

Physical Ability

Nation of Origin

Employment

Language

Class

Gender

Handedness

Ethnicity

Religion

Families' relation

to education,

money, housing, &

neighborhoods

Families'

languages of origin