

STRENGTHENING SOCIAL AND EMOTIONAL HEALTH

Racial Justice Lunch and Learn Meetings

White People Must Do Their Own Work in Anti-Racism and Social Justice

Link: <u>https://www.youtube.com/watch?v=1SynR1NYcpo</u> [Nov 30, 2017 (3 mins)] "Brief But Spectacular Take" PBS The News Hour

Renni Eddo-Lodge & "What happens when I try to talk race with white people"

British journalist Reni Eddo-Lodge, and author of "Why I'm No Longer Talking to White People About Race" describes how her efforts to have conversations with white people about race and racism have ended abruptly with messages that they: "don't see race"; don't agree that the story is an example of racism...but perhaps sexism (an acceptable "-ism"); see Eddo-Lodge (not racism) as the problem–essentially gaslighting her for speaking up. Eddo-Lodge tells another story of a white woman who, conversely, was practicing anti-racism and described her personal early hurdles to starting her anti-racist journey such as ego, or fear of being wrong, implicated or not doing enough.

Link: <u>https://www.youtube.com/watch?v=DUP7VqH308g</u> [Jul 6, 2020 (5 mins)] Kare11.com 'What can I do'? How white people can begin their anti-racism work

Sarah Bellamy, Penumbra Theatre Company (one of few African American theatres in the country) has carried the weight of racism and done the work of racial equity her entire life. She shares her thoughts as a Black woman and urges white people, "What are you going to do about [racism]?" She advises that white people need to learn and unlearn, stripping the layers of falsehoods, and to lean into their families and peers to discuss inequities; she emphasizes that white people need to put ego aside, and finally that they must listen deeply to the people (BILPOC) who deal with injustice every day.

Link: <u>TEDxHampshireCollege - Jay Smooth - How I Learned to Stop Worrying and Love Discussing</u> <u>Race - YouTube</u> [Nov 15, 2011(12 mins)]

Jay Smooth is a cultural commentator, and a NYC long-running hip-hop radio program founder and host. Previously, he created a popular YouTube video about giving or receiving feedback regarding racism or racist comments because the conversation typically goes from "what you said" to "who you are [racist]". There is an "all or nothing binary": either white people are racist or they are not; they are good or bad; there is no middle ground to be imperfect. Smooth offers that racism is a social construct, "race" was "shaped specifically by a desire to avoid making sense" that has operated for centuries to "circumvent logic" and to "rationalize indefensible acts". Smooth describes how racism in individuals is not like tonsils; it can't be removed. He says addressing racism is more like dental hygiene; we need to keep at it. And we need to move away from being a good person as "fixed, immutable" and think about it a practice. "We are not good despite our imperfections," "it is our connection we maintain with our imperfections" that allows us to be good to one another.

Additional Resources:

Why I'm No Longer Talking to White People About Race Renni Eddo-Lodge <u>https://www.youtube.com/watch?v=2vJZdeSqfFY</u> [May 30, 2017 (12 mins)]