

# Responding to anti-Black racism

## CONTEXT

- There is a history of violence against Black and Brown bodies, both in the U.S. and at UMD.
- While some murders & other violent crimes receive press coverage & become widespread news, others receive minimal acknowledgment.
- Since the murder of Ahmaud Arbery in February, others have also been killed, including Breonna Taylor, Monika Diamond and Nina Pop, all Black women.

## FOR BLACK FOLX

- Acknowledge your response, and know that there is no “right” way to react. Everyone will process the news of these deaths differently.
- Recognize that your reaction may be about this specific news, and it may be influenced by an awareness of a history of racial discrimination.
- Identify how you’re feeling—try self-awareness techniques like journaling and this Black Lives Matter Meditation for Healing Racial Trauma.
- Talk to people you trust about how you’re feeling. Plan for self and community care.
- Find empowerment by taking action (volunteer, protest, donate, mentor...).

## FOR WHITE FOLX & NON-BLACK PEOPLE OF COLOR

- You may feel shame in reaction to incidents of anti-Black racism.
- Your shame might manifest as silence, anger with yourself, helplessness, or withdrawal from others. You may be confused about what to do or say or how to show support without causing harm.
- Recognize the shame, and make an attempt to connect with a trusted person with racial consciousness to talk about your feelings.
- Commit to learning about how shame works to protect White supremacy and hampers your ability to be anti-racist.
- Develop additional strategies to resist the silencing effects of shame.

## LEARN MORE

- #racialtraumaisreal
- My Grandmother’s Hands: Racialized Trauma & the Pathway to Mending Our Hearts & Bodies
- Me & White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor
- #GoodAncestor podcast with Robin DiAngelo
- Addressing Shame as White Racial Justice Advocates
- The Ally + Accomplice Meditation for Cultivating an Anti-Racist Mindset