

**UNDOING RACISM; IN OURSELVES, OUR MEETING AND COMMUNITY
PREPARATION FOR SESSION TWO ON JULY 23 FROM 7-8:30 P.M.
ON ZOOM! HERE IS THE LINK!**

<https://us02web.zoom.us/j/86434786364?pwd=QW9HdC8yb0dDTU8wa1lsdzZieTZ1QT09>

If requested, Meeting Password: 532203

WHITE FRACILITY, IMPLICIT BIAS & MICROAGGRESSIONS

**At the second stage of developing white racial literacy, one can feel guilt, shame or “stuck”
This stage is called Disintegration.**

PREPARATION FOR SECOND SESSION

PERSONAL INTENTION: Write your intention for the trainings on paper & post where you see it often.

DO ONE MORE THING TO GROW YOUR UNDERSTANDING – see Primary Resource LINK below.

WATCH THREE VIDEOS – TOPICS: White Fragility, Micro-Aggressions & Implicit Bias

Robin Di-Angelo: **White Fragility** (short video)

<https://www.refinery29.com/en-us/why-are-white-people-so-bad-at-talking-about-race>

How Microaggressions are Like a Mosquito Bite (less than 2 minute You-Tube video)

<https://www.youtube.com/watch?v=hDd3bzA7450>

Verna Myers: How to overcome our biases? Walk boldly toward them. (TED Talk)

https://www.ted.com/talks/verna_myers_how_to_overcome_our_biases_walk_boldly_toward_them

REVIEW & SUBMIT QUESTIONS FOR GROUP DISCUSSION – Send us your questions for group discussion by JULY 16, 2020 –info@abqfriends.org (Subject: Questions Session 2)

QUESTIONS:

What is it like to think of yourself as a participant in a white racist structure – and therefore complicit in racism? How do you handle those feelings?

What is it like to confront your internal, implicit biases? Can you give an example? How do you overcome them?

Can you give an example of when you participated in a micro-aggression? What was the reaction of the recipient? When did you understand your words/actions to be a micro-aggression? What did you do?

In watching the videos, did you come across any ideas that made you squirmy/uncomfortable/resistant? Those places that chafe us can be invitations to dig deeper.

Primary Resource: Stages of White Identity Development Protocol (for further study)

https://docs.google.com/document/d/1PrAq4iBNb4nVlcTsLcNIW8zjaQXBLkWayL8EaPlh0bc/preview?pru=AAABcrY-m6Q*5-8-1SCdwoOXkzoNhbSKmw).

