

## NARRATIVE INTEGRITY GUIDE

*Content Standards for Identity Clarity, Cultural Protection, and Sovereign Communication*

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### INTRODUCTION

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For Foundational Black Americans (FBAs), narrative is not entertainment, it is infrastructure. The way we describe ourselves shapes how institutions classify us, how policies are justified, and how future generations understand their place in this nation. In a world that has repeatedly distorted or diminished our lineage, disciplined narrative control becomes a form of protection, clarity, and self-governance.

This guide provides the standards that keep our public voice aligned with the identity, dignity, and structural mission of the United States of Black America (USBA). It ensures that every creator, educator, and institution communicates in ways that strengthen, not weaken, our cultural integrity. The goal is simple: a unified narrative that reflects who we are, honors our lineage, and advances the nation we are building together.

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### PURPOSE

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This guide governs all public communication within the USBA ecosystem.

Its purpose is to:

- Protect the accuracy of FBA lineage and identity
- Prevent distortion, drift, and misclassification
- Maintain cultural dignity across all platforms
- Enforce disciplined tone and messaging
- Reinforce the structural nature of FBA identity
- Safeguard national cohesion through disciplined identity representation

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### WHO THIS GUIDE APPLIES TO

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This guide applies to individuals and entities who use, reference, or amplify USBA materials in public-facing contexts. It is intended for those whose platforms, work, or commentary shape how FBA lineage and the USBA ecosystem are understood.

This includes:

- **Creators** who use USBA language, definitions, symbols, or frameworks
- **Influencers** who amplify content related to FBA identity or structural analysis
- **Educators** who teach, explain, or present USBA concepts
- **Public Figures** who reference FBA lineage or USBA materials
- **Event Organizers** who host gatherings under FBA or USBA themes
- **Institutional Partners** who collaborate using USBA tools or resources

Using USBA materials does not grant authority, endorsement, or affiliation. Those who use them are responsible for maintaining accuracy and identity clarity. USBA materials must be cited and explained as written, not personalized, remixed, or used to speak for the ecosystem. Precision is essential.

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## NARRATIVE IS GOVERNANCE

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Within USBA, narrative is not entertainment, it is governance.

It shapes:

- How FBAs understand themselves
- How institutions respond to us
- How policy is justified and applied
- How our lineage is remembered
- How outsiders interpret our culture and contributions

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Narrative control is:

- A sovereignty tool
- A cultural safeguard
- A protective boundary
- A structural responsibility

Every public message either strengthens or weakens national coherence.

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## INTEGRITY STANDARDS

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### **Rule 1: Precision Over Performance**

Speak in disciplined language. Remove exaggeration, spectacle, and emotional drift.

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### **Rule 2: Dignity Over Visibility**

Recognition is not the win. Honor is.

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### **Rule 3: Clarity Over Chaos**

Messages must be clean, structured, and purposeful.

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### **Rule 4: Truth Over Trend**

Do not chase algorithms, viral chaos, or meme warfare.

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### **Rule 5: Sovereignty Over Approval**

Do not dilute lineage identity to ease outside discomfort.

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### **Rule 6: Discipline Over Emotion**

Public rage, spirals, or outbursts weaken narrative control.

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### **Rule 7: Protection Over Exposure**

Internal matters stay internal. No leaks. No screenshots. No innuendo.

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## TONE STANDARDS

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Every communication must be:

- **Sovereign**  
Calm, rooted, and non-performative

- **Disciplined**  
Intentional and measured

- **Clear**  
Direct, concise, structured

- **Dignified**  
No vulgarity, chaos, or degradation

- **Non-Reactive**  
Respond only when necessary and with restraint

Tone is a covenant obligation.

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## LANGUAGE GUIDE

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### Preferred Language

- Foundational Black Americans (FBAs)
- Descendants of U.S. chattel slavery
- Lineage-based identity
- Cultural integrity
- On Code / Off Code
- Narrative discipline
- Intergenerational responsibility
- Sovereign posture
- Conduct standards

These terms anchor identity in structure, not personality or emotion.

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## Language to Avoid

- Slurs or derogatory labels
- Caricatures of Black behavior
- Humiliation-based humor
- Trauma-chasing content
- Gossip, rumor, speculative commentary
- Public call outs or “beefs”
- Stereotypical speech patterns for entertainment

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## “Danger Phrases” to Avoid

Never use language that:

- Pathologizes FBAs
- Shames the lineage
- Generalizes dysfunction
- Invites anti-FBA weaponization

Examples include:

- “We always...”
- “Y’all Black people...”
- “We need to do better...”
- “This is why we can’t...”

Any phrase that mixes FBA identity with shame, dysfunction, or mockery violates the covenant.

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## SOBRIETY STANDARDS

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No one who uses USBA materials may post, stream, or record public content while under the influence of alcohol or drugs, or while emotionally dysregulated.

## **Sober Environment Standards**

- No intoxication during content creation
- No altered state posting, ranting, or streaming
- No impaired commentary on FBA matters

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## **Mental Clarity Standards**

- Do not record or post while angry, overwhelmed, or exhausted
- Avoid reactive commentary during conflict or crisis
- Pause before speaking on traumatic events or external disruptions

Clarity is covenant protection.

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## **WELLNESS PROTOCOLS**

All those who use USBA materials must:

- Maintain emotional and mental regulation practices
- Manage stress before producing content
- Seek rest before public responsibilities
- Avoid content creation during cognitive or emotional impairment

Wellness protects dignity, tone, and clarity.

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## **CONTENT STANDARDS**

### **Acceptable Content**

- FBA history and cultural education
- Identity clarity and lineage accuracy
- Youth guidance and elder respect
- Health, safety, and wellness

- Solutions-based analysis
- Civic literacy and understanding
- Financial and business clarity
- Disciplined commentary
- Public statements and national updates

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## Prohibited Content

- Public disputes
- Chaotic livestreams
- Gossip and rumors
- Humiliation content
- Sexualized or violent shock content
- Degrading portrayals of FBAs
- Anti-FBA framing
- Performative crying or emotional spirals
- Alcohol-driven or altered-state content

If it weakens dignity → it is Off Code.

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## INSTITUTIONAL STANDARDS

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Institutions aligned with USBA must:

- Maintain dignified and orderly environments
- Prohibit intoxication, chaos, or spectacle at events
- Avoid degrading forms of programming or media
- Ensure speakers reflect USBA tone standards
- Remove any partner who distort FBA identity
- Produce materials that protect lineage clarity

Institutions represent the lineage at scale.

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## VISUAL STANDARDS

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### Required

- Clean, disciplined appearance
- Minimal distractions in background
- Stable lighting and sound
- Sober, calm, intentional posture
- Clothing that reflects dignity and self-respect

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### Prohibited

- Sexualized or degrading attire
- Symbolism tied to occult, mysticism, or confusion
- Chaos or conflict in the environment
- Intoxicated or impaired appearance
- Filming in disrespectful environments (bathrooms, messy spaces, etc.)
- Styling that mimics stereotypes or caricatures of FBA identity

Your appearance communicates culture.

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## CRISIS PROTOCOL

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Creators and institutional guidelines:

- **Pause**  
Do not post immediately.
- **Assess**  
Identify the narrative risk.

- **Draft**  
Prepare a neutral, dignified statement.
- **Review**  
Remove emotion, exaggeration, or additional commentary.
- **Release**  
Publish only the statement, not explanations.
- **Retreat**  
Do not reply, defend, or argue after posting.

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## Statement Rules

- No emotional tone
- Precise and minimal
- No back-and-forth
- One-time issuance
- No livestreams or reaction videos

Statements exist to protect narrative integrity, not debate.

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## OFF CODE FRAMEWORK

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### Indicators

- Emotional volatility
- Public humiliation content
- Anti-FBA framing
- Gossip or rumors
- Chaotic tone
- Caricature portrayals
- Dramatized dysfunction
- Internal conflict made public

- Impaired posting

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## Correction Steps

- Remove the content
- Issue a statement if needed
- Seek elder or peer guidance
- Recommit to discipline
- Pause posting 24–72 hours
- Realign with On Code practice

Discipline > apology. Clarity > reaction.

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## COMMUNICATION RULES

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### Internal

- All disputes and corrections are private
- No screenshots
- No subliminals or coded posts
- No public processing

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### External

- Clear, sober, structured messaging
- No emotional processing in public
- No feuds or emotional broadcasts
- No trauma exploitation
- No reactive commentary

Boundary is protection.

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## INTEGRITY CHECKLIST

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Before posting, ask:

1. Is this sober?
2. Is this disciplined?
3. Is this precise?
4. Is this dignified?
5. Does this honor elders?
6. Does this guide youth?
7. Does this protect identity?
8. Would outsiders weaponize this?
9. Does this strengthen cultural integrity?

If any answer is “no,” do not publish.

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## CLOSING PRINCIPLE

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Narrative functions as governance, and discipline provides protection. Every message operates as a declaration of sovereignty, requiring creators, institutions, and partners to remain on code at all times and in all things.

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