

# 2-16-23 racial violence

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## SUMMARY KEYWORDS

violence, context, kid, tweet, school, situation, emotions, happen, problem, incite, thought, assaulted, podcast, seizing, bad, anger, escalate, absolutely, response, feed

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Hello, hello, welcome back. Thank you so much for joining us, I have a really hard topic for us today. But in true fashion, as we do on this podcast, we are going to address the hard things. So hang in there with me. If you are joining me on YouTube, or Rumble, thank you. And if you are not, you're gonna have a tough time, I will attempt to describe a video sequence, I am not going to show the whole video sequence it is very graphic. For those of you who know, I spent a lot of time well, not a lot of time, but almost six years, actually six years in the military. And during that did lots of training around violence, you know, in terms of being able to enact violence, to be violent, when the situation dictates. And one of the things that I've learned is that very rarely, is it ever actually necessary to be violent. And, you know, there's, there are moments in this world, I'm not going to lie where violence is a response that is sometimes necessary. For instance, if you come up on a situation, and there is significant violence, sometimes the physical act of taking a stand, can actually stop the violence. And sometimes that would come with something like you give somebody a push, and then you direct your attention appropriately in the right place. And it can de-escalate a situation. And it can protect people. And so the it's not a never solution to a you know, to the violence is never an option are never necessary. But we are going to address this, this thing that's happening. This is fear mongering, and, and I'm going to take you down a tiny little walk of what that's turning into, because I'm gonna invite you into my social media strand a tiny bit, for those of you who are interested in following along on Rumble on YouTube, sorry, and I'm gonna let you see it. But then I'm also going to very much go down the the actual problem, the video itself, like I've seen violence, the video itself is there's a disgusting nature to it, because of the follow up, like the after the violence, as well as like the need that the violence probably wasn't even necessary. And I want to point that those things give you some context as to from a clinical lens, what I am always considering in situations when we when we respond or react to different kinds of situations. So unfortunately, it seems that every time I open my social media feed, and today did not let me down because literally right as I was thinking about this, I'm like, No, I wonder I'm getting ready for this, this podcast, I'm just gonna open my my feed for Twitter, and just see and no joke, the very top thing on the feed, which is interesting, because I don't spend a lot of time responding to these things, in part because the response keeps those videos at the forefront. But I'm not the one keeping them at the forefront. And so, I actually clicked on this one, because I wanted to get the context to see if it was consistent with some of the other things that I

have been seeing. And in fact, it is. So let me for those of you who are watching, I'm going to go ahead and I am going to share with you a feed that I have, and I'm going to describe it for those of you who are following along. Alright, so those of you who are there you just saw let me see if I can go back and make it start over. Okay? So, boom, kid goes down gets punched several times, look at nobody's around them, nobody's around them, I'm scrolling down because it gets it's pretty graphic from there, the kid starts seizing this happened in a school like in a cafeteria. And it's a problem. Like, clearly the kid got assaulted. Now, I get, we don't have context around it around this. But 0% need for that in that environment. It's just not necessary. We know that can be the case, for sure. I'm gonna go and stop sharing for a moment, I will come back to some of those things. But I don't want you to be distracted with my feet, if you're watching along. And here's the problem. I'm going to just be really clear with this. We're seeing this stuff. And there there is this effort culturally, to to feed us this violence in order to Madden us to make us fearful or angry. Like, that's what's happening. I'm watching it over and over, that is what is going down. And if you allow people to control your emotions, then it's a huge problem. It is not a them problem. It is not a school problem. It is not a government problem. It is a huge problem. And it cannot be clearer on that. You must must must check yourself. If you are getting emotional, and I look, I get emotional. But then I create a gap between the emotion and the response. All right, and Am I perfect at it? Absolutely not. Absolutely not. I make mistakes as well. I made one just last night with my kid who came in talking about some propaganda as if it were fact. And I was like, Oh, that's not fact. And I was I wanted to throw all the facts at her. But the truth is, that wasn't going to help. So I backed off. I waited, and it came back to it this morning. And she was moderately open. Not not as open as I'd prefer. But she's a teenage kid. And I'm the dad like I'm not cool. And so that makes sense. I get it. All right, that there's only going to be so much openness there. But she heard me why? Because I didn't just throw it down her throat. Like take this kid. No. Like I went, Wait a minute, I'm having an emotional reaction. And she's emotionally reacting to my emotional reaction. She thinks she's right, I get it. I've been young before and I thought I was right about lots of things. And sometimes I wasn't, sometimes I was straight up wrong. So in a situation like this, they're they're inciting an emotional reaction generally, attempting to incite fear or anger. Now, those of you who are following along, I'm gonna go ahead, I'm gonna let us back into that scroll. Hopefully, that wasn't too distracting. But I want to go into some of the other pieces of that. Okay. And that is the responses now I don't know these people. All right, I would sign a petition for homeschooling. Okay, moving on moving on. How would you score destroying public schools to benefit the wealthy prevent this? I don't even know where that guy's going with that. But here we go with brand and let's go bridges doctor of Rob or whatever says, context, context, context, what happened before the video started? Now in the eyes of the law? totally irrelevant. But the eyes of social contracts, social agreements, who the hell cares? Nobody cares about context, context context. What we care about, it's somebody literally leapt out and assaulted another human being. So I ask, context, context, context. What like, don't get me wrong, legally, that's necessary. But in terms of this behavior, it's not about context, context, context. It's about this should never happen. Okay, we move on. Let's go to I have this. Melissa thinks this is bad. But school shootings not so much. Alright. So people are turning this into a driving agenda of their own. These are people emotionally reacting these You're not well thought out most likely. Now maybe maybe there was lots of thought in this, I don't know. But most likely that is inciting emotion. It's saying, Oh, well, you think you're you This is bad. Guns are way worse. Like, we know where that's going. All right. Well, I could also be they're trying to incite emotion to get clicks, and all that kind of stuff. There's all these subcategories of why people want to emotionally incite things. But this isn't about the schools at all. This could happen in your neighborhood on the sidewalk, it could happen in the mall, it can happen anywhere. And

it's not the school's fault, necessarily. Now, sometimes schools, they have a responsibility to create a certain climate and culture. I agree with that. And some of them are doing a great job. And some of

them are doing absolutely piss poor work on that. Again, it you know, and yes, is that an angle that you want to consider? For your own children? Absolutely. But that is a turn of the tide. The reality is this is an assault a behavior that which society should not say, ever, that's justified, which is shouldn't like almost ever. I can't imagine a scenario where assaulting somebody is the justified response. But I leave myself a little bit room because why? Because, you know, there, there is moments where a physical altercation could be a de escalating of behaviors and violence. And in those situations, you know, that might be an appropriate response. Okay, so then I, I moved down and, you know, then we see, you know, this is a bullying, and then we see the context. And then we go, you know, there's things you know about parenting in here, I've scrolled through a bunch. So I don't know if I'm going to hit all of them. You know, this is bad. But school shootings ignoring the obvious question all along, for those you who are falling on the video, you got to see a few extra things. But ignoring the obvious thing, which is this might not ever happen in our culture. So we have a cultural problem. And that cultural problem is, we are glorifying and glamourizing violence, for our own benefit. The chances are, unfortunately, I hate this about it. And I'm going to be really clear, the fact that I put this video on here will probably and I didn't even show the whole thing, the kid on the ground start seizing afterwards, like literally seizing because he was attacked so violently. And chances are many of you will actually go and visit my rumble or YouTube and see the video, which I get, I'm not doing this for clicks. I'm doing this for context. And for conversation, we need to be fixing this cultural problem. Now there's the other side of the house, like most of these, let's be real that have come up lately. Most of them have created a racial context. It's a black on black or white on white, white on black, and they go down that pathway of the racial context. And it's creating a racism a new racism. Now, I'm not saying that they you know, there hasn't always been racism there there has since the beginning of time, essentially, you know, we've we've had segregated communities, you know, people have the same car and live together. And, you know, and it's pretty easy to tell when somebody is black or somebody is white, much of the time not always, right, it's 2023. There's a lot of people who are mixed, and you cannot tell, and yet, we're like inciting fear and anger to push an agenda. And unfortunately, what it's pushing is people more into racism, not less. Like I'm watching it happen right in front of me. I hear stuff about race a lot more. And I look, I don't want to shove it under the carpet. That's not what I'm suggesting. I'll go into the what to do. That's next. But the fact that we're, we're, you know, like we have to address this, but the way in which we're doing it it's perpetuating the the violence it's perpetuating the racism, it's perpetuating The the hate for schools and school teachers, and not all of them are good. I would love. I would love for a system that got rid of teachers that were crappy teachers. But we don't have that we have union systems, they're not going to get rid of crappy teachers, the union is there to protect the crappy teachers. Like that is what we have built. If we want that to be different. Let's go after that. But not all schools are bad. Not even all public schools. All right. Not all private schools are good or bad. Not all charter schools are good or bad. Not all home schools are good or bad. Right? Like, we just can't be lumping it as an All we've got to see them uniquely. If this particular school is a terrible school, then somebody needs to insert like I've done that work. I worked in a public school system for almost six years, because they had a gang violence problem. And why they chose me because I worked in residential programming with a bunch of gangs. I had been in the military, they were like, No, right, we'll give this guy a shot. And I went in and it made a difference. We worked on the climate and the culture. And we reduced the gang activity in and around the school, not eliminated it. I'm not Yeah, I'm not here to like, you know, like, make it sound like we were creating a miracle. But we reduced it massively, which made gang members more likely to attend school, we watched that happen. We watched the data. And kids who previously had been involved in gangs got an altercation would stop coming to school. By the end, they'd be involved in altercation, and they would come back. Why? Because overall, they felt safe at the school. And they kept going. And we wanted to do that specifically. Because we knew the longer they were in schools, the better off they're going to be.

So we move on, what do we do about this? What do we do about all of this, I'm going to give

you some options, they are not all going to work for you. But I do encourage you to explore them. Number one, if what you're going to post is designed or comes from an emotional place, pause. Save the tweet. Don't do it right away, come back to it. There's a little feature for that, by the way, you hold the little bird, and it pops up your old tweets, the ones that you haven't submitted yet, so you could sit on it for an hour. Just try it, close out the tweet. And it'll say do you want to save this for later? Yes. And then you wonder where it goes? Well, next time you go to tweet, hold the little blue bird. And I'll send three options come up, and you can pick one and one of those your old tweets, you can pull it up and go, Oh, that's what I was writing. Let me go back and see where I am on that now. Save your tweet, do it later. Okay, stop the cycle of spreading these videos, and all the nasty stuff that comes after that. Unless you're going to do it from a place of care and kindness for all parties. Look, that kid on the ground ended up being a victim no matter how you painted. Now was the kid that attacked him a victim of some other kind? Maybe, maybe context does matter socially. But the violence shouldn't have been the next part. That's an escalation. And contractually, we say of like cut. So unless that kid that was on the ground, seizing at the end, had beat the crap out of that other kid the day before or the week before. That's not like kind. And if that happened, there should have been some other alternative. Right? Like, we gotta get smarter. We gotta get smarter. When you're participating in these conversations, my encouragement speak to the sadness, the real authentic sadness, of a situation ever becoming like that. Stop frame it in framing that in anger. Look, we know we know. Anger is secondary. You've seen my other posts on emotional regulation. You've got the ball down at the bottom catching all those crappy emotions that are overflowing. We know that by the time it gets to anger. It's a lack of control. And if we know that we have to speak out against all hate. All hate. Emotional hate speech. Spiritual hate, physical hate, in a creating environments of hate. We have to speak out against all of it. So when you see stuff like that, speak to the sadness of it, not to get your speak out the hate of it. Like, I don't hate that kid. Something caused that kid to. And truthfully, it might be cultural. It might be spiritual, it might be individually psychological, he might be, he might be hurting. Does that make it right? Absolutely not. But there's a story behind it. And y'all got it. You all, like the context, context context? You heard me bash that in some ways? Like, you look, yes, context matters legally. Yes, context matters, socially, in some ways, but not all ways that violence should not occur. So in that sense, context doesn't matter. That shouldn't have happened. Start with the sadness, go to the anger, then let's get the context. Like, address them that way. address them authentically. And then offer other solutions offer other solutions to this crap and violence. You know, I say, look, what are the literally maybe even pose the questions on these things? What other options did that kid have? He could have walked away if he walked away and been attacked, because clearly they were facing each other. There was some sort of confrontation of sorts probably going on. Even if one side didn't even know it. They were facing each other, whatever. But there's other choices. There's other choices. We don't have to escalate from words to violence, from emotions to violence, for like, we don't have to have a thought and just enacted here. Let me paint a picture how crazy that is. driving down the freeway. Often somebody says How will I know if I'm crazy? Like people ask that if therapists I don't know why they just do. They say, Well, I say okay, well, look, you're driving down the road. You have this thought, Hmm, I wonder what it would be like if I turned my wheel and ended up in that big giant piece of concrete between this side of the freeway, the other side of the freeway. That's a thought. All right, you just keep driving along, no big deal. We have thoughts that are nutty, all the time, emotions that are nutty all the time. But then, replay that. There's a giant wall of concrete right there. I wonder what would happen if I read into it, bam, you pull the wheel, boom, crash, bam, cars going crazy. The difference between crazy and not crazy, is take a moment. It's literally most of the time. It's take a moment. That's what I've got for you today, folks. I

know. Sometimes I'm a little intense like this. So I hope you appreciate it. And thanks for joining us. Please subscribe, follow, do all those good things that help keep us going. I appreciate you and I'll see you next time.

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