

SOCIAL JUSTICE RESOURCES

Week 1 - Some Concepts

Empathy

In this very short video, Brene Brown describes empathy, and highlights some differences between empathy and sympathy.

Brene Brown on Empathy

<https://brenebrown.com/videos/rsa-short-empathy/> (2:52)

Systemic and Institutional Racism

You may have heard the term systemic racism used quite a lot recently. This term is used when discussing the way that racism is woven throughout our society. These two videos, though somewhat redundant at times, offer a good beginning explanation of just how racism is present throughout our society.

Systemic Racism Explained

https://www.youtube.com/watch?v=YrHIQIO_bdQ and
<https://www.youtube.com/watch?v=DBxfnXql0oo>

Implicit or Unconscious Bias

These two videos help to explain biases, and how we all have them, and how they may affect our behavior even when we don't know it.

Implicit Bias

<https://www.pbs.org/video/pov-implicit-bias-peanut-butter-jelly-and-racism/> (2:26)

How Unconscious Race Bias affects millennials

<https://www.pbs.org/newshour/extra/daily-videos/how-unconscious-race-bias-affects-millennials/> (8:51)

White Privilege

This video introduces the concept of White privilege, with a light-hearted approach.

James Corden Gets a Lesson on White Privilege (5:00)

<https://www.youtube.com/watch?v=BUB3MGWT3xo>

Week 2

Historically Black – The Question of Black Identity (23:54)

“Racial identity in the U.S. is complicated because race is an invented category rooted in slavery. This episode explores the question of black identity in America through the voices of four people who, at one time or another, have had to answer the question: What are you?”

<https://podcasts.apple.com/us/podcast/the-question-of-black-identity/id1155053105?i=1000377039567>

The Danger of a Single Story by Chimamanda Ngozi Adichie (18:33)

“Our lives, our cultures, are composed of many overlapping stories. Novelist Chimamanda Adichie tells the story of how she found her authentic cultural voice -- and warns that if we hear only a single story about another person or country, we risk a critical misunderstanding.”

https://www.ted.com/talks/chimamanda_ngozi_adichie_the_danger_of_a_single_story?language=en#t-30602

Get Comfortable Being Uncomfortable by Luvvie Ajayi (10:53)

“Luvvie Ajayi isn’t afraid to speak her mind or be the one dissenting voice in a crowd and neither should you. “Your silence serves no one,” says the writer, activist, and self-proclaimed professional troublemaker. In this bright uplifting talk, Ajayi shares three questions to ask yourself if your teetering on the edge of speaking up or quieting down - and encourages all of us to get a little more comfortable being uncomfortable.”

<https://www.youtube.com/watch?v=QijH4UAqGD8>

How To Recognize Your White Privilege - and Use It To Fight Inequality by Peggy McIntosh (18:25)

“Many of us believe that we're living in a meritocracy, deserving of what we have and compassionate toward those with less. But that's not true: white people have been given a headstart and ongoing advantages due to the color of their skin, while people of color suffer from equally arbitrary disadvantages, says scholar and activist Peggy McIntosh. She explains what led her to recognize her privilege — and how it can be used by those with power to ensure a fairer life for others.”

https://www.ted.com/talks/peggy_mcintosh_how_to_recognize_your_white_privilege_and_use_it_to_fight_inequality?language=en

Week 3

Why is Maine so White? and what it means to ask the question.

<https://www.mainepublic.org/post/why-maine-so-white-and-what-it-means-ask-question>

The 1619 Project – Our democracy's founding ideals were false when they were written. Black Americans have fought to make them true.

<https://www.nytimes.com/interactive/2019/08/14/magazine/black-history-american-democracy.html>

Code Switch – Why Now White People?

"The video is horrific, and the brutality is stark. But that was the case in Ferguson, Mo., in 2014 and Minnesota in 2016. This time, though, white people are out in the streets in big numbers, and books such as "So You Want to Talk About Race" and "How to Be an Antiracist" top the bestseller lists. So we asked some white people: What's different this time?"

<https://www.npr.org/2020/06/16/878963732/why-now-white-people>

We Need to Talk About Injustice – Bryan Stevenson

In an engaging and personal talk -- with cameo appearances from his grandmother and Rosa Parks -- human rights lawyer Bryan Stevenson shares some hard truths about America's justice system, starting with a massive imbalance along racial lines: a third of the country's black male population has been incarcerated at some point in their lives. These issues, which are wrapped up in America's unexamined history, are rarely talked about with this level of candor, insight and persuasiveness

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

"Let America Be America Again" a poem by Langston Hughes

<https://poets.org/poem/let-america-be-america-again>

Week 4

The Danger of Silence – Clint Smith (4:10)

"We spend so much time listening to the things people are saying that we rarely pay attention to the things they don't," says poet and teacher Clint Smith. A short, powerful piece from the heart, about finding the courage to speak up against ignorance and injustice.

https://www.ted.com/talks/clint_smith_the_danger_of_silence#t-239916

The Urgency of Intersectionality – Kimberly Crenshaw (18:39)

“Now more than ever, it's important to look boldly at the reality of race and gender bias -- and understand how the two can combine to create even more harm. Kimberlé Crenshaw uses the term "intersectionality" to describe this phenomenon; as she says, if you're standing in the path of multiple forms of exclusion, you're likely to get hit by both. In this moving talk, she calls on us to bear witness to this reality and speak up for victims of prejudice.”

https://www.ted.com/talks/kimberle_crenshaw_the_urgency_of_intersectionality?language=en#t-76273

“Being Antiracist” from the National Museum of African American History and Culture at the Smithsonian (a multimedia resource containing videos, text, and links)
“To create an equal society, we must commit to making unbiased choices and being antiracist in all aspects of our lives.”

<https://nmaahc.si.edu/learn/talking-about-race/topics/being-antiracist>

The Crystal Gems say Be Anti Racist - 3 very brief PSAs

- starring the characters of Cartoon Network’s Steven Universe

<https://www.crystalgemsspeakup.com>