

LITTLE STEPS - #BLACKLIVESMATTER

Introduction:

Over the course of the last few months as well as living through a pandemic we have also experienced a resurgence of the Black Lives Matter (BLM) movement in 2020, due to the death of George Floyd in America. People have been out in their thousands across the UK and worldwide in solidarity kneeling, protesting, donating, speaking up both offline and online and so much more. Young people especially have been ignited by this matter and are wanting to do more. As part of this we at Million Minutes have created this resource to help you as youth workers, chaplains, teachers etc have conversations, however difficult with your young people.

We believe the BLM movement is important to address at this time as Archbishop John Wilson writes *"We believe that every human life is sacred, from its first beginning to its natural end. The Lord Jesus commanded us to 'love one another.'* (Jn 15:12) *He did not allow for any exceptions and we should not make any exceptions. Racism is incompatible with the Catholic Faith. Whether expressed by the attitudes or behaviour of an individual, or the behaviour of a group, or through unjust structures in society that exclude and discriminate, there is no place for racism at any time or in any place. We say this again: there is no place for racism."* You can read more about his letter to young people here: http://www.rcsouthwark.co.uk/No_place_for-racism_2020_06_17.html.

This resource has a simple layout, we have divided it up into 3 principles namely - **see, judge, act**. Which will give you a framework for action. In short:

See: this is the process that we look around us and discover what is really happening in our area.

Judge: We then reflect, analyse and judge what is happening through the lens of our faith

Act: We can then act accordingly.

It's important to add that we are not experts on the BLM movement but we hope that this resource is useful to you and your young people and allows you to unpack themes and issues, but most importantly that it allows you to hold an open dialogue with one another, as together you look at the issues impacting your local and global community in line with the BLM movement.

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SEE

Definitions: Racism is prejudice, discrimination, or antagonism directed against someone of a different race based on the belief that one's own race is superior.

White privilege (or white skin privilege) refers to societal privilege that benefits white people over non-white people in some societies, particularly if they are otherwise under the same social, political, or economic circumstances.

Tokenism is the practice of making only a perfunctory or symbolic effort to do a particular thing, especially by recruiting a small number of people from under-represented groups in order to give the appearance of sexual or racial equality within a workforce.

Gaslighting is a tactic in which a person or entity, in order to gain more power, makes a victim question their reality, e.g "why is it always about race" "In my opinion, I don't think that they were being racist, I think..." "If you protested more peacefully, more people will listen to you"

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Anti-racism includes beliefs, actions, movements, and policies adopted or developed to oppose racism.

Tolerance is the ability or willingness to tolerate the existence of opinions or behaviour that one dislikes or disagrees with. Tolerance can also be the capacity to endure continued subjection to something.

Source: UrbanSaints

Reflection questions to think about:

- How would you describe racism?
- How has the recent increase in awareness around racial equality made you feel and in what ways has it affected you?
- What am I seeing the media, on TV/social media? How does it make me feel? What is speaking out most to you?
- In what ways have I engaged in rhetoric that promotes othering or stereotyping of black people? @JezzChung
- What can I do to better educate myself on the historical context of race in the country and community I exist in? @JezzChung
- When were you taught about race and culture? @nybucketlist
- What do you want to learn more about? @nybucketlist
- How can I use this anti-racist knowledge to change and progress conversations with friends, family, colleague, peers? @nybucketlist

JUDGE

Themes you could talk into:

- BAME communities
- Windrush generation
- Gender equality
- Police brutality and oppression
- Stop and search
- Use of tasers
- Police custody
- Colonialism
- Grenfell
- Voting
- The Commonwealth
- The prison system
- Intersectionality
- Black history month
- UK curriculum
- UK Politics
- Protesting
- COVID-19
- Racism
- Austerity
- Imperialist monuments

Scripture passages to reflect on:

- So, God created mankind in his own image, in the image of God he created them; male and female he created them. *Genesis 1:27*

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- But the LORD said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.” *1 Samuel 16: 7*
- “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? *Isaiah 58: 6, 9-10*
- “Do not judge, or you too will be judged. ²For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. *Matthew 7:1-2*
- ³⁷ Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: ‘Love your neighbour as yourself.’ *Matthew 22:37-39*
- ³⁴ Then Peter began to speak: “I now realize how true it is that God does not show favouritism - *Acts 10:34*
- ²⁶ So in Christ Jesus you are all children of God through faith, ²⁷ for all of you who were baptized into Christ have clothed yourselves with Christ. ²⁸ There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. *Galatians 3: 26- 28*
- We love because he first loved us. ²⁰ Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. ²¹ And he has given us this command: Anyone who loves God must also love their brother and sister. *1 John 4: 19-21*
- "No more exploitation of the weak, racial discrimination or ghettos of poverty! Never again! These are intolerable evils which cry out to heaven and call Christians to a different way of living, to a social commitment more in keeping with their faith." *Pope John Paul II at Basilica of Our Lady of Guadalupe, Mexico, 1999*
- Some other useful questions from Youth for Christ: <https://yfc.co.uk/honest-conversations-racism-youth/>
- Pope Francis's address on the death of George Floyd: <http://press.vatican.va/content/salastampa/en/bollettino/pubblico/2020/06/03/200603a.html>

Questions to think about:

How do you think these verses relate to the importance of racial equality? How should we respond?

There are many ways of dealing with injustice, and we don't always deal with it well. What are some positive examples of standing up for injustice and what are some negative ones? How might we be able to tell the difference between the two?

ACT - ACTIONS:

- Write a letter to your MP
- Have a conversation with your family around the kitchen table
- Create a Prayer of thanksgiving
- Donate to initiatives you care about (if you can)
- Sign a petition
- Read, listen, watch (see our resources)
- Protest (safely) – you could even do a virtual protest online.
- Use your voice – have conversations with your family, friends, in schools etc
- Amplify black voices
- Call out racist people and organisations
- Be an ally
- Be accountable: Take action beyond just posting on social media
- Support small businesses

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- Research the current business you normally buy from – who is/who isn't benefitting from your services? Does their business speak to your values? Are workers paid fairly?
- Look at what you can do in your local community – How can you feed into what is existing? Can you create something new?

Activities:

ICEBERG:

You will need:

- A3 Paper
- Pens

Script -

Iceberg Annotation

- Who here has watched the film the Titanic?
- What happened to the boat that all the passengers were on?
- What did the boat hit in the sea?

Answer an ICEBERG.

Icebergs are incredibly inconspicuous. What looks small from a distance, actually hides a lot underneath. Once we dive deeper, we can see the true extent of the impact. We use the iceberg a lot in our work as we are able to de-construct the full picture that life almost always presents to us.

We will now provide you with an example of what we mean when it comes to looking at the full picture.

If we were to present the issue of Racism to you, we can say that one of the big picture issues of it is Black Lives Matter movement, and if we were to label it on this iceberg "Racism," would belong right at the tip of the iceberg.

Does everyone understand what I'm saying so far?

Now, what might be some of the causes or consequences of racism?

Some answers could include: police brutality, unconscious bias, white privilege, intersectionality, inefficient services whether that's the prison system, the local council. These are some of the causes and consequences of Racism in the UK.

We now want you to choose one of the main themes presented and we would like you to annotate your own iceberg. What is the full picture and what are the causes and consequences you can identify as a group?

Decision making point-What can you do to make a difference?

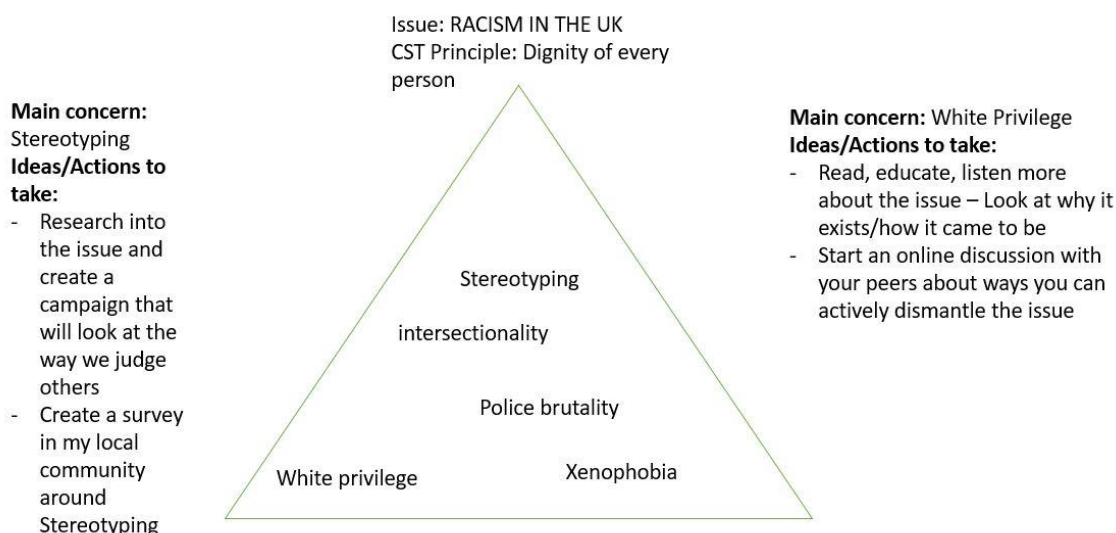
From the causes and consequences, could you now start to brainstorm what main issue you would like to cover which relates directly back to your theme. Your idea could be anything from a main issue, to a concern you want to tackle, an event you want to hold or a campaign you want to create. Have a think about what sort of impact you want to have-do you want to work on something that will have an immediate effect, or do you want to create something that will have more of a long term view?

If you are confused here is an example: e.g the main issue we kept seeing and want to work on is something to do with racism, this relates to the principle of dignity of each person, after analyzing the causes and consequences we have decided to want the school/youth group to take part in a virtual protest or we want to create a campaign on ways we can stop racism in the UK etc.

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Be mindful though when coming up with your ideas as to whether the idea will work within our current climate (COVID-19), please only take forward an idea if it is safe to do so, and you have the right support needed to implement your plan.

An example of what we mean can be found below:



Social action plan can be found here (Page 13):

<https://static1.squarespace.com/static/56ee69d91bbee05366beb2a1/t/5d7a413c43e6153347139b23/1568293181019/Million%2BMinutes%2Bof%2BChange%2Bpack.pdf>

Learn more about Catholic social teaching here: millionminutes.org/cst

Resources for children –

Books:

- The story of the windrush – K.N Chimbiri
- The great big book of families – Mary Hoffman/Ros Asquith
- A is for All the Things You Are: A Joyful ABC Book – Anna Forgeron Hindley
- Woke: A Young Poet's Call to Justice - Elizabeth Acevedo
- Julian is a Mermaid – Jessica Love
- We are the Change - Harry Belafonte
- Young gifted and black – Jamia Wilson
- Lets talk about Race – Julius Lester
- All welcome here – James Preller

Videos:

How to talk to kids about race:

https://www.youtube.com/watch?v=QNEKbVq_ou4&list=PLpmwWulh57wY81R5rASweSIDUICS_6N_P

How to talk to your kids about race in the wake of George Floyd:

<https://www.youtube.com/watch?v=Mdoq5wpJAAU>

Blogs:

How to talk to your children about race and racism:

<https://www.bbc.co.uk/programmes/articles/7xvLw6Q4qbJBnkzki6xm9Z/how-to-talk-to-your-children-about-race-and-racism>

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Resources for young adults–

Books:

- Why I'm no longer talking to white people about race – Reni Eddo-Lodge
- Girl, women, other – Bernardine Evaristo
- An American Marriage – Tayari Jones
- Queenie – Candice Carty Williams
- Between the world and me - Ta-Nehisi Coates
- Me and white supremacy – Layla F Saad
- So you want to talk about race - Ijeoma Oluo
- The good immigrant - Nikesh Shukla
- Roots – Alex Haley
- THUG (The hate you give) – Angie Thomas
- To kill a mockingbird – Harper Lee
- SLAY - Brittney Morris
- Underground railway – Colson Whitehead
- How to argue with a racist – Adam Rutherford
- BECOMING – Michelle Obama
- White Fragility - Robin DiAngelo
- Noughts and Crosses - Malorie Blackman

Poets to listen to:

- Lemn sissay
- Maya Angelou

Tv programmes to watch:

- When they see us
- 13th
- Dear white people
- Time: The Kalief Browder story
- Explained: The racial wealth gap
- Sitting in Limbo – BBC1
- Roots

Films:

- Fruit vale station
- Do the right thing
- Boyz N the hood
- Moonlight
- 12 years a slave
- The hate you give
- Hidden Figures
- If beale street could talk
- THUG (The hate you give)

Essays/articles to read:

- Notes of a native son – James Baldwin
- Why You Need to Stop Saying “All Lives Matter” By Rachel Cargle
- How to be a white ally by Stephanie Yeboah (Patreon)
- 100 Ways White People Can Make Life Less Frustrating For People of Color

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- 'I feel targeted': Windrush victim decries compensation delays as racism: https://www.theguardian.com/uk-news/2020/jun/21/i-feel-targeted-windrush-victim-decries-compensation-delays-as-racism?CMP=Share_AndroidApp_Copy_to_clipboard).
- Practical things you can do to fight racism in the UK: <https://www.anothermag.com/design-living/12573/practical-ways-to-fight-racism-in-the-uk-today-black-lives-matter-london>

Youtube:

- Black lives matter: A parish priests pastoral response (Archdiocese of Southwark): https://www.youtube.com/watch?time_continue=1&v=tekaYoKdmY0&feature=emb_title
- Akala: <https://www.youtube.com/watch?v=WUtAxUQjwB4>
- Akala – Police x protests: <https://www.youtube.com/watch?v=fVEhBekLm9I&feature=youtu.be>
- What happens when I try to talk race with white people – YouTube – Insightful short video ft Reni Eddo-Lodge (author of Why I'm No Longer Talking To White People About Race) that really succinctly sums up the issues at play when discussing racism with white people. Easy and accessible language amongst maybe some of the more academic content online.
- White People, Enough: A Look at Power and Control | Jaelyn Coates | TEDxCSU
- Let's get to the root of racial injustice | Megan Ming Francis | TEDxRainier
- Not all Superheros wear capes-how you have the power to change the world | Nova Reid | TEDxFrankfurt
- Ted talk: Intersectionality <https://www.youtube.com/watch?v=akOe5-UsQ2o&t=307s>
- 5 tips for being an ally: https://www.youtube.com/watch?time_continue=208&v=dg86g-QIM0&feature=emb_logo&fbclid=IwAR2qLGik-MioQgz7EEZPX159Xjf1WBhNWeuhQL6HpTmLXjYIANio69qYNY0

Podcasts

- About Race - Reni Eddo-Lodge
- Code: Switch NPR – “Hosted by journalists of color, our podcast tackles the subject of race head-on.” Explores everything from pop culture, to politics, to sport. Race impacts every part of life.
- Momentum: A Race Forward – Features movement voices, stories, and strategies for racial justice.
- Intersectionality Matters! – Intersectionality Matters! is a podcast hosted by Kimberlé Crenshaw, an American civil rights advocate and a leading scholar of critical race theory.
- Nova Reid and Vicki & Selina from loveprojectlove – A powerful conversation about race, racism and white privilege with Nova Reid
- All My Relations hosted by Matika Wilbur
- Witness Black History' by BBC World - This podcast features interviews with people who were there at key moments in black and civil rights history.
- Slay In Your Lane: The Podcast - This new podcast by Yomi Adegoke and Elizabeth Uviebinené, who wrote the book “Slay In Your Lane”, looks at the news and pop culture from a black British woman's perspective.

A note to say this list is not exhaustive – please do add to it if you can and pass it on to others.

If you would like to know more about our work at Million Minutes please visit our website: millionminutes.org/. We can also be contacted via email: info@millionminutes.org .