

Black History Month

What is Black History Month?

Black History Month is an annual celebration of the achievements and contributions of African Americans throughout history. It is also a time to reflect on the ongoing journey toward equality and justice. Established in 1926 by historian Carter G. Woodson, this observance reminds us to honor the past, celebrate the present, and inspire future generations.

When is Black History Month?

Black History Month is celebrated each February in the United States, but here at Family Fiesta, we're kicking things off in January to set the stage for a month of learning and celebration.



What are Black History Month traditions?

- **Learning from the Past:** Explore key historical milestones, such as the Civil Rights Movement and the accomplishments of trailblazers like Rosa Parks, Dr. Martin Luther King Jr., Maya Angelou, and more.
- **Celebrating Culture:** Black History Month showcases the rich heritage of African American art, music, literature, and cuisine.
- **Inspiring the Future:** Highlighting modern figures who are shaping our society, from scientists and activists to athletes and artists.

What are Black History Month symbols?

- **The Pan-African Flag:** Representing liberation, the flag's red, black, and green colors stand for the blood, heritage, and natural resources of Africa.
- **"Lift Every Voice and Sing":** Known as the Black national anthem, this powerful song is a beacon of hope and unity.
- **Historic Landmarks:** From the National Museum of African American History and Culture to iconic sites like Selma's Edmund Pettus Bridge, these locations tell the story of resilience.

How can you celebrate Black History Month?

- **Educational Activities:** Dive into books, documentaries, and stories that shed light on African American history and culture.
- **Culinary Exploration:** Explore African American culture, art, music, and cuisine to deepen your understanding and appreciation of diversity.
- **Volunteer and Give Back:** Partner with organizations that focus on equity and justice or support initiatives promoting education and empowerment.

