

I want to write this as a plea for those white people in our community who are not addressing their racism against Black people: To face our own, our family's, our ancestors', our culture's and our race's role as perpetrators against Black people is essential to undoing that role.

As a white English person reading about white American racism against Black people, in such books as Resmaa Menakem's *My Grandmother's Hands*, Debby Irving's *Waking up White, and Finding Myself in the Story of Race* and Robin DiAngelo's *White Fragility: Why It's So Hard for White People to Talk about Race*, I realize that I need to educate myself about my own culture's relationship to slavery. Reading Akala's *Natives: Race and Class in the Ruins of Empire* and watching Raoul Peck's *Exterminate all the Brutes* (HBO) has helped me to see how deep the roots of racism against Black people go -- how the wealth of Europe and the USA was collectively built on it, how my family's wealth was built on it, and therefore how my wealth was built on it.

I feel that it's important and helpful for white people to understand their racism against Black people from many angles in order to undo it – from understanding how it appears today in society (in media, politics, and police aggression) as well as in our personal lives (through macro and micro-aggressions and experiences of privilege); to how we inherit it through our history (familial, cultural and racial). I believe that it's particularly important to look at the history of racism and the enslavement of Black people, because we don't talk much about history in our daily lives. Since history has a particularly insidious way of affecting how we think, we must consciously look at it, and challenge the history that we may have been taught in our families and schools.

I had the privilege of being able to google my ancestral history, and thereby discover that four generations of my family owned slaves on a Caribbean sugar plantation; that my fifth great grandfather was an anti-abolitionist MP; and that when British slavery was officially abolished, my fourth great grandfather was compensated for giving up his ownership of 432 slaves. These discoveries have rocked me to the roots of my identity. The journey of dismantling white privilege and ignorance *is* intensely painful, but it brings with it the freshness of truth, which is essential to our profession.