THE LEGACY OF TRAUMA

“If you stick a knife in my back 9 inches and pull it out 6 inches, that’s not progress. If you pull it all the way out, that’s progress. The progress comes from healing the wound that the blow made. They haven’t begun to pull the knife out... They won’t even admit the knife is there.”

Malcolm X

Ph: Marion Trikosko/Library of Congress
❖ SPEAK FROM OUR OWN EXPERIENCES & PERSPECTIVES
❖ LISTEN GENEROUSLY TO OTHERS
❖ REFRAIN FROM FIXING, SAVING OR ADVISING OTHERS
❖ CREATE A SUPPORTIVE SPACE FOR EACH PERSON TO LEARN
❖ BE WILLING TO BE CHALLENGED TO DISRUPT RACIST PATTERNS
❖ RESPECT CONFIDENTIALITY
Have participants discuss in small groups

- How does your race impact your life emotionally?
- How does your race impact your life relationally?
- How does your race impact your life intellectually?
- How does your race impact your life morally?
• Comes from dealing with racial harassment, racial violence or institutional racism

• Comparable to PTSD: irritability, hypervigilance & depression

• Residual effects of slavery

• Suffering in silence due to stigma, distrust, pride and anger/self-loathing

• Microaggressions as constant triggers
Microaggressions are the everyday verbal, nonverbal and environmental slights, snubs or insults, whether intentional or unintentional which communicate hostile, derogatory or negative messages to target persons based solely upon their marginalized group membership.

In many cases these hidden messages may invalidate the group identities or experiential reality of target persons, demean them on a personal or group level, communicate they are lesser human beings, suggest they do not belong with the majority group, or relegate them to inferior status and treatment.

Dr. Derald Wing Sue
“I, Too, Am Harvard”
<table>
<thead>
<tr>
<th>Example of Microaggression</th>
<th>Hidden Meanings</th>
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<tbody>
<tr>
<td>Grabbing one’s purse or wallet as an African American approaches</td>
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<tr>
<td>Mistaking a person of color as a service worker</td>
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<tr>
<td>“You don’t even act black”</td>
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<tr>
<td>“Everyone has an equal chance of success if you work hard enough”</td>
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<tr>
<td>“I have a lot of black friends”</td>
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<tr>
<td>“I don’t see color”</td>
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“the cumulative impact of experiencing microaggressions is like death by a thousand nicks”…

Harvard Professor Alvin Poussaint
THE LEGACY OF TRAUMA

INTERGENERATIONAL EFFECTS OF TRAUMA
  o PSYCHOLOGICAL
  o FAMILIAL
  o SOCIAL
  o CULTURAL
  o NEUROBIOLOGICAL
  o GENETIC
Associated psychological impact
- Anxiety
- Depression
- Sleep Difficulties
- Diminished Confidence
- Helplessness
- Loss of Drive
- Intrusive Cognitions (e.g., internal dilemma)
- Diminished Cognition
MISTRUST & SOCIAL HOSTILITY

“DON’T TRUST OTHERS, DON’T TRUST THE WORLD”

“The Legacy of Trauma” American Psychological Association, Feb. 2019

“The legacy of trauma – American Psychological Association
CNN – A CONVERSATION ABOUT GROWING UP BLACK
<table>
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<th>Exposure to racial discrimination</th>
<th>Psychological and biological responses</th>
<th>Child health outcomes and disparities</th>
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| **Exposure at the microsystem (individual) level:**  
  - Childhood experiences of racial discrimination (e.g., teasing, bullying, isolation)  
  - Observation of parent, family member, and peer experiences of racial discrimination  
  - Quality of parenting and racial socialization  
| **Psychological distress:**  
  - Decreased self-efficacy  
  - Depression  
  - Hopelessness  
  - Anxiety  
  - Anger/aggression  
  - Perceptions of injustice/lower levels of empathy  
| **Changes in allostatic load:**  
  - Decreased immune function  
  - Increased cortisol levels  
  - Increased blood pressure  
  - Increased heart rate  
| **Health outcomes and disparities related to:**  
  - Increased likelihood of low birth weight or premature birth  
  - Increased risk behaviors such as drug use and/or sexual risk-taking  
  - Increased aggression/violent behaviors  
  - Increased risk of chronic illness such as cardiovascular disease  
  - Increased susceptibility to infectious diseases such as HIV/AIDS  

[https://pediatrics.aappublications.org/content/124/Supplement_3/S176](https://pediatrics.aappublications.org/content/124/Supplement_3/S176)
Give each student a single 5-pointed star cut out of blue, green, yellow, or red construction paper.
Distribute the star colors as evenly as possible.
Each star color represents a combination of race and gender.
Blue = White man
Green = White woman
Yellow = Black man
Red = Black woman.

During the activity, inform the students about the corresponding identity that their star color represents. You might want to write this information on the stars themselves. Let the students know that it is their prescribed identities need not match their students’ actual group membership.
IDENTITY STAR DEBRIEF

- WHAT WAS THE CONDITION OF YOUR STAR AT THE END OF THE ACTIVITY? DID DIFFERENCES IN SOCIAL POWER OR GROUP OPPRESSION AFFECT THAT CONDITION?
- HOW MIGH INDIVIDUALS WITH PRIVILEGE HAVE FELT DURING THE PERIOD OF RAPID SOCIAL CHANGE?
- WHAT WERE THE CONSEQUENCES TO THOSE WHO DID NOT HAVE PRIVILEGE?
- HOW IS THIS ACTIVITY REPRESENTIVE OF THE LONG-TERM IMPLICATIONS OF OPPRESSION?
INDEPENDENCE DAY VS. JUNETEENTH

BREAK
"The rich inheritance of justice, liberty, prosperity and independence, bequeathed by your fathers, is shared by you, not by me. The sunlight that brought life and healing to you, has brought stripes and death to me. This Fourth of July is yours, not mine. You may rejoice. I must mourn."

— Frederick Douglass, 1852
4TH OF July is a day meant to celebrate when America declared independence from the British in 1776, despite the fact that black Americans weren’t even considered to be people at that time. The

13th AMENDMENT - SLAVES WEREN'T FREE UNTIL JUNE 19,1865

JUNETEENTH is symbolic of a liberation, but that was delayed due to consistent opposition and resistance to equality

WHAT IS FREEDOM???
A conversation with white people about race
WHITE FRAGILITY

“Why It’s So hard for White People to Talk About Racism” Robin DiAngelo

COMMON RESPONSES EXHIBITED WHEN RACISM & WHITE PRIVILEGE ARE DISCUSSED:

• ANGER
• WITHDRAWAL/SILENCE
• EMOTIONAL INCAPACITATION
• GUILT
• ARGUMENTATION
• COGNITIVE DISSONANCE
• POSITIONING THEMSELVES AS THE VICTIM
• LEAVING THE SITUATION
These responses work to reinstate white equilibrium as they repel the challenge, return our racial comfort, and maintain our dominance within the racial hierarchy.  

(White Fragility, pg. 2)
Share with a partner…

A time when you have been challenged by racial conflict or stress and felt a defensive reaction.

1 person shares for 5 minutes – without comment from the partner

SWITCH
WHEN DISCOMFORT IS FELT, THE RESPONSE IS OFTEN TO POSITION ONESelf AS THE VICTIM AND AVOID RESPONSIBILITY FOR RACIAL POWER & PRIVILEGE

ASK YOURSELF:
- WHY DO I FEEL UNSETTLED?
- DOES MY UNEASE REVEAL UNEXAMINED ASSUMPTIONS?
- ARE THERE RACIAL DYNAMICS I AM UNABLE TO SEE?

“IF PRIVILEGE IS DEFINED AS A LEGITIMIZATION OF ONE’S ENTITLEMENT TO RESOURCES, IT CAN ALSO BE DEFINED AS PERMISSION TO ESCAPE OR AVOID ANY CHALLENGES TO THIS ENTITLEMENT”. (PG 3)
WHITE PRIVILEGE

✦ White privilege is *not* the suggestion that white people have never struggled.

✦ White privilege is *not* the assumption that everything a white person has accomplished is unearned
White privilege doesn’t mean your life hasn’t been hard; it means that your skin color isn’t one of the things making it harder.
“White privilege IS having greater access to power and resources than people of color [in the same situation] do.”
White privilege is not just the power to find what you need in a convenience store or to move through the world without your race defining your interactions.

It’s not just the subconscious comfort of seeing a world that serves you as normal.

It’s also the power to remain silent in the face of racial inequity. It’s the power to weigh the need for protest or confrontation against the discomfort or inconvenience of speaking up.

It’s getting to choose when and where you want to take a stand. It’s knowing that you and your humanity are safe.
Cracking the Codes: Joy DeGruy “A Trip to the Grocery Store”
WHAT ARE YOUR THOUGHTS WATCHING THE VIDEO? HOW DID IT MAKE YOU FEEL?

WHAT DO YOU ANTICIPATE THE RESPONSE MIGHT HAVE BEEN IF DR. DEGRUY HAD PUSHED THE ISSUE?

WHAT WAS THE IMPACT OF PRIVILEGE IN THIS SITUATION?