Let's Get Uncomfortable: Talking About Racism

Racism is a serious problem that affects people all over the world. It's a system of oppression that gives advantages to white people over people of color. Racism can take many forms, from overt acts of violence to more subtle forms of discrimination. It can affect people in all aspects of their lives, from education to employment to housing.



Dear White Women: Let's Get (Un)comfortable Talking

about Racism by Sara Blanchard

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Screen Reader	: Supported
Enhanced typesetting : Enabled	
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Racism is a complex issue with a long history. It's important to understand the history of racism in order to understand its present-day effects. Racism has been used to justify slavery, segregation, and other forms of discrimination. It has also been used to divide people and create conflict.

Talking about racism can be uncomfortable. It can bring up feelings of guilt, shame, and anger. But it's important to talk about it anyway. By talking

about racism, we can start to understand it better and work towards ending it.

Here are some tips for talking about racism:

- Be respectful. Listen to what others have to say, even if you don't agree with them.
- Be honest. Share your own experiences with racism, if you feel comfortable ng so.
- Be open to learning. There's always more to learn about racism. Be willing to listen to new perspectives.
- Be patient. It takes time to change attitudes and behaviors. Don't get discouraged if you don't see results immediately.

Talking about racism is not always easy, but it's important to do it. By talking about it, we can start to understand it better and work towards ending it.

Here are some resources for learning more about racism:

- National Association for the Advancement of Colored People (NAACP)
- Southern Poverty Law Center (SPLC)
- Tolerance.org
- Anti-Defamation League (ADL)
- American Civil Liberties Union (ACLU)

If you are experiencing racism, there are resources available to help you. You can contact the NAACP, the SPLC, or another organization that fights racism. You can also file a complaint with the Equal Employment Opportunity Commission (EEOC) or the Department of Justice.

Together, we can end racism.



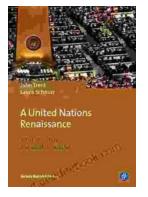
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