

# How To Have Important, Brave, Life Changing Conversations About Race And Racism.



## Courageous Discomfort: How to Have Important, Brave, Life-Changing Conversations about Race and Racism - 20 Questions and Answers for Becoming a Better

**Advocate** by Shanterra McBride

★★★★☆ 4.6 out of 5

Language : English

File size : 23787 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Print length : 208 pages

Lending : Enabled



It's never easy to talk about race and racism, but it's a conversation that we need to have. Racism is a systemic problem that affects every aspect of our society, from the economy to the criminal justice system to education. It's a problem that we can't afford to ignore.

If you're white, it's important to be aware of your own unconscious biases. We all have them, and they can affect the way we interact with people of color. For example, you may be more likely to assume that a black person is a criminal, or that a Hispanic person is an immigrant. These biases can lead to discrimination, which can have a devastating impact on people's lives.

If you're a person of color, you've probably experienced racism firsthand. It can be a painful and traumatic experience. It's important to remember that you're not alone, and that there are people who care about you and want to help.

It's important to talk about race and racism in a way that is productive and respectful. Here are some tips:

1. **Be open and honest.** Don't be afraid to share your own experiences and feelings. This will help to create a safe and open space for dialogue.
2. **Listen to others.** Really listen to what they have to say, even if you don't agree with them. This will help you to understand their perspective and to see the world from their point of view.
3. **Be respectful.** Even if you disagree with someone, it's important to be respectful of their opinion. This will help to keep the conversation from becoming heated or confrontational.
4. **Be willing to change.** If you learn something new about race and racism, be willing to change your own beliefs and behaviors. This is how we can create a more just and equitable society.

Talking about race and racism can be difficult, but it's a conversation that we need to have. By following these tips, you can have a productive and respectful conversation that can lead to change.

## **Additional Resources**

- Teaching Tolerance

- Southern Poverty Law Center
- NAACP



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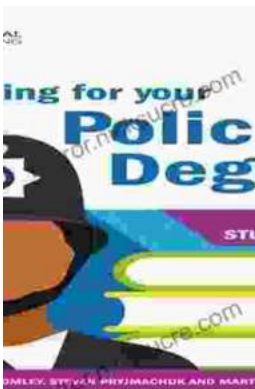
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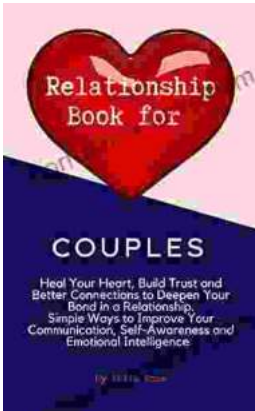
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