

For our families, caregivers and parents of teenagers that want to be involved in Social Change

Acknowledge their Feelings:

“Thank you for sharing how this hurts and how you feel. Your feelings are justified, powerful and evidence that you care, are alive and want to make a difference. I hear you, even if you are not saying anything, you are showing how much this hurts and I hear you. You’re wanting justice and change and that is good.”

For caregivers: IF NOT ALLOWING Child/Youth to be in the Community during Protests:

“My first job is to keep you safe and that includes knowing what you are doing is safe and that who you are with is safe. I know this may make you angry with me, but it’s more important that you stay safe. Going out in this extremely dangerous situation right now is not an option. But, we can find ways for you to protest and take action, without endangering yourself. We can work together to find a way for you to have a voice and bring about change....and I want to help you to do that.”

For caregivers: IF ALLOWING Youth (age appropriate) to be in the Community during Peaceful Protests:

“My first job is to keep you safe and that includes knowing what you are doing is safe and that who you are with is safe. As I said earlier, your feelings are justified and powerful, so let’s discuss how you can get involved in helping to facilitate change in our community in a way that is both constructive and keeps you safe”. We can work together to find a way for you to have a voice and bring about change....and I want to help you to do that.”

PBS Black Cultural Connection – Get Home Safely – 10 Rules of Survival

“Now let’s discuss how to handle yourself when you are not in an unsafe situation but because you are of color in your skin and part of a world of cultural racism, how can you respond to stay safe to bring about the change we both desire..... here are some ideas...let’s look at this together

http://www.pbs.org/black-culture/connect/talk-back/10_rules_of_survival_if_stopped_by_police/

Now let's discuss the civil unrest" (Take time to read the attached article, a New York Times interview with Bryan Stevenson, a lawyer, social justice activist, founder/executive director of the Equal Justice Initiative, and a clinical professor at New York University School of Law)

https://www.newyorker.com/news/q-and-a/bryan-stevenson-on-the-frustration-behind-the-george-floyd-protests?utm_source=onsite-share&utm_medium=email&utm_campaign=onsite-share&utm_brand=the-new-yorker

Here is a brief excerpt.....

"Black people in this country have to live this very complex existence when they live and go to work and go to school in these spaces which are largely controlled by white people. They can't really be their authentic selves. That means that there is this tension and there is this challenge, and at some point you get overwhelmed by that. And when these incidents of police violence take place, and people are killed, literally, on video, right in front of you, and the perpetrators are staring at you, you get angry and you want to express that anger.

It's not just anger over what happened to George Floyd or Breonna Taylor or Ahmaud Arbery. It is anger about continuing to live in a world where there is this presumption of dangerousness and guilt wherever you go. I'm sixty years old and have been practicing law for thirty-five years. I have a lot of honorary degrees and went to Harvard. And I still go places where I am presumed dangerous. I have been told to leave courtrooms because the presumption was that I was the defendant and not the lawyer. I have been pulled out of my car by police who pointed a gun on me. And I can just tell you that, when you have to navigate this presumption of guilt, day in and day out, and when the burden is on you to make the people around you see you as fully human and equal, you get exhausted. You are tired. And I would argue that the black people in the streets are expressing their fatigue, their anger, and their frustration at having to live this menaced life in America. And that is not the same thing for white people who are supporting them. It doesn't mean that white people shouldn't be supporting them, but I don't think it's the proper focus of what many of us are trying to give voice to."