

# BLACK LIVES MATTER

## WHAT CAN I DO? HOW CAN I HELP?

### 1 Acknowledge Privilege

-Privilege is the implicit or systemic advantages that white people have relative to people who are the objects of racism; Privilege is not related to how much money you have or your upbringing or your job. It is simply the **absence** of suspicion and other negative reactions that people who are objects of racism experience.

### 2 Call out Micro-aggressions when you see them

- Micro-aggressions are brief and common daily verbal, behavioural, and environmental communications, whether intentional or unintentional, that transmit hostile, derogatory, or negative messages to a target person because they belong to a stigmatized group.

### 3 Educate Yourself!

Racism isn't just an American issue - it is also prevalent in the UK and all over the world. It's only when we recognise this, do the work to educate ourselves, change our behaviour accordingly and encourage others to do the same, that things will start to get better. We'd like for you to join us in doing this - starting with some important books to read and instagram accounts to follow:

"Why I'm no longer talking to white people about race" by Reni Eddo-Lodge

"White Fragility" by Robin Diangelo

"Me and White Supremacy" by Layla F Saad

"How to be an anti-racist" by Ibram X. Kendi

"Natives" by Akala

[Link to list of Children's books](#)

[@rachelcargle](#)

[@sassy\\_latte](#)

[@theconsciouskid](#)

[@nowhitesaviours](#)

[@munroebergdorf](#)

- BLACK WOMEN are **5 times** more likely to die in pregnancy or childbirth

- BLACK PEOPLE are **4 times** more likely to contract Covid-19 and die

- BLACK PEOPLE are **4 times** more likely to be detained under the mental health act

### WHY?

Because of institutionalised racism in our healthcare, education system and judicial system

@badgal.brows