

# RACEing Forward

DIVERSITY, RACIAL EQUITY, & INCLUSION  
BI-MONTHLY NEWSLETTER

*Created for FRIENDS National Center Staff &  
Parent Advisory Council Members*



FRIENDS National Center for Community-Based Child Abuse Prevention (CBCAP) knows that family-serving organizations recognize the importance of serving ALL people well.

## Messages of Hope for the New Year from our Diversity, Racial Equity, and Inclusion Workgroup



**Magdalena:**

*I am always hopeful for living with peace of mind, joy of spirit and reminding myself to "seek first to understand, before being understood."*



**Samantha:**

*May 2023 bring more kindness, understanding, and acceptance in our communities.*



**Eileen:**

*That parents are intentionally engaged and valued as partners in every community to promote effective change.*



**Anntoinette:**

*That we live life looking forward to bigger, better and with the agape spirit.*



**Anthony:**

*My hope is that 2023 will bring Solutions and not just awareness. I am hopeful that Equity will be more than just a symbolic topic.*



**Valerie:**

*May the new year bring our country closer to less violence, more peace, greater understanding, and deep healing.*



**Natalie:**

*I'd like to share one of my favorite quotes related to hope:*

*"Hope is that thing inside us that insists, despite all the evidence to the contrary, that something better awaits us if we have the courage to reach for it and to work for it and to fight for it."  
— President Barack Obama*



**Emily:**

*My hope for 2023 is we never give up learning and sharing our knowledge. Creating change starts within ourselves, which then influences change in others.*

NATIONAL DAY OF

# RACIAL HEALING

01.17.2023

"The National Day of Racial Healing is a time to contemplate our shared values and create the blueprint together for #HowWeHeal from the effects of racism. Launched on Jan. 17, 2017, it is an opportunity to bring ALL people together in their common humanity and inspire collective action to create a more just and equitable world.

## Racial Healing:

- Restores individuals and communities to wholeness
- Repairs the damage caused by racism
- Facilitates trust
- Builds authentic relationships
- Bridges divides

This annual observance is hosted by the W.K. Kellogg Foundation and was created with and builds on the work and learnings of the [Truth, Racial Healing & Transformation](#) community partners. Fundamental to this day is a clear understanding that racial healing is at the core of racial equity. This day is observed every year on the Tuesday following Martin Luther King, Jr. Day."

*Click the title of each resource to learn more:*

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## Resources to Use

### 1. [National Day of Racial Healing Action Kits](#)

"Connect, build relationships and bridge divides with these action kits, including event ideas, hosting checklists, social media templates and more!"

### 2. ["Changing the Narrative" Digital Series](#)

"NBCUniversal documents powerful stories from communities across the country where people are working together to create lasting change."

### 3. [Attend or host an event!](#)

Check out local National Day of Racial Healing events that may be happening near you, or create your own!

# 2

## Articles to Ponder



### Learn about sundown towns:

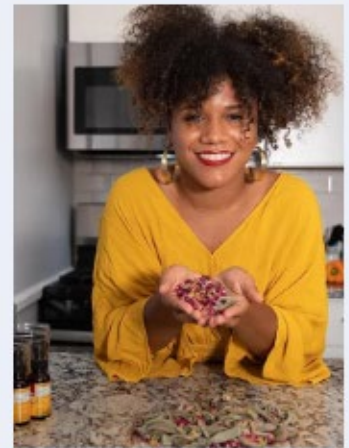
*"Sundown towns were white-only communities where people of color, specifically Black people, were not allowed to stay past sundown. Mainly created to prevent an influx of Black, Chinese, and Jewish people into white communities from 1890 to 1940, sundown towns were, and still are, symbols of violence..."*

(ILLUSTRATION BY TONYA ENGEL)

[Read On >](#)

### Why Holistic Health is necessary for Racial Healing:

*Rachel Johnson, LMSW, MFT, founder of [Half Hood Half Holistic](#) believes a holistic approach to racial healing is vital for Black communities.*



[Read the conversation >](#)

# 1

## Writing/Discussion Prompt

### The Racial Healing Handbook

By: Anneliese A. Singh, PhD, LPC

**About the Book:** *The Racial Healing Handbook offers practical tools to help you navigate daily and past experiences of racism, challenge internalized negative messages and privileges, and handle feelings of stress and shame. You'll also learn to develop a profound racial consciousness and conscientiousness, and heal from grief and trauma. Most importantly, you'll discover the building blocks to creating a community of healing in a world still filled with racial and microaggressions and discrimination.*

The reflection questions below are taken from this book.



"Parents, families, loved ones, teachers, and others teach you racial scripts, which basically are the rules of how to be in the world, in conscious and unconscious ways, as a racial being with

White Supremacy...You may be actively discouraged from seeing race in others or in the world around you, but for reasons that aren't made clear. If you are a person of color, there can also be a vacuum of information--especially if you were raised in a community of primarily other people of color. But it's also pretty likely you began to learn something from the major players in your life...about your race and what it meant for you in the world, like how you're expected to behave in public or what you are or aren't entitled to."

### Reflect:

Write about or discuss the racial scripts the people who raised you were operating on.

- What were the expectations and norms of the racial scripts you were taught?
- What were the conscious and unconscious messages you learned from your racial scripts?

## What Workgroup Members are Reading



Our DREI Workgroup members share what they're reading to help expand their knowledge on diversity, racial equity, and inclusion.

**See our list >**

*If you'd like to share what you're reading with the workgroup and add to the list, please let us know by emailing: [friends@friendsnrc.org](mailto:friends@friendsnrc.org).*

Scan QR Code for access to a digital copy of the newsletter and links:

