

# How to Talk About Racial Justice and Racism With Youth

## Part 1: Implicit Bias, Personal Reflection, and Spiritual Growth

### **Breakout Session 1:**

- As a group, brainstorm at least 3 examples for each type of microaggressions.
- Share with each other times you might have personally experienced or witnessed a microassault, microinsult, or microinvalidation.
- Using the 3rd column on the 3 columned chart handout (column labeled “Messaged”), determine the basic messages that racial microaggressions convey to Black, Indigenous and other People of Color.
- As a group, brainstorm at least 3 macro-level aggressions (environmental microaggressions on a systemic level).
- Take your personal inventory. Share with the group how you are feeling about this 3 column chart. Do you agree or disagree with it? Are there items on there that surprise you?

Breakout sessions are not recorded. Please share openly. We will discuss the examples you brainstormed but not your stories of personal experiences or feelings when we return to the large group.

### **Breakout Session 2:**

- Read John 5:1-13 (NRSV)

After this there was a festival of the Jews, and Jesus went up to Jerusalem. <sup>2</sup>Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. <sup>3</sup>In these lay many invalids—blind, lame, and paralyzed (waiting for the moving of the water. <sup>4</sup>For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had.)\* <sup>5</sup>One man was there who had been ill for thirty-eight years. <sup>6</sup>When Jesus saw him lying there and knew that he had been there a long time, he said to him, “Do you want to be made well?” <sup>7</sup>The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me.” <sup>8</sup>Jesus said to him, “Stand up, take your mat and walk.” <sup>9</sup>At once the man was made well, and he took up his mat and began to walk.

Now that day was a sabbath. <sup>10</sup>So the Jews said to the man who had been cured, “It is the sabbath; it is not lawful for you to carry your mat.” <sup>11</sup>But he



answered them, "The man who made me well said to me, 'Take up your mat and walk.'" <sup>12</sup>They asked him, "Who is the man who said to you, 'Take it up and walk'?" <sup>13</sup>Now the man who had been healed did not know who it was, for Jesus had disappeared in the crowd that was there.

- Do you want to be made well?
- The first step is the hardest step. There are often obstacles, real and perceived. Examine the scripture. Where are the obstacles?
  - How does this relate to your experiences with interracial relationships?
  - What is preventing you from moving toward the healing waters of truth?

Breakout sessions are not recorded. Please share openly. We will discuss in general obstacles you perceive preventing people from entering into anti-racism work but will not ask you to share your personal experiences or feelings when we return to the large group.

\*text included in the parentheses is typically omitted in the NRSV and many other versions.

