

## Statement in Support of Black Lives Matter

Black Lives Matter. We oppose all acts of racism and police brutality. We see and hear the righteous pain and outrage caused by the continued and senseless loss of Black lives due to systemic inequality and racism. We acknowledge the pain and trauma that members of the Black community are experiencing.

Current events emphasize the stark reality that racism pervades our society. Racism and police brutality are not only American problems – they are problems in Canada as well, and a daily reality for Black, Indigenous, and People of Color (BIPOC) in Canada.

The global pandemic has created health concerns, financial struggles, and emotional stresses that disproportionately affect BIPOC. Recent incidents of anti-Black racism and police brutality reinforce collective trauma for Black Canadians, who have long lived with a reality of ongoing injustice and inequities. As educators and psychologists, we cannot sit silent as people around the world rise up to fight for Black lives. We need to listen and do the work of learning how we each contribute to and perpetuate these inequalities. And we must speak out against injustice and work to promote equity and inclusivity in our classes, in our institution, and in our society. We must all do better. And while there are no simple answers to this complex problem, here are some first steps to help guide our way forward. We hope these will help.

Sincerely,

Cathy Costigan, Danu Stinson, Louise Chim, & Erica Woodin

### Step 1: Donate

1. Canadian Black Organizations and Anti-Racist Groups

[https://www.huffingtonpost.ca/entry/black-organizations-anti-racist-groups-canada\\_ca\\_5ed57ea1c5b6867b30853e20?fbclid=IwAR14HGNhQBHTZC4DQnvHunO9rKjhZ8AbvORrRZ14ZaqGjGVVom-vPBLzfSY](https://www.huffingtonpost.ca/entry/black-organizations-anti-racist-groups-canada_ca_5ed57ea1c5b6867b30853e20?fbclid=IwAR14HGNhQBHTZC4DQnvHunO9rKjhZ8AbvORrRZ14ZaqGjGVVom-vPBLzfSY)

### Step 2: Learn

#### *Anti-Black racism in Canada and around the world*

1. Desmond Cole's book *The Skin We're In*, which addresses systemic anti-Black injustices and police violence in Canada, as well as a related film directed by Charles Officer, and a recent article on the book:

[https://www.macleans.ca/news/canada/desmond-cole-canada-insists-on-being-surprised-by-its-own-racism/?fbclid=IwAR3Ehf-nS70yZRR7UpTK6JBBGmOs9xZaY8lBeRC1jaRAQPDpyd1b\\_Pr54WQ](https://www.macleans.ca/news/canada/desmond-cole-canada-insists-on-being-surprised-by-its-own-racism/?fbclid=IwAR3Ehf-nS70yZRR7UpTK6JBBGmOs9xZaY8lBeRC1jaRAQPDpyd1b_Pr54WQ)

<https://www.cbc.ca/firsthand/episodes/the-skin-were-in>

<https://www.cbc.ca/news/canada/calgary/canada-racism-thrives-desmond-cole-adora-nwofor-bashir-mohamed-1.5472427?fbclid=IwAR1vJs-rFSuPJSmwKa2hMIhUNu6sObIdiLAGUKI0NFMaLibQiViTWCLJyFE>

2. Yes, Canada Has a Racism Crisis and It's Killing Black and Indigenous Peoples

<https://canadiandimension.com/articles/view/yes-canada-has-a-racism-crisis-and-its-killing-black-and-indigenous-peoples?fbclid=IwAR2DrMrsLfOsDGUI8PY3vHiXcVX47MW64IHKnM-tlYm8bBDRqMR4LDjVgoQ>

3. Can We Talk About Canada's Racism Problem At Universities?

<https://byblacks.com/main-menu-mobile/opinion-mobile/2514-can-we-talk-about-canada-s-racism-problem-at-universities>

4. Navigating Racism On Campus Can Be A Lonely Experience

[https://www.huffingtonpost.ca/the-conversation-canada/racism-black-graduate-university-student\\_a\\_23424663/](https://www.huffingtonpost.ca/the-conversation-canada/racism-black-graduate-university-student_a_23424663/)

5. Rachel Elizabeth Cargle is an educator and activist who offers a variety of learning opportunities, curated on her Instagram page

<https://www.instagram.com/rachel.cargle/?hl=en>

6. Making Sense of the Senseless

<https://www.insidehighered.com/news/2020/06/03/academics-called-help-interpret-guide-national-response-police-violence-and-related>

7. Canada Has Race-Based Police Violence Too. We Don't Know How Much

<https://theyee.ca/Analysis/2020/06/02/Canada-Race-Based-Violence/?fbclid=IwAR1GkdIWMxJiW9G8s3eP5cSuCy3gYFzMFtSenxMFKCDAI3csGnc6CeRa8cE>

8. Ibram X. Kendi's Antiracist Reading List

<https://www.nytimes.com/2019/05/29/books/review/antiracist-reading-list-ibram-x-kendi.html>

### ***Privilege***

1. Dear White People, This is What We Want you to Do:

<https://insidethekandidish.wordpress.com/2020/05/30/dear-white-people-this-is-what-we-want-you-to-do/?fbclid=IwAR0R1-g-z6T2hGxdck0NZnlhM7ypfpXCqKzYwVzFQeZu6vWcJS7qa42zaY4>

2. Anti-Racism For Kids 101: Starting To Talk About Race:

[https://booksforlittles.com/racial-diversity/?fbclid=IwAR39vJQQyCnHfhF0m66o67GnGgR9BuWclmDQJXBQuUwzfnf1-YxaZxSzM\\_14](https://booksforlittles.com/racial-diversity/?fbclid=IwAR39vJQQyCnHfhF0m66o67GnGgR9BuWclmDQJXBQuUwzfnf1-YxaZxSzM_14)

3. Your Kids aren't too young to talk about race:

[https://www.prettygooddesign.org/blog/Blog%20Post%20Title%20One-5new4?fbclid=IwAR3u08swzDuXBgFqZeiY6McRlytByIjzr0doMdvAeT\\_pX4QF01pUIDEk\\_i6c](https://www.prettygooddesign.org/blog/Blog%20Post%20Title%20One-5new4?fbclid=IwAR3u08swzDuXBgFqZeiY6McRlytByIjzr0doMdvAeT_pX4QF01pUIDEk_i6c)

4. My White Friend Asked Me on Facebook to Explain White Privilege. I Decided to Be Honest:

<https://www.yesmagazine.org/opinion/2017/09/08/my-white-friend-asked-me-on-facebook-to-explain-white-privilege-i-decided-to-be-honest/?fbclid=IwAR1aG1cQDBaNoQZ14vSjM33Fm8IFyA4xyxaWKNpihFjOUnuwdvwW1Z0fWx4>

5. 'Model Minority' Myth Again Used as a Racial Wedge Between Asians and Blacks

<https://www.npr.org/sections/codeswitch/2017/04/19/524571669/model-minority-myth-again-used-as-a-racial-wedge-between-asians-and-blacks>

6. 20+ Allyship Actions for Asians to Show Up for the Black Community Right now

<https://medium.com/awaken-blog/20-allyship-actions-for-asians-to-show-up-for-the-black-community-right-now-464e5689cf3e>

### **Step 3: Act**

#### ***Individual action to address racial injustice***

1. UVic Anti-Racism Education Program

<https://www.uvic.ca/equity/education/anti-racism/index.php>

2. 75 Things White People Can Do for Racial Justice

<https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234>

3. Anti-racism resources

[https://docs.google.com/document/d/1BRIF2\\_zhNe86SGgHa6-VIBO-QgirITwCTugSfKie5Fs/mobilebasic](https://docs.google.com/document/d/1BRIF2_zhNe86SGgHa6-VIBO-QgirITwCTugSfKie5Fs/mobilebasic)

***Talking about anti-Black racism and police brutality in your classes***

(if you aren't sure how this subject may be relevant to your class, we are happy to help)

1. Advice for supporting your Black students right now (concrete advice in the replies)

[https://twitter.com/gd\\_higginbotham/status/1267214525582868480?s=21](https://twitter.com/gd_higginbotham/status/1267214525582868480?s=21)

2. Anti-racism teacher resources from the BC Teachers' Federation

<https://bctf.ca/SocialJustice.aspx?id=21354>

3. 15 Classroom Resources for Discussing Racism, Policing, and Protest

[https://blogs.edweek.org/teachers/teaching\\_now/2020/06/15\\_classroom\\_resources\\_for\\_discussing\\_racism\\_policing\\_and\\_protest.html](https://blogs.edweek.org/teachers/teaching_now/2020/06/15_classroom_resources_for_discussing_racism_policing_and_protest.html)

4. Research-based solutions to end police violence

<https://mobile.twitter.com/samswey/status/1180655701271732224?fbclid=IwAR2UocieVHh8Ob6r9lmdlJpM33CZIppTsG80peh6Q3u1EQateB4AxC4ObDw>

5. Anti-Racist classroom reading list

<https://guides.ecuad.ca/pedagogy/antiracistclassroom>

***Systemic interventions in clinical practice:***

1. Corneau, S., & Stergiopoulos, V. (2012). More than being against it: Anti-racism and anti-oppression in mental health services. *Transcultural Psychiatry*, 49, 261-282.

2. Motulsky, S. L., Gere, S. H., Saleem, R., & Trantham, S. M. (2014). Teaching social justice in counseling psychology. *The Counseling Psychologist*, 42, 1058-1083.

<https://doi.org/10.1177/0011000014553855>

3. Ratts, M.J., Singh, A.A., Nassar-McMillan, S., Butler, S.K. and McCullough, J.R. (2016), Multicultural and Social Justice Counseling Competencies: Guidelines for the Counseling Profession. *Journal of Multicultural Counseling and Development*, 44: 28-48.

doi:[10.1002/jmcd.12035](https://doi.org/10.1002/jmcd.12035)

4. Sue, D. W., Alsaidi, S., Awad, M. N., Glaeser, E., Calle, C. Z., & Mendez, N. (2019). Disarming racial microaggressions: Microintervention strategies for targets, White allies, and bystanders. *American Psychologist*, 74(1), 128–142. <https://doi.org/10.1037/amp0000296>
5. Whiteness Matters: Exploring White Privilege, Color Blindness and Racism in Psychotherapy by Margaret Clausen: <https://www.psychotherapy.net/article/racism-white-privilege-psychotherapy>