

TALKING ABOUT RACE

HOMEMADE FAITH

PVTEENS



IN THIS BOX...

Journalling prompts

Terms to educate
ourselves and use in
our conversations

Stories and scriptures
to be in God's Word

Challenges to help us
grow

Resources we trust



GETTING STARTED

I'll be honest and say I (Audrey) am not the best person to do this box. In my hours upon hours of study for creating this resource I've come to discover more blindspots in my own life in regards to this topic than I could've ever imagined. However, I'm going to pray the Spirit guides this time for your family and opens the door to conversations and perspectives that wouldn't have happened otherwise.

The truth is, we all have to talk about race.

To avoid discussions about race with kids is in itself a form of white privilege, an advantage that white people experience simply because they are white. Many black teenagers and children begin talking about this much sooner due to experiences of racism..

The world has a lot to say about this topic but thankfully so does scripture. We will let Jesus do as much of the talking as possible here and pray He gives us ears to hear.

Dear God,

Please guide our conversations on this topic. Please gift us with a blank slate on this issue so we can learn to view this topic through your lens. Thank you for creating a nation of people who are all different, yet whom all can bear Your Name.

In Jesus name,

Amen

WEEK ONE | BEGIN BY LOOKING WITHIN

Expressive writing |

- Choose which questions you'll answer. You don't have to answer all of them; just the ones that resonate.
- Choose when you'll write. Write at a time when you won't be interrupted.
- Write expressively for 20-minutes. Do so non-stop. Do not go over your writings. Do not edit or censor yourself.
- Review what you wrote, but in three days.

Why |

The whole point to this expressive writing exercise is to help you uncover the blocks you may have in hearing another person's pain.

Parents- Use the journal in this box to answer these writing prompts.

How did your parents talk about skin color? How did their beliefs and views shape you? How do you feel about the words your family use to refer to people of color today, now that you're older? Write a prayer and ask "God what do you want to say to me through this study"

Teens- How is the topic of race discussed by your peers? How do those conversations or things you hear make you feel? What do you think God feels on this topic?

CHALLENGE |

EVERYONE IN THE FAMILY FIND A PERSON OF A DIFFERENT RACE THAN YOUR OWN TO LISTEN TO AND LEARN FROM. REPORT BACK ON WHO YOU FOUND AND SOMETHING YOU LEARNED FROM THEM. MAYBE SOMEONE ON SOCIAL MEDIA, AN AUTHOR, A PUBLIC LEADER/FIGURE, AN ATHLETE, ETC.

RESOURCE |

A GOOD ARTICLE ABOUT PROCESSING RADICALIZED VOILENCE WITH STUDENTS. IT'S REALLY A GOOD TOOL FOR ADVICE ON HARD CONVERSATIONS. SCAN THE QR CODE



Terms |

Race | Categories into which society places individuals on the basis of physical characteristics such as skin color, hair type, facial form and eye shape.

Racial bias | A preference for or against an individual or group that affects one's beliefs or judgements about them. Explicit bias is intentional and implicit bias is unconscious attitudes, stereotyping, and actions toward members of a specific group because of their membership in that group.

Questions |

How would you define racism? Have you ever felt as though you were treated differently because of your skin color or any other attribute that makes you different than others? Explain

Scripture |

Genesis 1:26-27

How do these verses describe us? How could these scriptures undermine racism?

WEEK TWO

Power & Faith | Expressive Writing prompts

What does power mean to you? Who holds power in the country you live in? What is their gender, race, nationality, sexual orientation, and political stance? In what ways do they reflect you? Do you have the same access to power as those who hold power in your country? Yes or no? If no, what prevents you from gaining access?

What does your religion or spirituality teach about people of color? How have these teachings influenced you?

After writing in your individual journals, take some time to share what you've written if you feel comfortable doing so.



CHALLENGE |

GO TO CENTRAL HIGH AND TAKE THE STREETSCAPE WALKING TOUR TO LEARN THE STORY ABOUT THE LITTLE ROCK NINE. SCAN THE QR CODE FOR INFO



RESOURCE |

FULLER YOUTH INSTITUTE'S GUIDE FOR TALKING ABOUT RACE WITH TEENAGERS. THIS IS A LITTLE LONG BUT YOU CAN SEE THINGS I HIGHLIGHTED. SCAN THE CODE BELOW.



Terms |

Ally | A person who speaks out or takes action to support someone who is targeted by bias

Marginalization | Treatment of a person, group, or idea as inferior or unimportant as compared to those who hold more power in society

Cultural appropriation | Using elements of a marginalized culture, including clothing, images, or ideas, in ways that disrespect the culture. One example often used to illustrate cultural appropriation is history, experience and traditions.

Scriptures |

Matthew 2: 1-2

John 4: 1-26

Matthew 15: 21-28

Matthew 27:32

Matthew 28:19-20

Questions |

What is a common thread you see running through each of these verses or stories? What do they tell you about Jesus' life from birth to death? What can we learn from these, from the life of Jesus?

WEEK THREE

Emotion | Expressive Writing prompts

Parent- As a child, how was your anger or sadness handled by your parents, caregivers, older siblings? Were you encouraged to express it, or were you shamed, ridiculed, or humiliated in showing those emotions? How did you witness other family members handling negative emotions? Was it encouraged or was it shut down? By whom? How did that person react? What were the words they used? Do you feel comfortable expressing anger, sadness, or pain in your family today? Why or why not?

Teen- How are hard emotions handled in your family? What are some things that your parents do well to help you navigate this and what are some things that they could do better?

After writing in your individual journals, consider sharing what you've written.



CHALLENGE |

ORDER ONE OF THESE BOOKS AND READ IT TOGETHER AS A FAMILY. START ONGOING DISCUSSIONS FROM THEM.



RESOURCE |

FRED ROGERS TOOK A STAND AGAINST RACIAL INEQUALITY WHEN HE INVITED A BLACK CHARACTER TO JOIN HIM IN A POOL...SEE MORE HERE



Terms |

Microaggressions | Put-downs and insults—including unintentional comments or even compliments—that people of color and other marginalized people experience on a daily basis. They are less noticeable than overt aggression like bullying, but are also harmful.

White privilege | The advantages and benefits that white people experience solely as a result of their skin color—benefits that are not experienced by people of color

Scriptures |

Luke 10:25-37
Matthew 25:31-46

Questions |

Talk about how race plays a part in this story? What things do you think were most surprising for the lawyer to hear from Jesus? Take a moment and envision yourself in each of the different roles from story in Luke.

How can you relate to each character? How do we live out this story in our own life?

WEEK FOUR

Emotion | Expressive Writing prompts

Name an early experience when a person of colour made you feel uneasy. Why was that? What made them threatening? What was your response? If they were not threatening, how would you describe them? How does that early experience shape how you interact with people of color today?

After writing in your individual journals, take some time to share what you've written if you feel comfortable doing so.



SCRIPTURE |

JOHN 17 (ONE OF MY MOST FAVORITES)
ACTS 11:19-21

QUESTIONS |

WHICH VERSES IN JOHN 17 PROMOTE THE "ONENESS" WE ARE TO HAVE AS THE BODY OF CHRIST? HOW CAN OUR UNITY HELP HEAL? OR LEAD OTHERS TO CHRIST? OR HELP OTHERS BE RECONCILED TO CHRIST? FROM THE ACTS VERSE, HOW WAS THEIR UNITY THEIR WITNESS?

RESOURCE |

MLK I HAVE A DREAM SPEECH. LISTEN TO THIS TOGETHER AS A FAMILY AND PROCESS SOME OF THE THINGS THAT RESONATED WITH YOU THE MOST.



Terms |

One-drop rule | Dating back to 1662 in Virginia, this rule stated that anyone with any fraction ("drop") of African "blood" would be considered Black. People with no known African ancestry were called White.

Person of color (POC) | Refers to any person who is non-White. Sometimes also referred to as Black, Indigenous, or People of Color (BIPOC)

Power | The ability to influence others and impose one's own convictions. All power is relational, and different relationships either reinforce or disrupt one another.

Prejudice | A preset opinion about a people group based on culture, race, religion, or socioeconomic status because of false narratives learned through family, the media, conversation, or observation.

Racism vs. prejudice | This can be confusing. Prejudice refers to a judgment or belief about a person or group of people that is not based in facts or knowledge. Racism is prejudice against people because of their race.