Sparta Twp. Public Schools Community Talk

Rewriting the Narrative: A Virtual Panel Discussion on Racial Trauma

June 18, 2020
Virtual Discussion Guidelines

• Session Recording
• Mute Feature
• Chat Box Comments
• Questions
Panel Moderator
Dr. Saskia Brown, Ed.D.
• STPS District Administrator
• STPS Anti-Bullying Coordinator
• Sparta C3 Committee Facilitator
• Adjunct Professor at Drew University
• Mother
Student Representative
Ms. Maia Albuquerque
• Student Advocate
• SHS We are the Dream Founding Member
Panel Expert
Dr. Broderick Sawyer, Ph.D.
• Clinical Psychologist
• Activist
• Meditation Teacher at the Behavioral Wellness Clinic in Louisville, KT
Panel Expert

Dr. Howard Stevenson, Ph.D.

• Professor of Africana Studies at UPENN
• Director of the Racial Empowerment Collaborative and Forward Promise
1. To provide a platform to engage in meaningful conversation about racism and related topics
2. To introduce a research-based framework on racism
3. To discuss racial literacy and the impacts of racial trauma
## Overview

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Mindful Practice
Student Narrative
Research-Based Framework of Racism and Racial Trauma
Addressing Racial Literacy and the Impacts of Racial Trauma
Panel Experts
Question and Answer
Closing Remarks

Thank you for your engagement!

We are #spartanproud
Dr. Howard Stevenson, Professor of Africana Studies at UPENN and Director of Racial Empowerment Collaborative and Forward Promise

Dr. Howard Stevenson is the Constance Clayton Professor of Urban Education, Graduate School of Education at the University of Pennsylvania. He is the Executive Director of the Racial Empowerment Collaborative, designed to promote racial literacy in education, health, and community institutions. His most recent research focuses on helping children and adults develop and use assertive coping strategies during face-to-face microaggressions. Key to this racial healing work is the use of culture to reduce in-the-moment threat reactions and increase access to memory, physical mobility, and voice.
Dr. Howard Stevenson’s Resources

TED TALK
Stevenson, H. C. (2018). How to Resolve Racially Stressful Situations. Feb 21, 2018. If we hope to heal the racial tensions that threaten to tear the fabric of society apart, we’re going to need the skills to openly express ourselves in racially ... https://binged.it/2r8Puu5. TEDMED Talk selected for presentation on the TED Talk Network as well.

TED RADIO HOUR
• https://www.npr.org/2019/03/29/707193061/howard-stevenson-how-can-we-mindfully-navigate-everyday-racism

Video Clips
• UPenn GSE interview & video - "The Educator’s Playbook: How to confront hate speech at school"

Links to Social Media Interviews
• https://www.huffpost.com/entry/how-to-talk-kids-racism-george-floyd-protestss_l_5ed7de95c5b62135db476590
• https://www.wfmj.com/story/42206577/parents-educators-experts-talk-to-kids-on-race-amid-unrest
• https://www.phillymag.com/news/2020/06/05/white-philadelphians-anti-racism-anti-blackness/

Podcasts
Drew Scott show - http://apple.co/athome
https://open.spotify.com/episode/60JS6eHIQsVCI6HskekODm?si=3vnaNCtbRPqJ-DAxOZbfSQ
Two mothers talk to their teenage sons about race and police brutality in the US followed by commentary by Dr. Stevenson on the benefits behind preparing parents and children to have racial conversations
Dr. Broderick Sawyer, Clinical Psychologist, Activist, and Meditation Teacher at Behavioral Wellness Clinic in Louisville, KT

"Broderick Sawyer, Ph.D., is a clinical psychologist at a group practice, providing therapy for race-based stress and trauma, anxiety, obsessive-compulsive disorders, depression, trauma, and eating disorders. While obtaining his Ph.D. from the University of Louisville, Dr. Sawyer developed specialties in race-based stress and trauma, and mindfulness/compassion-based meditation. Dr. Sawyer speaks to a wide range of audiences about mental wellness and race-based topics, including community organizers, health professionals, and university audiences. As a meditation teacher, he collaborates with community organizers to find creative solutions to social justice, with a particular focus on the use of mindfulness practice to strengthen resilience against racism."
Dr. Broderick Sawyer’s Resources

Suggested Reading
- The Autobiography of Malcolm X as told by Alex Haley (Ballot or the Bullet on YouTube - a talk by Malcolm X)
- Long Walk to Freedom - Nelson Mandela
- Wherever you go, there you are - Jon Kabatt-Zinn
- Tattoos on the Heart: The power of boundless compassion - Gregory Boyle
- The Fire Next Time - James Baldwin

Meditation Apps
- “Liberate” app: Meditation app designed for people of color
- “Calm” app

Selected Publications

