

Unconscious Racial Bias

As last week, this class and the one next week are led by Aja Riggs, the lead trainer of the course Exploring Whiteness: Unlearning Racism and Understanding Privilege. The course helps white people (and others who benefit from white skin privilege) to see, understand and counter racism—within ourselves, our organizations, and the structures of our society.

Class Assignments

- **Peanut Butter, Jelly and Racism.** The first of a series of very short videos. Watch the first, or all six if you would like. Note that you can hover over the bottom of the screen to find the volume/mute symbol - you might need it.
<https://www.nytimes.com/video/us/100000004818663/peanut-butter-jelly-and-racism.html?playlistId=video/who-me-biased>
- **In the Air We Breathe.** Hidden Brain podcast. Listen to minutes 5:20 – 35:45 (or the full 49:28 if you have extra time). <https://www.npr.org/2018/03/09/591895426/the-mind-of-the-village-understanding-our-implicit-biases>
- **The Culture Inside.** Invisabilia podcast. Listen to minutes 6:00 – 14:30 and 45:35 – 54:00 (or the full 56:45 minutes if you have extra time).
<https://www.npr.org/programs/invisabilia/532950995/the-culture-inside>
- **Don't Talk about Implicit Bias Without Talking about Structural Racism,** 12-minute read. <https://medium.com/national-equity-project/implicit-bias-structural-racism-6c52cf0f4a92>

Goal for Class

The overall goal of these three sessions is to expand our awareness of what it means to be white in a racist society.

The goal of this particular class is to understand the role of unconscious bias and stereotypes in ourselves and our society.

Questions for Discussion

- Briefly share a time when you became aware of your own unconscious racial bias.
- What caused you to become aware it? How did you react to discovering it?
- Name one thing that you could do in the next week to become more aware of and/or to counter your implicit bias.

Additional Resources on Unconscious Bias

- **How to overcome our biases? Walk boldly toward them.** Verna Myers (17 min video). <https://www.youtube.com/watch?v=uYyvbglNZkQ>.

Additional Resources on Whiteness in General

- **White People Are Noticing Something New: Their Own Whiteness**
<https://www.nytimes.com/2018/06/13/magazine/white-people-are-noticing-something-new-their-own-whiteness.html>
- Scene on Radio podcast series, **Seeing White** <https://www.sceneonradio.org/seeing-white/>
- **White People: A Documentary** <https://www.defineamerican.com/white-people>
- **Whitewashed Unmasking the World of Whiteness**, 2013
<https://www.youtube.com/watch?v=iSmgDfK2Cs4>

Additional Items of Interest on Other Topics

- **Save the Date: 9/10 National Townhall on Environmental Justice & Frontline Communities.** Email from Andrew Black sent to Racism and White Privilege email list on 9/3. Register here: <https://support.nwf.org/page/21977/data/1>
- **Free Webinar: Anti-Racism Work & the Church.** Email from Judy Crawford sent to Racism and White Privilege email list on 9/3. Register here: <https://pres-outlook.org/2020/07/holy-imagination-race-how-the-church-can-be-a-healing-force-in-americas-racial-divide/>
- **Nice White Parents podcast:** <https://www.nytimes.com/2020/07/23/podcasts/nice-white-parents-serial.html>
- **Thirteenth** – documentary available through Amazon Prime
- Videos on Jane Elliott's experiment with segregation by brown-eyed and blue-eyed people:
 - **Brown eyes and blue eyes Racism experiment Children Session - Jane Elliott** - The actual experiment in 1968.
<https://www.youtube.com/watch?v=oGvoXeXCoUY>
 - **Jane Elliott's "Blue Eyes/Brown Eyes" Anti-Racism Exercise | The Oprah Winfrey Show | OWN** - A very enlightening version of the experiment Jane Elliott did with the audience on the Oprah Winfrey show in 1992.
<https://www.youtube.com/watch?v=ebPoSMULI5U>