



Equity Starts Here Challenge

North Carolina Community Action Association

DAY 3: THE EFFECTS OF RACISM

Racism negatively affects our lives. It is degrading and demoralizing for those who experience it. And it's degrading to the people who make racist comments. Racism prevents our communities from fully thriving. And, it keeps people living in fear.

Today, select one or more of the following to read or view:

- [The Racial Politics of Time – TEDWomen](#) (video)
- [Why I, as a black man, attend KKK rallies – Daryl Davis, TEDxNaperville](#) (video)
- [Microaggressions Are A Big Deal: How To Talk Them Out And When To Walk Away – NPR](#) (article and podcast)
- [What are the effects of racism on health and mental health? - Medical News Today](#) (article)
- [Stress and the Mental Health of Populations of Color: Advancing Our Understanding of Race-related Stressors – National Institutes of Health](#) (article)

Discussion and Pondering Questions:

- Do you think racism stems from fear of other people? If not, from what do you believe it stems?
- How have you been impacted by racism?
- Have you ever tolerated racist comments, jokes or actions? Looking back, would you change the way you may have reacted to racism?
- Are there any benefits to racism?

Don't forget to share your thoughts with your inner circle today! If you post on social media, be sure to use the hashtag [*#EquityStartsHereChallenge*](#)