AES TALKING POINTS, RESOURCES, READINGS, AND REFLECTIONS -- 3 JUNE 2020

Submitted by Ellen Palms on June 3, 2020 - 3:46pm

In connection with our AES Statement of Solidarity, we offer the following materials for study, reflection, and conversation. Please note that this is not an exhaustive list. It includes resources shared by colleagues in and outside of AES.

Talking Points and Analysis about What is Happening:

How to make sense of “good” versus “bad” protestors--devaluation and delegitimization of narratives of protest:

- Reading Towards Abolition: A Reading List on Policing, Rebellion, and the Criminalization of Blackness

Property value versus human life:

- [https://jezebel.com/america-has-looted-black-people-says-activist-tamika-m-1843785453](https://jezebel.com/america-has-looted-black-people-says-activist-tamika-m-1843785453)

How to make sense of “extremist” groups, including the difference between Antifa and white supremacists:

- [https://apnews.com/32bc90566697388645f01675359dcad1](https://apnews.com/32bc90566697388645f01675359dcad1)

How to be a better ally:

- [https://guidetoallyship.com/](https://guidetoallyship.com/)
- [www.WhiteAccomplices.org](http://www.WhiteAccomplices.org)

Resources:

Ways to Get Involved and Contribute:

- “26 Ways to Be in the Struggle Beyond the Streets”:
- Until Freedom: [https://www.untilfreedom.com/](https://www.untilfreedom.com/)
- Black Lives Matter: [https://blacklivesmatter.com/](https://blacklivesmatter.com/)
- Black Lives Matter Seattle-King County: [https://blacklivesseattle.org/](https://blacklivesseattle.org/)
- Washington Immigrant Solidarity Network: [https://www.waisn.org/](https://www.waisn.org/)
- Organized Communities Against Deportations: [https://organizedcommunities.org/](https://organizedcommunities.org/)
- Asian American Justice Center: [https://www.advancingjustice-aajc.org/covid19](https://www.advancingjustice-aajc.org/covid19)
- National Urban League: [https://nul.org/](https://nul.org/)
- George Floyd Memorial Fund: [https://www.gofundme.com/f/georgefloyd](https://www.gofundme.com/f/georgefloyd)
- The Bail Project: [https://bailproject.org/](https://bailproject.org/)
- Week of Action in Defense of Black Lives: [https://m4bl.org/](https://m4bl.org/)

**Know your rights:**

- ACLU Protestors' Rights: [https://www.aclu.org/know-your-rights/protesters-rights/](https://www.aclu.org/know-your-rights/protesters-rights/)

**UW Resources:**

- The Samuel Kelly Ethnic Cultural Center:
  
  Homepage: [https://depts.washington.edu/ecc/](https://depts.washington.edu/ecc/)
  
  Email: ecc@uw.edu

- UW Counseling Center:
  
  Let's Talk | Counseling
  
- UW Counseling Center

  - Safe Campus:

**SafeCampus**

- Bias Incident Reporting Tool:

  Bias Incident Reporting Tool

**National Mental Health Resources:**

- National Alliance on Mental Illness (NAMI)
  
  Call the NAMI Helpline at 800-950-NAMI

  Or in a crisis, text "NAMI" to 741741

  - Trauma Response and Crisis Care (TRACC)
  - National Queer and Trans Therapists of Color Network
  - Liberate Meditation App: for Black, Indigenous, and POC
  - Self-Care Tips for Black People Who Are Struggling With This Very Painful Week

**Readings and Podcasts:**

- Dear Pandemic [https://www.facebook.com/dearpandemic/](https://www.facebook.com/dearpandemic/) (evidence-based answers on COVID-19)
- Black Perspectives
- Addressing Law Enforcement Violence as a Public Health Issue
- 1619 by The New York Times
- About Race
- Intersectionality Matters! hosted by Kimberle Crenshaw
- Momentum: A Race Forward Podcast

**Reflections:**

- Alice Walker's “Be Nobody's Darling”

  [https://powerpoetry.org/content/be-nobodys-darling](https://powerpoetry.org/content/be-nobodys-darling)

- Letter for Black Lives


*For community - So much more can and must be said in this time. Hoping this captures some of your anguish, anger, fear, perseverance and hope.*
"A life of skin"

The skin I wear, I love, but not everyone loves me.
The skin I wear, can breathe for me, but yours always will.
The skin I wear, can touch me, when no one else will.
The skin I wear is necessary, I'm told I'm a good worker bee.
The skin I wear, tears in life, yours never will.
The skin I wear is not safe?

The skin I wear is scorned, when I run, when I breathe.
I'm always a runner. Running now, it's freeing.
It's freeing, on lockdown.
It's freeing, when seeking life, a new home, sometimes without permission or just when trying to breathe.

The skin I wear has made me a survivor.
Because you don't want my skin, you who don't see my skin, you who take off my skin ...
Because you can't wear my skin, don't tell me to go home,
    that my skin against yours hurts, it darkens, it and YOU.
Because you can't wear my skin, don't tell me it's your country, we gave it life.

I am my skin and because I AM, I breathe in constant struggle.
The exhaustion scars my eyes, hands, feet, my thoughts and now my lungs.

My life is not a symbol, but my living is progress.
My skin breathes hope, beauty and life.
We breathe, you live.

But it's time we take back our breath.
And breathe living in the world we work hard and LOVE to create.
My skin cracks, peels, burns, feels lighter.
My skin thirsts for community.
OUR SKINS weave many.
The skin I wear is born anew.

Carolyn Pinedo-Turnovsky, May 30, 2020