



September 23, 2016

Keith Lamont Scott, Police Violence, and the Movement for Racial Justice

NCCASA staff grieve the death of Keith Lamont Scott, a black man who was shot and killed by a law enforcement officer on Tuesday, September 20 in Charlotte, NC. We also grieve the death of Justin Carr, another black man who was killed while protesting in the days following. Rest in power.

These deaths are close to home for us, and they are two more in a long and growing list of people who are black in the U.S. who have been killed because of police violence. NCCASA has spoken about the number of black lives lost to racism and a culture of police violence before, and we will continue to speak and act about this. Racism and all forms of violence, including sexual violence, are woven together into our country's culture and history, and it is impossible to end one without ending all. The messages we sent after the killings of Alton Sterling and Philando Castile still apply:

“When you imagine the world that we are working so hard to build, a world in which there is no more sexual violence, do you imagine that we still hear and see these stories of violence on our way to work, in our news feeds, on our TVs? Do people of color still experience disproportionate violence and discrimination with impunity? Are their lives still so often treated as if they don't matter?”

That is not the world we imagine. At NCCASA, we unwaveringly believe that we cannot end sexual violence without ending racism. We are currently living in a world where so many kinds of violence are normalized and tolerated. Where the oppression of people of color and other people with marginalized identities is shrugged off, ignored, hidden. That is a world where all kinds of violence, sexual violence included, thrives. There will be no end to sexual violence without racial justice.”

“We don't have the answers, but we do have the platform to create dialogue and to share the message and the responsibility...NCCASA remains committed to the pledge we made at our conference in 2015 to model what ending racism looks like and to open spaces to invite you to be in dialogue with us. Ending racism, like ending sexual violence, will require difficult conversations, and we hope you will join us in working for safety and equality for all of our society.”

Our work to end violence and oppression requires commitment, learning, openness, hard conversations, and also rest. See below for resources (some new and some that we have shared before) that we hope will support all of these:

- [Resources for Self Care](#)
- [Resources for Becoming Anti-Racist White Allies](#)

- [Resources About Racism, Sexual Violence, and Trauma](#)
- [Resources About the Movement for Black Lives](#)

Additionally, we have included information about a set of [conference calls](#) that we will be hosting for NCCASA members in October about the role of white allies in anti-racism and anti-sexual violence work. As we have said before, the work to end racism as white people is different. If you want to process more about what you can do as a white ally, both as an individual and in your agency, we hope you will join these conversations with us.

We believe in a world free from violence in all its forms. We believe that we can get there with all of you as our co-conspirators.

In solidarity,

NCCASA Staff

Resources for Self Care

"Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare."
-Audre Lorde

Self Care for People of Color After Psychological Trauma

"Continuing to engage in confronting racism in the online space can mean taking a risk with your brain and psychological wellbeing. All of the interactions and conversations in the online space, can be received as micro-aggressions and race-based traumas. Though the work of creating a better racial digital landscape is all of our responsibility and intentional conversations matter, we must be mindful to take good care of ourselves. We must be mindful to create space, establish relaxation routines, and recharge with people who give us life while engaging in these discussions and doing this very important work."

<http://justjasmineblog.com/self-care-for-people-of-color-after-emotional-and-psychological-trauma/>

5 Digital Self Care Practices Black People Can Use While Coping With Trauma

"Sterling and Castile's killings weren't isolated incidents. Black bodies have been at risk long before smart phones were readily available for people to document police brutality. We now live in a country where we're inundated with horrific news and images that remind us why we have to declare to the world that #BlackLivesMatter...The unfortunate reality is that Sterling and Castile weren't the first and they won't be the last to lose their lives to police shootings. But while we fight for them and stand against the despicable cycle of black death at the hands of cops leading to non-indictment, we must take care of ourselves."

http://www.huffingtonpost.com/entry/self-care-black-coping-with-trauma_us_577e76a9e4b0c590f7e839ed

Self Care for Sustainability and Impact

"While individuals may be able to sustain themselves for a while without focusing on self-care, our work to end violence will span decades. To stay in this for the long haul, stay open to possibilities, cultivate our creativity and have the greatest impact, we need to take care of our most essential resource: ourselves."

<http://www.movetoendviolence.org/resources/self-care-for-sustainability-and-impact/>

Resources for Becoming Anti-Racist White Allies

Save the Dates for NCCASA Conference Calls*: The Role of White Allies in Anti-Racism and Anti-Sexual Violence Work

The role of white people in ending racism is different. We need to be committed to breaking down structures that we have disproportionately benefited from for far too long. If you want to process more about what you can do as a white ally, both as an individual and in your agency, we hope you will join these conversations with us. We will send more information, including call-in information, in the coming week. If you are not able to participate in all calls, we still hope you will join us for any that you can.

Monday 10/10 11:00am - 12:30pm

Thursday 10/20 10:00am - 11:30am

Wednesday 10/26 2:00pm - 3:30pm

Friday 10/28 11:00am - 12:30pm

**These calls are intended for NCCASA members. If you live outside of NC, we are currently talking with national partners about the possibility of holding similar spaces with partners beyond NC in the future. Information will be coming shortly.*

11 Things White People Can Do to be Real Anti-Racist Allies

"For many would-be white allies – those who possess a real and authentic desire to be anti-racist partners to people of color (POC) – there may be questions about how, precisely, to best engage in the fight against white supremacy. Most of these folks have already begun thinking critically about race and privilege, and want to do the heavy lifting and difficult learning necessary to act as real allies to POC. But they may not be fully certain about practical ways to begin."

<http://www.alternet.org/news-amp-politics/11-things-white-people-can-do-be-real-anti-racist-allies>

Resources About Racism, Sexual Violence, and Trauma

Where We Stand: Racism and Rape

"The history of rape in the United States is a history of racism and sexism intertwined... We at the NAESV know that only by aggressively addressing both racism and sexism will women of color and white women be able to obtain real justice for the sexual crimes we suffer. To that end, we call on everyone, particularly creative people working within popular media, to reject and subvert racial and sexual stereotypes. We call on the press to cover more intra-racial acquaintance rape as a serious social and public health crime. We must also take responsibility within our own ranks. We call on anti-rape organizations and allied activists to work actively to end racism."

<http://endsexualviolence.org/where-we-stand/racism-and-rape>

What Police Violence and Rape Culture Have in Common

"As a black woman, it is both interesting and horrific how much the victim blaming of murdered black people parallels the victim blaming of female rape victims. Some rhetoric surrounding the extrajudicial murder of black men, women, and children essentially says that if they had been more respectful, dressed better, or were less intimidating, they would not have been killed."

<http://www.bustle.com/articles/171413-what-police-violence-rape-culture-have-in-common>

'This is the Brain on Horror': The Incredible Calm of Diamond 'Lavish' Reynolds

"Hopper, who studies the impact of trauma on the brain, compared Reynolds's reaction to what he has witnessed among victims of sexual assault. When they report attacks to authorities, he said, they often sound like they're reading from a grocery list. Trauma can trigger pain-regulating hormones, which can make a victim appear to be relaxed, even apathetic."

https://www.washingtonpost.com/news/wonk/wp/2016/07/07/the-incredible-calm-of-diamond-lavish-reynolds/?tid=sm_fb

Resources About The Movement for Black Lives

A Vision for Black Lives: Policy Demands for Black Power, Freedom & Justice

"In response to the sustained and increasingly visible violence against Black communities in the U.S. and globally, a collective of more than 50 organizations representing thousands of Black people from across the country have come together with renewed energy and purpose to articulate a common vision and agenda... We have created this platform to articulate and support the ambitions and work of Black people. We also seek to intervene in the current political climate and assert a clear vision, particularly for those who claim to be our allies, of the world we want them to help us create. We reject false solutions and believe we can achieve a complete transformation of the current systems, which place profit over people and make it impossible for many of us to breathe."

<https://policy.m4bl.org/>

Black Lives Matter Syllabus

Prof. Frank Leon Roberts has made the syllabus, along with many readings and video clips, available for his class at New York University- "The Black Lives Matter Movement". These resources are invaluable for learning more about the movement for black lives in the U.S.

"From the killings of teenager Michael Brown in Ferguson, Missouri; to the suspicious death of activist Sandra Bland in Waller Texas; to the choke-hold death of Eric Garner in New York, to the killing of 17 year old Trayvon Martin in Sanford, Florida and 7 year old Aiyana Stanley-Jones in Detroit, Michigan—#blacklivesmatter has emerged in recent years as a movement committed to resisting, unveiling, and undoing histories of state sanctioned violence against black and brown bodies."

<http://www.blacklivesmattersyllabus.com/>

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