



# DISCUSSION GUIDE

## Racial Justice Teach-In

### PART 2

#### Suggestions for Facilitators

- This is Part 2 of a 3-part series.
- If you are watching this Teach-In as part of a Sunday school class, Part 2 will likely extend past your allotted time limit for one class. We suggest giving each part 2 weeks and either breaking the video into two parts, or watching the bulk of the video in one week and having discussion in the second week.
- Consider beginning each session with a few verses of scripture, a grounding prayer, or silent meditation.
- Below we offer a sample set of questions to guide you in conversation. Please feel free to adapt or adjust for the particular dynamics of your group.
- This discussion guide is intended to offer a framework for your conversations about racism and white supremacy. We encourage you to dig into the work and consider how the content is relevant for your particular setting.

#### Conversation Guidelines

- Seek knowledge about yourself and others. Every conversation is a chance to learn.
- Use “I” messages. Speak from your own experiences.
- Experience discomfort. Talking about race does not create divisions itself. Talking about race opens doors.
- Say “ouch” when something bothers you. Explain or write how you feel.
- Breathe: This conversation is a beginning. We will not finish today.

*From Challenging Racism: Getting Started through Stories and Conversations (challengingracism.org)*

#### Schedule

- Introductions:  
State your name, your pronouns, and answer the question: What is the first thing that comes to mind when you hear the term “white fragility”?
- Watch the Teach-In
- Discussion/Reflection

*Special thanks to Blair Moorhead and the folks at Clarendon Presbyterian Church for your collaboration on the content for this guide.*

## Discussion/Reflection

1. What are your first reactions when you hear the phrase “white fragility?” Where, in your body do you feel that reaction come up?

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2. How does white fragility show up in your daily life?

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3. Where does white fragility come up in church?

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4. In the video, the trainers offer the concept of approaching white fragility as we would a weak muscle. Does this framework resonate for you?

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5. What are the consequences of white fragility for both People of Color and White people?

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6. How do you understand the distinction between intent and impact, and where do you see that showing up in your life? Why does it matter?

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7. What is your key takeaway from the Racial Justice Teach-In, Part 2? What is resonating with you and what do you most want to enact from this conversation?

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## NOTES

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## Supplemental Resources

### Understanding White Fragility

**Video:** Why "I'm not racist" is only half of the story, Robin DiAngelo <https://www.youtube.com/watch?v=kzLT54QjclA>

From *White Fragility: Why It's So Hard for White People to Talk About Racism* by Robin DiAngelo

**Feelings:** Singled out, attacked, silenced, shamed, guilty, accused, insulted, judged, angry, scared outraged

**Behaviors:** Crying, physically leaving, emotionally withdrawing, arguing, denying, focusing on intentions, seeking absolution, avoiding

**Claims:** I know people of color, I already know all this, You don't know me, The real oppression is class (or gender, etc), Some people find offense where there is none, I don't feel safe, You misunderstood me, That was not my intention.

**Functions:** Silence the discussion, maintain white solidarity, take race off the table, protect white privilege, rally more resources to white people.

### Intent vs. Impact

**Video:** 5 Things You Should Know about Racism from MTV's Decoded - with Franchesca Ramsey: <https://www.youtube.com/watch?v=8eTWZ80z9EE>

### What to do to change white fragility?

From *White Fragility: Why It's So Hard for White People to Talk About Racism*, by Robin DiAngelo

**Guidelines:** How, where, and when you give me feedback is irrelevant--it is the feedback I want and need. Understanding that it is hard to give, I will take it any way I can get it. From my position of social, cultural, and institutional white power and privilege, I am perfectly safe and I can handle it. If I cannot handle it, it's on me to build my racial stamina.

## Suggested Resources

These resources were listed on Part 2 of our Racial Justice Teach-In as essential reading, people to follow on social media, and ways to take action. This list is not exhaustive, of course, but is merely the resources suggested by the trainers as essential reading.

To see a longer list of Racial Justice Resources, check out our Racial Justice Resource page: [mlp.org/racial-justice/](https://mlp.org/racial-justice/).

***White Fragility: Why It's so Hard for White People to Talk About Racism***, Robin DiAngelo

***Dying of Whiteness***, Jonathan Metzler

***Dear White Christians (For Those Still Longing for Racial Reconciliation)***, Jennifer Harvey

***Doing Christian Ethics From the Margins***, Miguel A. De La Torre

***Dear Church: A Love Letter from a Black Preacher to the Whitest Denomination in the US***, Lenny Duncan

***Facing Racism: A Vision of the Intercultural Community Churchwide Antiracism Policy***, PCUSA collection of resources! <https://facing-racism.pcusa.org/>

