

GHS Black Lives Matter Website Post

In light of recent events, we are adding this page to the school website dedicated to educating our school community (pupils, parents/carers and staff) on the Black Lives Matter movement. As a school, we recognise and acknowledge how the legacy of systemic racism affects the black pupils in our school and we are committed to creating an accepting school environment, where there is no space for ignorance or prejudice. We celebrate all of our pupils and will be implementing measures to ensure our black pupils feel heard and equal.

There are a huge amount of online resources available to educate ourselves on the long history of racism and how it impacts black people today. Although the volume of information can be quite overwhelming, we strongly encourage our pupils and staff to use the resources featured in this post to better understand the racism in our society.

Netflix Documentaries:

- Teach Us All
- 13th
- Explained: The Racial Wealth Gap
- What Happened, Miss Simone?

Netflix Series/Films:

- When They See Us
- See You Yesterday

Amazon Prime/Hulu:

- The Hate You Give
- Selma
- The Black Panthers: Vanguard of the Revolution
- Just Mercy

Podcasts:

- Have You Heard George's Podcast (George the Poet)
- 1619 (NY Times)
- About Race
- The Diversity Gap

Books (Fiction):

- The Hate You Give
- Dear Martin
- All American Boys
- Queenie
- Girl, Woman, Other
- Their Eyes Were Watching God
- To Kill a Mockingbird
- The Noughts and Crosses novel series

Books (Non-Fiction):

- The Fire Next Time
- I Know Why the Caged Bird Sings
- Why I'm No Longer Talking to White People About Race
- Me and White Supremacy
- White Fragility: Why It's So Hard for White People to Talk About Racism

Amongst these resources, we encourage you to utilise social media as a way to inform yourself on everyday racism.

Instagram Pages:

- @wetheurban
- @florencegiven
- @blkivesmatter
- @activismandstuff
- @blacklivesmatter.uk

Although many of these resources relate to racism in America, it is important that we do not brush aside the racism that is very much prevalent in Scotland and the UK.

Resources on Scottish and British Racism:

fightscottishandukracism.com – a website managed by Scottish young people, focused on black and Asian teenagers' experiences of racism in Scotland and the UK.

BBC Scotland Documentaries: *Glasgow's Links to Slavery* and *Glasgow's Slave Trade Past Is All Around Us* are great resources to gain insight into the role Scotland played in slavery.

Articles:

<https://www.theguardian.com/commentisfree/2020/jun/07/britain-is-not-america-but-we-too-are-disfigured-by-deep-and-pervasive-racism>

- written about internalised racism in Britain by David Olusoga, a historian and broadcaster.

<https://www.theguardian.com/commentisfree/2020/jun/04/systemic-racism-police-brutality-british-problems-black-lives-matter>

- this article explains how racism is not confined to the US but also present in Britain.

<https://www.theguardian.com/books/2020/may/22/scottish-national-poet-jackie-kay-talks-about-racism-she-endured-as-a-child>

- an article on Jackie Kay, a Scottish national poet's experience of racism whilst growing up.

<https://www.bbc.co.uk/news/world-us-canada-52912238>

- this article, by Alice Cuddy, covers the context of the Black Lives Matters protests, which have extended past America to the UK, Australia and many other countries.

- <https://www.heraldscotland.com/news/18517143.opinion-mark-smith-row-glasgows-war-memorials-tells-us/>

- This is by Mark Smith in The Herald

Resource for Teachers:

<https://neaedjustice.org/black-lives-matter-at-school/>

- this website provides effective lesson plans and appropriate ways to bring discussions of racism and xenophobia into classrooms. This organisation aims to create spaces where the voices of pupils of colour are elevated.

A message for black pupils:

All of the information and news circulating can be really overwhelming and sometimes scary. It is completely understandable to feel frustrated with all of the injustice in the world. It is important that you practice self-care during times like this and take necessary breaks to refuel. This image gives some great ways to do this:

BLACK MENTAL HEALTH MATTERS

Images and videos of black people facing injustices can leave you feeling hopeless, angry and overwhelmed. As these issues continue to escalate, it is important to practice self-care. Here are some things you can do to get a bit of relief.

- 1. Social media breaks.** Social media is full of triggering images and you can easily spend hours online consumed by it. Log out and put down your phone if you start to feel overwhelmed. Try and have a routine and stick to it. Whether that's taking out an hour a day to read or to just listen to music.
- 2. Accept your feelings and reactions.** Pushing away negative feelings is not always healthy. It is okay to feel angry or frustrated with injustices. A good way to deal with your feelings is to channel it into an activity. For example: going for a walk or a run outside.
- 3. Channel your frustrations.** You can spread awareness from home on social media. Avoid sharing graphic images. You can sign petitions online as a way of doing your bit for the Black Lives Matter movement. You can channel your frustrations creatively through art or even making music.
- 4. Talk to trusted family, friends and teachers.** Talking with others can help! Share your thoughts and feelings with trusted people in your life. You can also email teachers who you feel will understand you. However, remember to have boundaries - you do not have to engage with people who do not understand you.
- 5. Read, listen to, or watch what celebrates blackness.** Read books, articles online and research things that celebrate the positive and amazing contributions that Black people make to our society daily!

It is also important to note that this list of resources is not exhaustive. There are many ways for us to educate ourselves but this list is a great starting point. Although it is valuable to stay actively informed, it is more important to take the lessons learned from these resources into our everyday lives in order to destabilise racism.