"Racism may be intentional or unintentional. It operates at various levels in society. Racism is a driving force of the social determinants of health (like housing, education and employment) and is a barrier to health equity."

“Racism and Health” by the American Public Health Association

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One of the ways you begin to address that multigenerational trauma is to work with the people directly impacted… I think the first order of business is to have a conversation and the other is to educate the larger society. You have to stop the assault. So this is not purely a clinical thing, this requires social justice and change. That’s where part of the healing is, not in a clinical setting or a pill. It’s in fairness, justice, safety and equity. We have to work with some of those clinical things, with panic and anxiety, and we also have to deal with the fact that you have a system that is set up to oppress you.”

“PostTraumatic Slave Syndrome. How is it Different From PTSD?” by Dr. Joy DeGruy

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“...in order to combat continuing racial injustices today, we must expand our vision and our responsibility to what civil rights actually means. We must include the battle against racist violence in our understanding of civil rights. Instead of education, what if we placed freedom from racist violence at the crux of what it means to be free and equal in the United States?”

“Let’s Get to the Root of Racial Injustice” by Megan Ming Francis
“Anti-Blackness [is] a two-part formation that both strips Blackness of value (dehumanizes), and systematically marginalizes Black people. This form of anti-Blackness is overt racism. Society also associates politically incorrect comments with the overt nature of anti-Black racism. Beneath this anti-Black racism is the covert structural and systemic racism which predetermines the socioeconomic status of Blacks in this country and is held in place by anti-Black policies, institutions, and ideologies.”

“Racial Equity and Anti-Black Racism” from the University of California San Francisco Multicultural Resource Center
“Anti-racism is understanding how years of federal, state, and local policies have placed communities of color in the crises they face today, and calling those policies out for what they are: racist. It also requires an understanding of one’s own position in a racist society, many say, an acknowledgment that you can’t simply opt out of living in white supremacy by saying you’re “not a racist” — you have to actively fight against it.”

“What it Means to Be Anti-Racist” by Anna North.
What Are Some Additional Resources for Unlearning Racism?

Scan the QR code and check out the six-week Racial Equity and Liberation Virtual Learning Web Series from Move to End Violence!

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How Do I Report an Incident of Racial Bias/Racism at SIU?

Student Ombudsmen
• salukicares.siu.edu/helpful-resources/student-ombudsman.php

Office of Equality and Compliance
• equity.siu.edu

Department of Public Safety
• dps.siu.edu/

*Photo credit Mike Von on Unsplash
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