

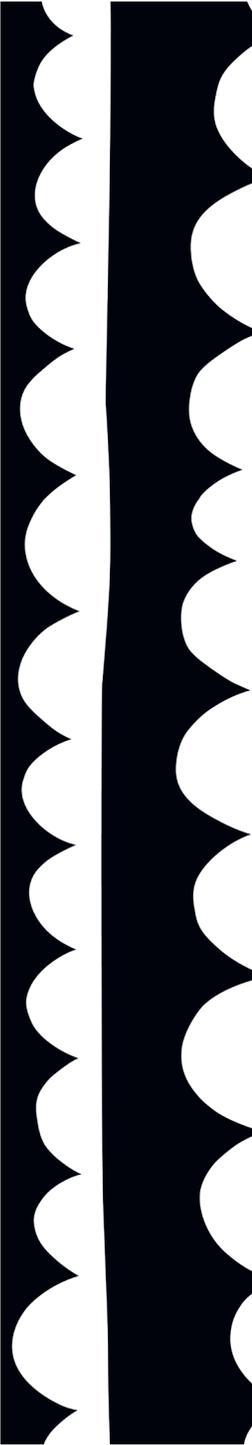


**LISTEN.
LAMENT.
LOVE.**

28 DAY CHALLENGE - PARENT'S EDITION

28 DAY CHALLENGE PARENT'S EDITION

First Presbyterian Church ~ Bend



DEAR PARENTS,

Growing up, I don't remember thinking very much about being "white". Although I definitely thought of myself as open and accepting and had friends who were Black, Latino and Asian. I didn't find myself considering very often or deeply how race affected them, especially compared to my own experience. Now, in the wake of George Floyd's death, BLM protests and a desperate cry for us to look at our own biases and how we have contributed to racism in America, as parents we are being met with another set of questions about how will we respond in our own homes. How will we influence our own children in ways that not only help them become compassionate and inclusive humans, but also combats the racist systems that we benefit from as White people?

We might think that race isn't the issue – can't we just teach our children to love everybody? But studies have shown us that children show implicit racial bias from a very young age, and additional research suggests that parents need to do more than just talk about race to raise anti-racist children – kids are forming their understanding of the world and their social relationship to others from even the subtlest interactions and observations within their environment. As White parents, it is essential that we not only have those intentional conversations about race with our kids, but also take a deep, inward look toward our own biases. And then, as Maya Angelou said, "Do the best you can until you know better. Then when you know better, do better."

The following practices and articles are a starting point and invitation to allow some discomfort and challenge ourselves as we dig deeper together for

the next 28 days, listening and learning from voices different than our own. This is one way in which we can stand in solidarity with the Black community, love our marginalized neighbors and raise compassionate humans who walk in the peace-making way of Jesus. You will notice that for most days on this challenge, the actions are meant for you to do on your own, but some are marked "kid friendly" with suggestions on how to include your child in the activity, if preferred.

Please join myself and other parents, and feel free to invite others to join us in the challenge, as well. We are all in this together and I am learning right alongside you. I hope you will consider joining our Private Facebook Group (<https://www.facebook.com/groups/28daysparents>) to engage more, where I will be posting the daily links, creating a weekly discussion thread and sharing a zoom virtual call you can be a part of on Wednesday evenings at 8PM for the duration of the challenge.

We learn best in community and I hope you will give yourself the gift of engaging in discussion in some way, but even if you just do the challenge on your own or in your family, I am grateful you are here and showing up.

Becca Ellis

Director of Family & Children

You can also sign up for our parallel challenge for those who do not have kids or want a less specific lens to unpack their white privilege through.

Cover photo by Nick Krug (6.1.20 BLM Protest Topeka,KS)

Packet Design by Megan Cotton

“REPAIRING WHAT’S
BROKEN IS DISTINCTLY A
BIBLICAL CONCEPT, WHICH IS
WHY AS PEOPLE OF FAITH
WE SHOULD BE LEADING THE
WAY INTO REDEMPTION,
RESTORATION, AND
RECONCILIATION.”

-LATASHA MORRISON

LISTEN. LAMENT. LOVE.



28 DAY CHALLENGE - PARENT'S EDITION

SUNDAY PLAYLIST - Books & videos to watch WITH your kids!

Kids Talk About Segregation (3.5 min video)
Link: https://www.youtube.com/watch?v=Sff2N8rez_8&list=PLoInKuhSS7zctfOxDWymVDtKcQgW2987K&index=12

"Thank You, Omu!" Read-along (6 min. video)
<https://www.youtube.com/watch?v=S-628jnrp8JU&list=PLoInKuhSS7zctfOxDWymVDtKcQgW2987K&index=5>

JOURNAL YOUR THOUGHTS



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EXPLORE African American Artwork on your own or with your child. As you view these collections, reflect on how as white people, you have grown up in a place where people who look like you are represented in most artwork and media. Consider some ways that can you diversify your collection of art & music within your own home. If you are able, you might consider finding a piece of artwork or music by a black artist to purchase for your home.

HERE IS ONE PLACE TO START

National Gallery of Art: <https://www.nga.gov/features/african-american-artists.html>

JOURNAL YOUR THOUGHTS

CHANGE
IS
good

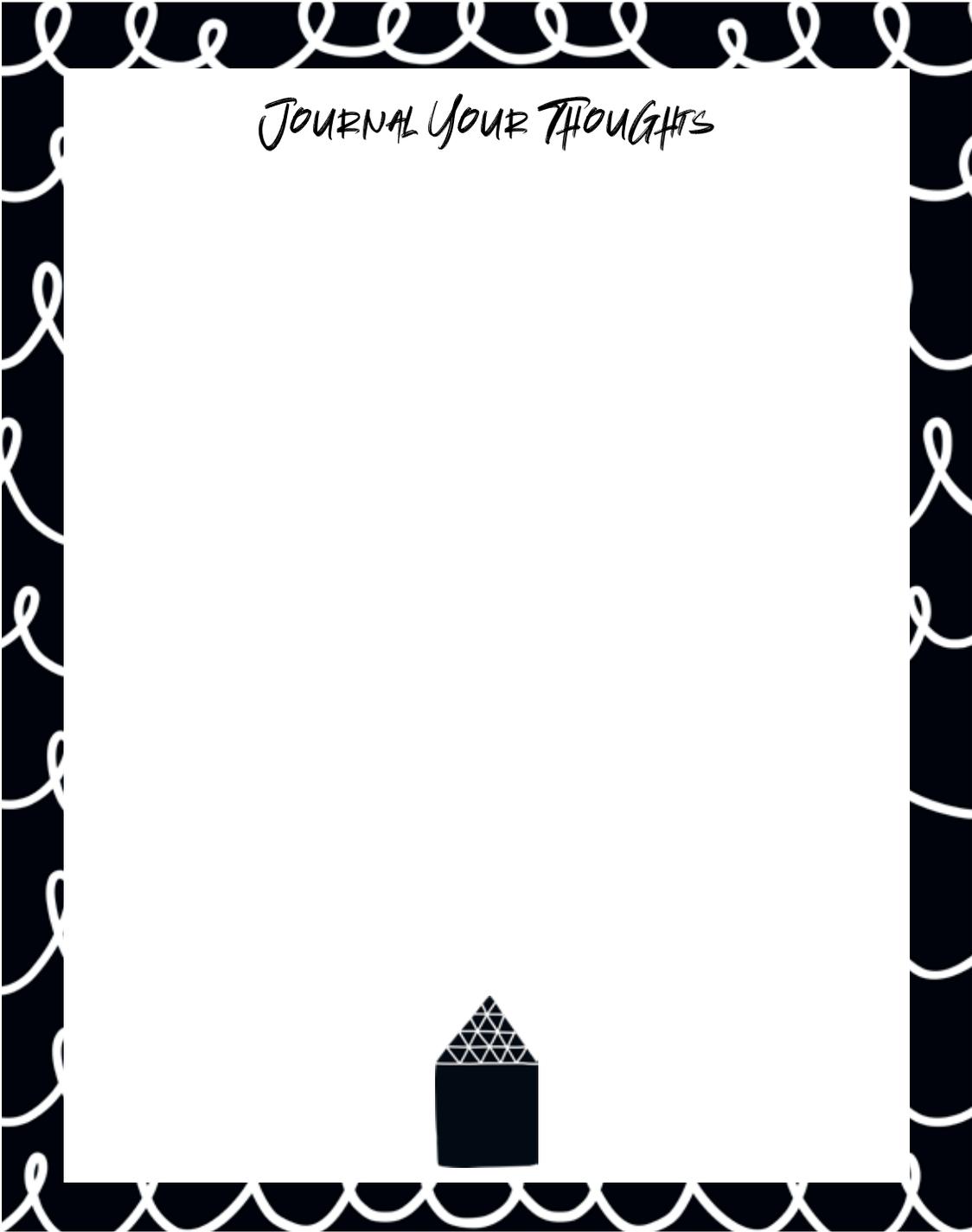
LISTEN. LAMENT. LOVE.



28 DAY CHALLENGE - PARENT'S EDITION

OPTION 1: Being Anti-Racist: A Primer (10.5 min watch & listen) **Link:** <https://www.youtube.com/watch?v=C17xl1hG1ZE&fbclid=IwAR2yLNg-77cPxr3eWleuUgQQb2gYC9vJCoMGWi4rx6tdgR5NK5shTctC1zc>

OPTION 2: Watch and Listen: What It Takes to be Racially Literate. Priya Vulchi and Winona Guo (A 10 Minute TED Talk). Over the last year, Priya Vulchi and Winona Guo traveled to all 50 US states, collecting personal stories about race and intersectionality. Now they're on a mission to equip every American with the tools to understand, navigate and improve a world structured by racial division. https://www.ted.com/talks/priya_vulchi_and_winona_guo_what_it_takes_to_be_racially_literate?language=en



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28 DAY CHALLENGE - PARENT'S EDITION

OPTION 1: Talking Race with Young Children (20 min. listen)

Link: <https://www.npr.org/2019/04/24/716700866/talking-race-with-young-children?fbclid=IwAR262i36JKN-reR2lYgopPPHDPLgu6iyHSVkmV2vrR3Ehdl-1oG-oZlXKMrY>

OPTION 2: Why White Parents Need to Do More Than Talk to Their Kids About Racism (3-5 min. read) **Link:** <https://time.com/5362786/talking-racism-with-white-kids-not-enough/>

OPTION 3: Look over this glossary of terms the Racial Equity Tools. Pay attention to any that have a different definition that you originally thought. Bookmark this page for future reference as needed. **Link:** <https://www.racialequitytools.org/glossary>

JOURNAL YOUR THOUGHTS

HEY

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28 DAY CHALLENGE - PARENT'S EDITION

Kid Friendly Activity!

TEST YOUR AWARENESS: Do The Test, This video shows us the importance of paying attention, and how much more we see when we are looking for particular things around US. **Link:** <https://www.youtube.com/watch?v=Ahg6qcgoay4>

Now, watch some ads on youtube, tv, or another form of media. Who is represented in these advertisements? Who is missing? Write down your answers in your journal.

What is the racial mix of the main characters in your favorite TV shows? Movies? Write down your answers in your journal. or discuss as a family. You can start building this awareness with your kids at a very young age!

JOURNAL YOUR THOUGHTS



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28 DAY CHALLENGE - PARENT'S EDITION

WATCH Prep yourself to interrupt a racist joke (4-5 min. watch)

LINK: <https://www.youtube.com/watch?v=Bg1aTLsS6gY&feature=youtu.be>

BE BRAVE

JOURNAL YOUR THOUGHTS

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28 DAY CHALLENGE - PARENT'S EDITION

JOURNALING: Spend a few minutes reflecting on these questions. You are invited to write down your reflections in your journal.

- What feelings came up for you as you engaged in anti-racist media this week? What surprised you?
- In what ways were you aware of your racial/ethnic background when you were growing up? How would you describe that background?
- In what ways has your racial/ethnic background shaped your current values, habits, practices, ways of worship, and personal priorities?

JOURNAL YOUR THOUGHTS



“ AND TO BEGIN
BUILDING
THAT BELOVED
COMMUNITY, WHITE
CHRISTIANS MUST
START ACTING
MORE CHRISTIAN
THAN WHITE.”

-JIM WALIS

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28 DAY CHALLENGE - PARENT'S EDITION

Kid Friendly Activity!

SUNDAY PLAYLIST - Books & videos to watch WITH your kids!

"A Kids Book About Race" by Jelani Memory - Read-along (4 min video)

Link: <https://www.youtube.com/watch?v=LnaltG5N8nE&list=PLoInKuhSS7zctfOxDWymVDtKcQgW2987K&index=9>

"How to Change the World (a Work in Progress) Kid President (3.5 min. video)

Link: <https://www.youtube.com/watch?v=4z7gDs-SKUmU&list=PLoInKuhSS7zctfOxDWymVDtKcQgW2987K&index=14>

JOURNAL YOUR THOUGHTS

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28 DAY CHALLENGE - PARENT'S EDITION

JOURNAL YOUR THOUGHTS

READ: Light a candle and find a quiet space. Read out loud, "Lamentations 5 for 2020", pause after reading to sit quietly. Read it again out loud or silently. Pay attention to the feelings that come up for you. **Link:** <https://sojo.net/articles/lamentations-5-2020>



LISTEN. LAMENT. LOVE.



28 DAY CHALLENGE - PARENT'S EDITION

WATCH & LISTEN

How to Deconstruct Racism – One Headline at a Time (16 min)

Link: https://www.youtube.com/watch?v=RZgkjEdMbSw&fbclid=IwAR2G_Cw5GOurt-FtKWKB6BkVayLL7vPXMF__luo_aPIvlmwjFowVM8SSgU

JOURNAL YOUR THOUGHTS



LISTEN. LAMENT. LOVE.



28 DAY CHALLENGE - PARENT'S EDITION

OPTION 1: How White Parents Can Talk About Race (7 min. listen) NPR's Michel Martin talks to Jennifer Harvey, author of *Raising White Kids: Bringing Up Children in a Racially Unjust America*, about how to talk with white kids about racially-charged events.

Link: <https://www.npr.org/2020/05/31/866426170/raising-white-kids-author-on-how-white-parents-can-talk-about-race?>

OPTION 2: "Conversations with My Four-Year-Old About Racism" (3-5 min. read) **Link:** <http://www.raceconscious.org/2016/04/1342/>

JOURNAL YOUR THOUGHTS

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28 DAY CHALLENGE - PARENT'S EDITION

TAKE A LOOK AT THIS STUDY that shows how "Even when children grow up next to each other with parents who earn similar incomes, black boys fare worse than white boys in 99 percent of America." (nytimes.com):

Link: <https://www.nytimes.com/interactive/2018/03/19/upshot/race-class-white-and-black-men.html>

JOURNAL YOUR THOUGHTS



LISTEN. LAMENT. LOVE.



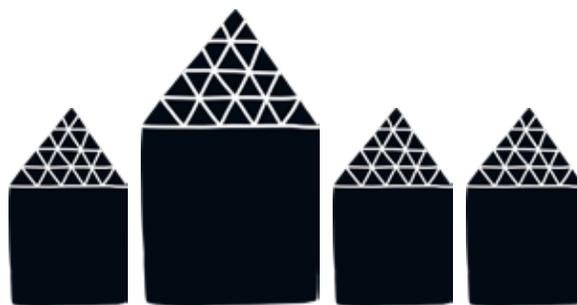
28 DAY CHALLENGE - PARENT'S STATION

Do: Google whether your city or town currently employs evidence-based police de-escalation training. Write to your city or town government representative and police chief and advocate for it. The racial make-up of your town doesn't matter.

JOURNAL PROMPT

How do you feel about the police in your city? If you could ask the police chief any question what question would you ask?

JOURNAL YOUR THOUGHTS



LISTEN. LAMENT. LOVE.



28 DAY CHALLENGE - PARENT'S EDITION

SPEND A FEW MINUTES REFLECTING

on these questions. You are invited to write down your reflections in your journal.

- What feelings came up for you as you engaged in anti-racist media this week? What was challenging? What surprised you?
- How do you feel about talking to your children about racism? Has your perspective changed at all in recent weeks? Why or why not?
- Create a list – create two columns with the heads “start” and “stop”. Under the appropriate header, write down some things you can START or STOP doing in order to actively model anti-racist behavior in your home. Choose one from each list to beginning this week.

JOURNAL YOUR THOUGHTS

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28 DAY CHALLENGE - PARENT'S EDITION

SUNDAY PLAYLIST - Books & videos to watch WITH your kids!

"Let's Talk About Race" by Julius Lester - Read-along (7.5 min video)

Link:<https://www.youtube.com/watch?v=zoDU-JY9u9Jw&list=PLoInKuhSS7zctfOxDWymVDtKc-QgW2987K&index=8>

"I am Enough" by Grace Byers - Read-along (3.5 min.) **Link:**<https://www.youtube.com/watch?v=T-4jZxWiCxrY&list=PLoInKuhSS7zctfOxDWymVDtKc-QgW2987K&index=4>

JOURNAL YOUR THOUGHTS

BE BRAVE

“ IN A RACIST
SOCIETY, IT IS
NOT ENOUGH TO
BE NON-RACIST.
WE MUST BE
ANTI-RACIST.”

-ANGELA DAVIS

LISTEN. LAMENT. LOVE.



28 DAY CHALLENGE - PARENT'S EDITION

Kid Friendly Activity!

LISTEN TO one or all of the songs on this album by Naomi Wachira. Look up the lyrics, pay attention to her words. **Link:** <https://imanafricangirl.bandcamp.com/album/song-of-lament>



JOURNAL YOUR THOUGHTS



LISTEN. LAMENT. LOVE.



28 DAY CHALLENGE - PARENT'S EDITION

OPTION 1: Wait, Is My Toddler Racist?
(24.5 min. listen) **Link:**<https://yourparentingmojo.com/captivate-podcast/006-wait-is-my-toddler-racist/>

OPTION 2: Seeing White (Episode 1) -
Turning the Lens (16 min. listen)
Link:<https://www.sceneonradio.org/seeing-white/>

JOURNAL YOUR THOUGHTS



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28 DAY CHALLENGE - PARENT'S EDITION

OPTION 1: Read the article, "Here's How To Raise Race-Conscious Children"
Teaching kids not to "see" race actually isn't the best approach for raising anti-racist children.

Link: <https://www.buzzfeed.com/erinwinkler/tips-for-talking-to-children-about-race-and-racism?fbclid=IwAR2DtNuDyU66Qhx6C-KSuiVNTsbTKCgfB5WRabecwvAsPrKSpPvmy3ULQHA>

OPTION 2: Study Week 3 in the PC(USA) Facing Racism Study Guide. **Link:** https://facing-racism.pcusa.org/site_media/media/uploads/facing_racism/facing-racism-study-guide.pdf

JOURNAL YOUR THOUGHTS



LISTEN. LAMENT. LOVE.



28 DAY CHALLENGE - PARENT'S STATION

OPTION 1: View this info-graphic on the different levels of racism. **Link:** <https://gallery.mailchimp.com/f7c3e8c5c5cbc6cd069cdec3/images/1226b9d2-34c1-471f-9219-e4926eac274e.jpg>

OPTION 2: Take Project Implicit's Hidden Bias tests, created by psychologists at top universities, to uncover some of your own unconscious biases. Remember, having biases doesn't make you a bad person—it only makes you human. TIP: Proceed as a guest to access their library of tests and find out your implicit associations about race, gender, sexual orientation, skin tone, and other topics. **Link:** <https://implicit.harvard.edu/implicit/>

JOURNAL YOUR THOUGHTS



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28 DAY CHALLENGE - PARENT'S EDITION

OPTION 1: Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the National Council for Incarcerated and Formerly Incarcerated Women and Girls, the NAACP, Southern Poverty Law Center, United Negro College Fund, Black Youth Project 100, Color of Change, The Sentencing Project, Families against Mandatory Minimums, A New Way of Life, and Dream Defenders.

OPTION 2: Purchase or place a hold at your library for a book from this list to read to your child:

Link: <https://www.embracerace.org/resources/where-to-find-diverse-childrens-books>

JOURNAL YOUR THOUGHTS



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LOVE.



28 DAY CHALLENGE - PARENT'S EDITION

SPEND A FEW MINUTES
REFLECTING on these questions. You
are invited to write down your reflections in
your journal.

- What feelings came up for you as you engaged in anti-racist media this week? What was challenging? What surprised you?
- What is one or two new things you have learned this week?
- Reflect on the term "white silence". Is this a new term for you? In what ways have you participated in this? In what ways are you challenging yourself to speak out?

JOURNAL YOUR THOUGHTS

**LISTEN.
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28 DAY CHALLENGE - PARENT'S EDITION

SUNDAY PLAYLIST – Books & videos to watch WITH your kids!

Marly Dias Talks Encouraging Kids To Read, Getting Kids Involved in Activism | The View – interview with Marley Dias (5 min video)

Link: https://www.youtube.com/watch?v=G_pmoWmST8s&list=PLoInKuhSS7zctfOxDWymVDtKc-QgW2987K&index=13

The King of Kindergarten – Read Along (6 min. video) **Link:** <https://www.youtube.com/watch?v=kY3kVljaMuo&list=PLoInKuhSS7zctfOxDWymVDt-KcQgW2987K&index=3>

JOURNAL YOUR THOUGHTS

BE BRAVE



“ THE ULTIMATE MEASURE
OF A PERSON IS NOT
WHERE ONE STANDS IN
MOMENTS OF
COMFORT AND CONVENIENCE,
BUT WHERE ONE
STANDS IN TIMES OF
CHALLENGE AND
CONTROVERSY. ”



- MARTIN LUTHER KING, JR



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LOVE.



28 DAY CHALLENGE - PARENT'S EDITION

JOURNAL YOUR THOUGHTS

LISTEN AND WATCH: "I Just Want to Live" **Link:** <https://www.facebook.com/vanjones/videos/2608263806078350/?t=5>

WATCH: For those of you that don't understand, every Black mother has to tell her son these things! **Link:** <https://www.facebook.com/patricklmaxwell/videos/10216811401423701/?t=29>

LISTEN.
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LOVE.



28 DAY CHALLENGE - PARENT'S EDITION

WATCH Conversation Between a Mom and Her child about Black Lives Matter & Police Brutality (8.5 min. video)

Link: <https://www.facebook.com/100012209014313/videos/978240022592956/>

JOURNAL YOUR THOUGHTS



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28 DAY CHALLENGE - PARENT'S EDITION

READ "How to Talk to Kids About Racism" (12 min. read)

Link: <https://www.parenttoolkit.com/social-and-emotional-development/advice/social-awareness/how-to-talk-to-kids-about-race-and-racism>

JOURNAL YOUR THOUGHTS



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28 DAY CHALLENGE - PARENT'S SECTION

OPTION 1: Watch "Kids on Race: The Hidden Picture" The Clark Doll Test: Then and Now (13 minutes) based on the original research used in Brown vs. Board of education, "renowned child psychologist and University of Chicago professor Margaret Beale Spencer, a leading researcher in the field of child development, aimed to recreate the landmark Doll Test from the 1940s.
Link: <https://www.youtube.com/watch?v=GPVNJgfDwpw>

OPTION 2: Read "Calls To Action On Race." As Central Oregon's diversity increases, are local schools doing enough to address racist incidents among students and staff? **Link:** <https://www.bendsource.com/bend/calls-to-action-on-race/Content?oid=9634502>

NOTICE: Who is filling what kinds of jobs/ social roles in your world? Can you correlate any of this to racial identity?

JOURNAL YOUR THOUGHTS



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28 DAY CHALLENGE - PARENT'S EDITION

OPTION 1: Choose one item from this list you can do today. **Link:** <https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234>

OPTION 2: Learn about and give to one of these organizations:

THE CONSCIOUS KID

<https://www.patreon.com/theconsciouskid>

THE WANTED PROJECT

<https://www.thewantedproject.org>

JOURNAL YOUR THOUGHTS



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28 DAY CHALLENGE - PARENT'S EDITION

SPEND A FEW MINUTES REFLECTING
on these questions. You are invited to write down
your reflections in your journal.

- What feelings came up for you as you engaged in anti-racist media this week? What challenged you? What surprised you?
- What does this have to do with your faith and/or spiritual beliefs? How do you see the church contributing to white supremacy? What is one small step (y)our church or place of worship can take in order to eradicate racism in our society and our religious community?
- Identify 2-3 steps you will take after this challenge ends to continue learning and engaging in anti-racist work as a parent.

JOURNAL YOUR THOUGHTS



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28 DAY CHALLENGE - PARENT'S EDITION

Thank you for joining us for the 28 DAY CHALLENGE