

## Expanding our Worldview

<p><b><i>My upbringing has been largely segregated and my frame of references is largely white. How can I expand my understanding of people of color's lives and perspectives?</i></b></p>		
Watch movies and TV shows written and directed by people of color.	Read books written by people of color.	Read magazines focused on people of color, like Colorlines.
Watch documentaries about racial justice issues.	View TED Talks or other lectures by prominent people of color. (easy to find on YouTube)	Follow prominent people of color on Twitter, Facebook, etc.
<p><b><i>There aren't any people of color in my life. How can I diversify my social circle without being awkward?</i></b></p>		
Find out where multi-racial or cultural events occur in your community. Go to them.	Ask people who interest you if they'd be interested in talking with you. Be honest about your desire to expand your worldview. Invite them for coffee or tea.	Allow yourself to be awkward. Authentic vulnerability is often rewarded. Admitting your nervousness or feelings of anxiety might be helpful.
Find out where people of color congregate in your community. Ask if you'd be welcomed. If invited, attend, watch, listen, and participate as appropriate.	Look closely at community news to find out where there are cultural celebrations for holidays such as MLK day, etc. Attend and show your support.	Prepare yourself. You may be rejected. Accept this and don't take it personally. A different person might have the energy necessary to engage with you.
<p><b><i>Even if I do all this, I'm afraid of misunderstanding things and drawing incorrect conclusions. What should I do when I am confused?</i></b></p>		
Seek an anti-racist accountability partner. This can be a person with the same identity background who is farther ahead on the journey. We need to help each other avoid supremacist thinking	Although people of color should not be expected to teach you, many will be happy to answer questions. The key is asking if someone is open to answering your questions first.	Make peace with the confusion. Interpret confusion as a sign that you're pushing your boundaries. That's a good thing.
Create an affinity group to learn, share, and work through confusion together. See AWARE-LA's model for support: <a href="https://www.awarela.org/toolkit/">https://www.awarela.org/toolkit/</a>	Get connected with anti-racist networks that publish newsletters. Subscribe to Shelly Tochluk's newsletter, as just one example. <a href="http://shellytochluk.com/newsletter/">http://shellytochluk.com/newsletter/</a>	Be patient. Stay open. Allow clarity to develop over time as you continue to stretch and learn.