

WEEK

4

# Talking About Race is Challenging for Some



*"There is no such thing as race. None. There is just human race - scientifically, anthropologically."*

*Toni Morrison*

Many people think that talking about race is "taboo" or have been taught to avoid the topic all together. Others may shy away due to lack of experience or ability to articulate their feelings on the topic. Whatever the reason, taking this Challenge may help to build the skills to participate in conversations about race to help move our community forward.

## Here's How You Get Started

First, ask yourself if you are comfortable engaging in a conversation about race with those who are the same race as you. Now, how about a conversation about race with someone who is a different race? Either situation may feel uncomfortable, especially if you haven't been exposed to this type of dialogue or are not sure how to start. Maybe you're worried about "saying the wrong thing", causing harm, or creating a rift in a relationship.

If this is you, you're not alone. Check out the resources below for helpful tips and supportive examples to improve conversations about race.



### ACTIVITY ONE

**READ:** [Three ways to get started talking about race at work.](#)



### ACTIVITY TWO

**WATCH:** [Can you try too hard to be fair?](#)



### ACTIVITY THREE

**READ:** [Ten tips on talking to kids about race and racism](#)

Share your reflections and any resources that help further the discussion on today's topic on social media using the hashtag [#UWLIEquityChallenge](#)

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