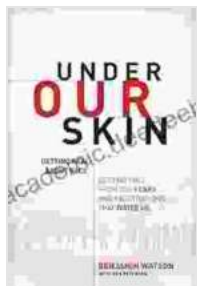


Getting Real About Race: Getting Free From The Fears And Frustrations That Divide Us



Under Our Skin: Getting Real about Race. Getting Free from the Fears and Frustrations that Divide Us.

by Benjamin Watson

★★★★☆ 4.7 out of 5

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Race is a complex and often difficult topic to discuss. It can be uncomfortable, even painful, to talk about our own racial identities and experiences. And it can be even more challenging to have conversations about race with people who are different from us.

But if we want to create a more just and equitable society, we need to be able to talk about race openly and honestly. We need to be able to confront our own biases and assumptions, and we need to be willing to listen to the experiences of others.

In this article, we will explore the complexities of race and its impact on our lives. We will discuss the fears and frustrations that often accompany

conversations about race, and we will offer some strategies for getting real about race and getting free from the divisions that it creates.

The Fears And Frustrations Of Talking About Race

There are many reasons why people avoid talking about race. Some people are afraid of saying the wrong thing. They don't want to offend anyone or make anyone uncomfortable. Others are afraid of being judged or labeled as racist. And still others simply don't know how to talk about race in a productive way.

These fears are understandable, but they can also be harmful. When we avoid talking about race, we perpetuate the status quo. We allow racism and discrimination to continue unchecked. And we make it harder for ourselves to build relationships with people who are different from us.

If we want to create a more just and equitable society, we need to be able to talk about race openly and honestly. We need to be able to confront our own biases and assumptions, and we need to be willing to listen to the experiences of others.

Getting Real About Race

Getting real about race means acknowledging that race is a social construct that has been used to justify centuries of oppression and discrimination. It means understanding that race is not a biological reality, but rather a way of categorizing people based on their physical appearance.

Getting real about race also means acknowledging the ways that race impacts our lives. It means understanding that people of color experience

racism and discrimination on a regular basis, and that these experiences can have a profound impact on their health, education, and economic opportunities.

Getting real about race is not easy, but it is essential if we want to create a more just and equitable society. Here are a few strategies for getting real about race:

- **Educate yourself about race.** Read books, articles, and watch documentaries about race and racism. Talk to people of color about their experiences. The more you know about race, the better equipped you will be to talk about it in a productive way.
- **Be honest about your own biases.** We all have biases, whether we realize it or not. The first step to overcoming our biases is to acknowledge them. Once you are aware of your biases, you can start to challenge them.
- **Listen to the experiences of others.** When people of color talk about their experiences with racism, listen to them. Believe them. And don't try to minimize their experiences or tell them that they are overreacting.
- **Speak up against racism.** Racism is not acceptable. When you see or hear racism, speak up. Don't be afraid to challenge racist jokes or comments. And don't be afraid to stand up for people of color who are being discriminated against.

Getting Free From The Divisions That Race Creates

Race is a powerful force that can divide us. But it doesn't have to be that way. If we are willing to get real about race, we can start to heal the

divisions that it creates.

Here are a few things that we can do to get free from the divisions that race creates:

- **Build relationships with people who are different from you.** When we get to know people who are different from us, we start to realize that we have more in common than we thought. We start to see that our differences are not as important as our similarities.
- **Work together to create a more just and equitable society.** When we work together, we can accomplish great things. We can create a society where everyone has the opportunity to succeed, regardless of their race.
- **Be hopeful.** Even though the fight for racial justice can be long and difficult, we must never give up hope. We must believe that we can create a better future for ourselves and our children.

Getting real about race is not easy, but it is essential if we want to create a more just and equitable society. By acknowledging the complexities of race, confronting our own biases, and listening to the experiences of others, we can start to heal the divisions that race creates. And by working together, we can create a better future for ourselves and our children.



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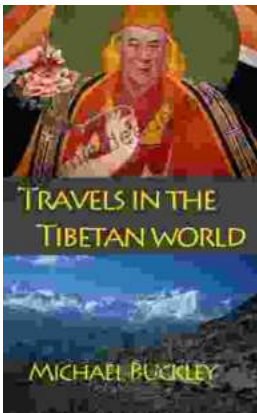
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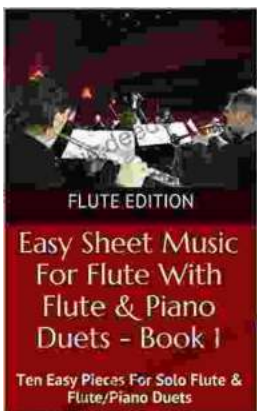
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