Racial Equity & Liberation

Virtual Learning Community

#REALCommunities
April 17 - May 26

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Move to End Violence
A program of the NoVo Foundation
welcome
MAY 5
#REALCommunities

CHOOSING VULNERABILITY

Credit: Trans Life & Liberation Series - Noah Jenkins

MOVE TO END VIOLENCE
a program of the NoVo Foundation
Facilitators

Monica Dennis
Capacity Builder, Community Organizer, Facilitator
MEV Faculty
Pronouns: She/Her/Hers
Creator: Racial Equity and Liberation Virtual Learning Community

Rachael Ibrahim
Social Worker, Community Organizer, Artist
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CHOOSING VULNERABILITY

WITH

Storytellers
Alexis Flanagan & Lupe Poblano
Agenda

- Grounding & Acknowledgements
- Community Agreements
- Framing the discussion: **CHOOSING VULNERABILITY**
- Insights from storytellers: Alexis Flanagan & Lupe Poblano
- Reflections
- Closing

#REALCommunities
#ChoosingVulnerability
Grounding

Purpose
Intention
Connection

Practice
Reflection
Community
Acknowledgements

Harriet Tubman
Sojourner Truth
Berta Cáceres
Denise Oliver Velez
Pregs Govender
Combahee River Collective
Yuri Kochiyawa
Dolores Huerta
Anne Braden
Gloria Steinem
Grimke Sisters
Audre Lorde
Oanh Nhi Nguyen
Tema Okun
Kimberlé Crenshaw
Winona LaDuke
Wilma Mankiller
The Peoples Institute For Survival and Beyond
Grace Lee Boggs
Sylvia Rivera
Marsha P. Johnson
Trina Greene Brown
Our Community Agreements

- Active Listening
- Be Present: Silence Internal Chatter
- Push Through Growing Edge
- No Quick Fix
- Trust The Process
- Racism And...
- Intent And Impact
RACIAL EQUITY & LIBERATION

SYSTEMS OF OPPRESSION

DISCONNECT
DISTORT
DISTANCE

Source
Emotions
Body
Story

DISASSOCIATE

LIBERATORY PRACTICES

RECONNECT
RECLAIM
RE-ENGAGE

Source
Emotions
Body
Story
Framing Choosing Vulnerability
Our Approach To Racial Equity And Liberation Is Rooted In Three Principles
CHOOSING VULNERABILITY

Bear WITNESS BE WITNESSED

Build AUTHENTIC RELATIONSHIPS

Interrupt isolation, disconnection & perfectionism

Receive & Give CARE, COMPASSION, SUPPORT & LOVE

Relationship Building
CHOOSING VULNERABILITY

RE-ENGAGE Emotions
EXPANDED Models of Leadership
INTERRUPT Single Stories
ACKNOWLEDGE Multiple Ways of Knowing
Common Language & Shared Analysis
CHOOSING VULNERABILITY

- **REDEFINE** Vulnerability
- **Deeper CONNECTION** to history, self & others
- **DISTINCTION** between Vulnerability & Fragility
- **Authentic FEEDBACK** practice

**Centering Histories**
How does vulnerability, or the lack of it, impact your work?

What are the distinctions between fragility and vulnerability?

Why is this practice important in the movement to end gender-based violence?

What are the different lessons for white people/people with access and people of color/people with less access?

Share about a time when you chose vulnerability and it was worth it.
Reflections
Notice when and where opportunities to Choose Vulnerability present themselves.

- Did you choose to lean in or lean out?
- What are you considering when these moments appear – safety, fear, visibility, how much space you occupy, risk, identity, role, what others may think?
- What emotions and/or bodily emotions did you experience?
“We can learn to work and speak when we are afraid in the same way we have learned to work and speak when we are tired.”

Audre Lorde
Thank you!