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What Did I Learn About the History of Racism?

In this healing practice, you will explore how much you were taught about racism and what you learned. Remember, don't think too hard—just write the first things that come to mind.

When did you first hear the word "racism"? Who said the word? Where were you? Write anything else you remember about that time.

What did you learn in your family about the history of racism? If you didn't learn about racism in your family, write how you feel about that here.

What did you learn in your schools about the history of racism? If you didn't learn about racism in school, write how you feel about it here.

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Were there other places where you learned about the history of racism? If not, write how you feel about not learning about racism in other places.

Adapted from: *The Racial Healing Handbook: Practice Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing* by Anneliese A. Singh