

**Week 11: Chapter 18 (Survival)**  
**Pre-ABC Reflection, Discussion Prompts, Actions & Resources**

Activity	Time estimate*	Reflection, Dialogue, Action	Process Suggestions
<b>Self-Reflection</b> Prior to ABC meeting	5-10 minutes*  Prior to meeting	Kendi writes, "I talked about racist policies leading to racist ideas, not the other way around, as we have commonly thought. I talked about eliminating racist policies if we ever hope to eliminate racist ideas....I had to start researching and educating to change policy." (p. 230-231) Reflect back on the book and what you have learned. What do you think of Kendi's idea that racist policy leads to racist thought? Find specific examples from your experience.	Read and think about these questions before and after reading the chapter.  Read the chapters before the ABC meeting.  If you cannot read the chapter(s) before the meeting, come to the ABC meeting anyway. Participate humbly knowing that you have not read the chapter.
<b>Discussion</b> ABC meeting	Greeting and Settling in 10* minutes	<ol style="list-style-type: none"> <li>1. Check in with each other (How are you?)</li> <li>2. Welcome and Agenda</li> </ol> <p>This is your last meeting as a group. This last chapter, Survival, is about next steps and about having hope and vision when hope seems lost. Use this last meeting as a time to appreciate each other and a time to think about your next steps.</p> <p>Continue the ritual, if you have adopted it, of sharing a passage from the book. Focus on sharing "next step" passages. Fill the space with ideas for next.</p> <p>Move into Discussion.</p>	Arrive early to the meeting so you can catch up  Facilitator welcomes everyone and shares the agenda (made at the previous meeting.)  Facilitator asks the group to reflect briefly on participation norms. Ideas for how to reflect: <ul style="list-style-type: none"> <li>➤ Review individual participation and norms silently. Facilitator asks each individual to reflect on one norm the individual has done well and one they need to work on. End.</li> <li>➤ Review group process while silently reflecting on norms. Facilitator asks for feedback: What is one norm we are doing well? One we need to improve on?</li> <li>➤ Review norms by reading them aloud followed by individual reflection or by group discussion: On which one norm should we focus today?</li> <li>➤ Review norms. Facilitator asks: How are the norms</li> </ul>

			working? What do we need to change, if anything?
	Discussion 50 minutes*	<p>On pages 231-232, Kendi offers a list of “the steps we can all take to eliminate racial inequity in our spaces.” (p. 231) Go to those steps and read them aloud in your group.</p> <p>As a group, discuss the steps with specific connections to your life and the possibilities for acting on the steps.</p> <ul style="list-style-type: none"> <li>• What have you appreciated about Kendi’s book?</li> <li>• What have you appreciated about each other and the book club process?</li> <li>• What new insights and ideas will you take with you into your next steps?</li> <li>• How will you, in your everyday life, seek to be antiracist?</li> </ul>	<p>Everyone has a voice. Ideas for making sure all voices are heard:</p> <ol style="list-style-type: none"> <li>1. Each person chooses a passage. The discussion begins with each person sharing the passage and why.</li> <li>2. Round robin, each person talks building on previous speaker—in order, around the room.</li> <li>3. Each one asks one. After making a comment, the speaker calls on the next person to comment.</li> <li>4. Pairs. First pairs share their thinking in response to the question. Then each person responds.</li> </ol> <p>Return to the chapter/text frequently during the discussion. Remember one purpose is to understand the chapter/book/ideas.</p> <p>Facilitator keeps track of participation and asks questions to ensure that all participants get a chance to talk. In addition, active participants ask questions of their colleagues.</p>
	Reflection and Action 5 minutes*	<i>Reflect individually</i> : Based on the discussion, what personal action will I take this week and in the future?	
	Next Steps 5 minutes*	What should be our post-book club steps?	Facilitator takes notes and reads/restates the plan for the next meeting after the discussion. “We have agreed to...”
	Closing 5 minutes*	Take time to celebrate each other and to thank each other. If you want to, plan to stay in touch to support each other in this antiracist work. Choose a date for getting together.	
<b>Action</b>	Will vary**	Return to the Cultural Competence Self-Assessment Checklist you completed 11	Never underestimate the power and importance of everyday actions you yourself can take.

		<p>weeks ago and reflect on your results – what, if anything, has changed?</p> <p>On page 237, Kendi asks, “What if we treated racism in the way we treat cancer?” How might you, independently and with others, fight racism? What kinds of “treatments” can you be a part of?</p> <p>Research groups actively involved in leading the protests following the murders of Ahmed Arbery, Breonna Taylor, George Floyd, including but not limited to the Movement for Black Lives. Read suggestions for getting involved in antiracist work.</p>	
<p><b>Learn More</b></p>	<p>Will vary**</p>	<p><b>Take care of yourself!</b></p> <p><a href="https://projects.iq.harvard.edu/antiracismresources/bipoc/selfcare">https://projects.iq.harvard.edu/antiracismresources/bipoc/selfcare</a></p> <p>Kendi’s Center for Antiracist Research at Boston University is tracking racial inequities in rates of Covid 19. Find out more at <a href="https://www.bu.edu/antiracism-center/">https://www.bu.edu/antiracism-center/</a></p> <p>The Kirwan Institute for the Study of Race and Ethnicity at The Ohio State University works “ to connect individuals and communities with opportunities needed for thriving by educating the public, building the capacity of allied social justice organizations, and investing in efforts that support equity and inclusion. Here at the Kirwan Institute we do this through research, engagement, and communication.” Learn more at <a href="https://kirwaninstitute.osu.edu">https://kirwaninstitute.osu.edu</a></p>	

\*These are suggested times. Different groups might spend time differently. The main guideline is to spend time intentionally.

\*\* It is expected that more time might be dedicated to action and learning more as the group progresses through the book.