

RACIAL EQUITY & LIBERATION

Facilitated by Monica Dennis & Rachael Ibrahim

MOVE TO END VIOLENCE
a program of the NoVo Foundation



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Pework

week 1

LOCATING ONESELF

One of the primary functions of oppression is to disconnect us from ourselves, from each other and from our stories. Where there is disconnection, **domination, control** and **violence** can easily take root. The practice of **Locating Oneself** is a form of cultural resistance and is an essential component of our liberation journey. While our multiple identities and social locations can shift at any given moment, it is helpful explore how our stories intersect and how they are reflected in our approach to movement building.

This practice:

- centers us as the authors of our narratives
- allows for multiple truths to exist
- acknowledges our intersecting identities and experiences
- provides space for us to examine the impacts of oppression
- roots our experiences in a historical context
- creates opportunities for connection



Check out the following videos from Race Foward's #RaceAnd series

#RaceAnd: Judith LeBlanc, Member of the Caddo Tribe of Oklahoma, Director of Native Women's Organizer Alliance

#RaceAnd: Sonia Guiñansaca, Migrant, Poet and Organizer

#RaceAnd: Kay Ulanday Barrett, Activist, Cultural Worker, Disability Justice Advocate

#RaceAnd: Arielle Newton, Founder of BlackMillenials.com, Writer, Organizer

Reflections

- What was your experience of the storytellers? How did you feel?
- In what ways did you notice the storytellers engaging the practice of **Locating Oneself**?
- Although these are personal stories, how are they shaped by a collective experience? By history?
- Other insights?

This week's practice: Locating Oneself

Got a piece of paper, pen, and/or colored pencils?

Spend 15 minutes journaling or creating an art response about the following:

- Who are you?
- Who are your people?
- How do you define yourself?
- How are you seen by others?
- Which of your stories are hyper-visible?
Which are less visible?
- Where and how does your story intersect
with racism? With other forms of oppression?

After completing the exercise, let's reflect...

- What has become clearer?
- What remains unanswered?
- What stories do you wish to explore?

Thanks for reviewing today's pre-work!

This pre-work will be discussed in Friday's webinar where we'll be talking with **Archi Pyati** and **Heidi Lopez**.

