



Day 4 - Talking About Race Is Challenging for Some. Here's Why.

"It is imperative that we stop the refusal to see, listen and hear; in the fear of feeling discomfort and defensiveness. For me, white fragility is the assumption that we're already doing our best, and so muting is a form of complicity toward society's institutional racism. To learn and accept that, we can support and encourage racial equality and justice." -Reece James Morrison, photographer and creative director

Maybe you've heard of the term "race fragility?" The concept of "race fragility" refers to the discomfort and defensive nature experienced by those holding privilege when engaging in conversations around racial inequity or justice. Why is it so hard to talk about racism and race?

[Dr. Robin DiAngelo](#) describes white fragility as a state of being for white people in which even a minimum amount of racial stress becomes intolerable, triggering a range of defensive moves. These moves can include the outward display of emotions such as anger, fear and guilt, and behaviors such as argumentation, silence and leaving the stress-inducing situation. These behaviors shut down conversations, and inhibit actions that, in turn, function to reinstate a return to the status quo.

Today's Challenge:

OPTION 1: Listen to author [Dr. Robin DiAngelo](#) describe how "white fragility" plays a role in upholding systemic racism in our society in an interview with *The Guardian*. (5 minutes)

OPTION 2: The best way to grow and reflect is to learn without putting judgement on ourselves. Review this list of [28 common behaviors](#) that indicate a detour or wrong turn into white guilt, denial or defensiveness. (8 minutes)

OPTION 3: Listen to *Scene On Radio's* podcast series "[Seeing White](#)" which aims to discuss racism by looking into the history of how the concept of 'whiteness' came to be. (Varied times for each episode)

Recommended Further Reading: *Hillbilly Elegy* by J.D Vance, *White Trash* by Nancy Isenberg and *So You Want to Talk About Race* by Ijeoma Oluo.