

3.23 One Year After the Murder of George Floyd

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SPEAKERS

Jasmine Bradshaw

- J** Jasmine Bradshaw 00:00
You're listening to the First Name Basis podcast, Season Three, Episode 23: "One Year After the Murder of George Floyd."
- J** Jasmine Bradshaw 00:15
Teaching our children to be inclusive and anti-racist starts with us within the sacred walls of our home. First Name Basis is designed to empower you with the confidence you need to be a leader in your family and a change maker in your community. Together, we will wrestle with hard questions and use the answers to create the world we want, a world that reflects our values of inclusion, compassion, and courage. I'm your host, Jasmine Bradshaw, and I am so excited to be on this journey with you.
- J** Jasmine Bradshaw 00:51
Hello, First Name Basis fam. I am so glad you are here. As you can tell from the title of today's episode, it's going to be a heavy one. So if you are Black, Black-biracial, or identify as a person of color, you might want to take a break, step away, come back when you can or not at all. But I did want to give you a little warning that, of course, we're going to be talking about the murder of George Floyd.
- J** Jasmine Bradshaw 01:19
Before I jump into that, I want to ask you all for a little favor. So I'm working on an episode, but I need your help. And I'm really, really, really, really excited about it, and I think it could be so cool, but I need you to help me. So June 12 is Loving Day. And if you're not sure, Loving Day is the anniversary of the Supreme Court decision that made interracial marriage for heterosexual couples legal in all 50 states. So you've probably heard me talk about them before: Richard and Mildred Loving were this interracial couple, and they weren't allowed to get married in Virginia

where they were from. And they have this really amazing story of how they went up against Virginia. They took their case all the way to the Supreme Court with the help of the ACLU, and they won. They won the right to be married to one another and they set that precedent for heterosexual interracial couples across the nation to be married to one another as well.

J Jasmine Bradshaw 02:26

Now, of course, I have to point out that couples who are in the LGBTQ community were not permitted to marry one another until 2015. So they were not included in the "Loving v. Virginia" decision. But I still want to celebrate everyone. So here's what we're going to do if you are in an interracial relationship "and that means anyone who loves another person who is a different race than themselves. So you can be dating, you can be married, you can be a member of the LGBTQ community, you can be straight. Anyone in an interracial relationship: I want to hear from you. So what I'm going to do is I'm going to compile all of our experiences, and our love and put it into an episode so that we can celebrate Loving Day together. So here's how it's going to work. If you're in an interracial relationship, I want you to send me a voice memo. So that's just where you open up the Voice Memo app on your phone and talk into it. It is so easy to record a voice memo and I want you to say three things: the first, share with me your name and the name of your partner; number two, tell me where you're from; and number three, answer this question: what does Loving Day mean to you?

J Jasmine Bradshaw 03:54

So you can record this together, you can do it with your partner or you can just do it on your own. But I just want to know why is Loving Day so special to you? What is so magical about your love, your special love that you have with your partner? So I can't wait to hear from you. And I can't wait to make this Loving Day episode with you. So here's what we're going to do. You're going to send me the voice memo with those three things: your name, your partner's name, where you all are from and then answer the question what does Loving Day mean to you? And you're going to email it to hello@firstnamebasis.org with the subject line "Loving Day." Now I need you to remember that is firstnamebasis.ORG not.com. I get so many emails from people who are like, "I thought you weren't getting my emails, but then I realized that I was sending it to.com" Yeah, firstnamebasis.com was already taken, so that's why we have firstnamebasis.org. The people at firstnamebasis.com are probably like, "Please stop emailing me. Who is this person? Who is this Jasmine?" Anyway, so you're going to email [firstnamebasis.org](mailto:hello@firstnamebasis.org) with your voice memo and the subject line is going to be "Loving Day." And please send those in before Saturday, June 5. So if you get your voice memo in before Saturday, June 5, then I'll be able to include you in our special Loving Day episode. I'm so excited to hear from you, I cannot wait to hear all about your love. I was thinking as I was starting to make this episode that I probably shouldn't include all the exciting Loving Day stuff at the beginning of this hard episode, but then I realized that I needed to take my own advice and remember how important it is to celebrate the joy in the midst of the sadness and the pain.

J Jasmine Bradshaw 05:44

So now we're going to move into the heavier part of the episode. And that is that today, Tuesday, May 25 marks one year since George Floyd was brutally murdered by the hands of the Minneapolis Police in Minnesota. Now, of course, if you are Black, or Back-biracial, or in

another racial group that is frequently stopped and brutalized by the police. This is a really heavy, hard, traumatic day for us. And I was trying to think of what would be meaningful. What is something that I could share with all of you that would be meaningful to both you and to me. So I came up with three things that you can do this week to show remembrance to George Floyd and others who have been murdered by the police, and solidarity for the Black Lives Matter movement.

J Jasmine Bradshaw 06:41

So the first thing that I would invite you to do, even if you have already, is listen to the episode that we made last year. It's called "Ahmaud Arbery and George Floyd: Unpacking Racism." It's Season Two, Episode 17, and I will make sure to put the link to it in the show notes so you can just go there and click. And if you don't know, I had someone asked recently about how to find the show notes. And I feel terrible that I've never really explained it. You can always find the show notes for every episode on our website at firstnamebasis.org. Or you can usually find them on the podcast app that you're listening to. If you click there's a little thing that says "Details" for the episode and all the shownotes should pop up right there. So first thing, listen to the episode that we made last year "Ahmaud Arbery and George Floyd: Unpacking Racism." And in that episode we talk all about the experiences of both Ahmaud Arbery and George Floyd, their murders, and then how it connects to each piece of racism: systemic, interpersonal, and implicit bias. So I feel like that's a really great place to start.

J Jasmine Bradshaw 07:51

The second thing that I want you to do this week is to take some time. If you're listening to this on May 25, I would encourage you to do it today, May 25. But if not, that's okay. Just take some time whenever you hear this to stop and say a prayer, if you are someone who prays, or have a moment of silence for George Floyd, for his family, and for the many others who have been murdered by the police. Really make it a point while you're doing this to limit your distractions. Go to a place where you're alone or do it with your family, but make sure that you put your phone to the side and that you're really taking a moment to honor George Floyd's memory, and to share the strength that you can garner with those who are still reeling from his murder, especially his family.

J Jasmine Bradshaw 08:48

The third thing that I want you to do is answer these four reflection questions. So I have developed four reflection questions that will give you an opportunity to sit down and think about where you were last year at this time and where you are now and where you want to go. So I will put these reflection questions in the show notes as well, so don't worry about grabbing a notepad right this minute to scribble them down. But I will share them with you in just a moment. And I really want to encourage you to take time and space like you did with the moment of silence or with the prayer. Take the time in the space to sit down and either think about or write about your answers to these questions. You can share them with someone that you know and love or you could even email me. You can email me at hello@firstnamebasis.org.

Put "George Floyd Reflection" in the subject line. I won't be able to get back to all of you, but sometimes I know for me it's helpful just to send it off, just to know I'm sending it to someone. It holds me accountable to actually sit down and write it all out and share it with the world.

J Jasmine Bradshaw 09:56

So here are the reflection questions. The first one is, "How has your life changed since George Floyd was murdered?" And with this one, I wanted to start here because my life has changed quite a bit in some really hard ways. And I will just give you one example. After George Floyd was murdered, I was terrified. We were all really, really scared. And one of the things that my dad loves to do is ride his bike. My dad has been a bike rider from the time I can remember. He just loves to ride his bike around the neighborhood and around our community, everywhere he can go. And after George Floyd was murdered, I said to my dad, "No more. You can't ride your bike. I'm so sorry. I know this is something that you love, but we are too afraid." And we all decided as a family that this is something that he would have to give up for a while. Now remember, this was in May, this was right at the beginning of the pandemic, and riding his bike was a real form of therapy for my dad. But we were just also nervous, everything was absolutely terrifying. And we just didn't want him to be a hashtag. We didn't want him to be the person on the front of the newspaper the next morning. So we said, "No more riding your bike." And it was really hard for him. But of course, he agreed because he loves us and he's kind to us and honors our fears. And just today "€" so this has persisted for a really long time, because after George Floyd's murder, it felt like things just continued to get more and more turbulent "€" but just today, my dad texted me and asked, "Is it okay if I ride my bike again?" He texted my entire family and said, "How does everyone feel about me riding my bike?" Now we have told him in the past, "It's okay if you ride your bike, but you have to stay in your neighborhood." And now he's asking, "Can I ride my bike anywhere?" And it's these little things each and every day that we as Black people, us as a Black family, we have to think about these things. My dad could not ride his bike freely for an entire year, because of the fear that racism brought to our family.

J Jasmine Bradshaw 12:19

So I want you to think about how has your life changed since George Floyd was murdered. And if your life hasn't changed very much at all, you probably are holding a lot of privilege. And that's something to be reflected on to if your life is absolutely the same. It's probably a function of the privilege that you hold. Now, if you're not sure of what I mean by privilege or the privileges that you hold, we have an entire episode about that. It's Season Two, Episode 14. It's called "What is Privilege and What Do I Do With It?" I highly recommend that episode. I think it's one of my very favorites that we've ever made. So question number one: "How has your life changed since George Floyd was murdered?"

J Jasmine Bradshaw 13:03

Question number two, "What have you learned about anti-racism in the last year, and how have you turned that learning into action?" One of the things that I have noticed is that a lot of people last year, last summer, they said they were listening and learning, listening and learning. They were here, they were reading, they were joining book clubs. And I have noticed,

as well as other anti-racist educators, we're kind of wondering, when does that listening and learning turn into action? Have you taken anti-racist action since you began your journey of listening and learning? And what does that look like? So if you haven't taken action yet, what are some ways that you plan to take anti-racist action? So let me give you that question one more time: "What have you learned about anti-racism in the last year and how have you turned that learning into action?" Or if you haven't taken action yet, what are some ways that you plan to take anti-racist action?

J Jasmine Bradshaw 14:02

Okay, question number three, "What conversations have you had with others about racism, and how do you feel about those conversations? Is there anything you would do differently next time?" I know that this sparked a lot of conversations in a lot of families, including our own. And I want you to take a minute; sit down and think about how did those conversations go. What has come of those conversations? Have things changed? Have the people around you begun to take action or join you on your journey of learning, or do you feel like the conversation didn't go as well as you wanted to? Maybe you can take a second to think about, "Well, I wish I would have said this differently," or "Maybe if I would have offered this resource they would have been able to understand a little bit more clearly what I was trying to say." So don't stop with those conversations. I know that they can be hard. I know they can be turbulent. But that is some of the most important anti-racist action that we can be taking is talking to the people we know and love about the fact that racism is systemic, and that we need to take anti-racist action together in order to fix it.

J Jasmine Bradshaw 15:18

The last question, question number four, is, "How are you redistributing your time and your resources to help fight for Black liberation?" Now, I want to remind you that this is not charity. This is not donating. We're thinking about the fact that racism is systemic and we're realizing that there are some of us who hold more privilege than others, which means that we have more resources than other people do. So in order to spend our privilege, we need to be redistributing our time and our resources. This is not charity. This is action that we are taking to move our communities towards equity and towards justice. We are redistributing our time and redistributing our money. We are giving our money away, but we're not thinking of it as charity, we're thinking of it as the responsibility that we have to make our communities more equitable. So we are taking that money, and we are giving it to organizations that are working towards Black liberation. Now, I know a lot of you are going to be tempted to reach out to me and ask which organizations I recommend. And I think that that's actually part of the process, sitting down and looking through the organizations and finding one that really speaks to you, one that really aligns with where you are at on your anti-racist journey and where you are going. So find an organization that you are really passionate about and redistribute your resources, give them your money, so that you can support the cause.

J Jasmine Bradshaw 16:59

Now, I also want you to be thinking about the fact that the people who are from the community know best what the community needs. So when you're looking for that organization, make sure that it is led by someone from the Black community or led by a team of people who are Black. If

you're giving to Black liberation and they are serving Black people, it needs to be led by people from that community, by Black people. The other thing to consider when you're thinking about redistributing your resources, your money, is are you financially supporting the people that you are learning from? So I know that most of us anti-racist educators have an opportunity for you to support us financially, whether it be through Patreon, which is what we do at First Name Basis, or through Mighty Networks, which is what I know Britt Hawthorne is transitioning to. There are lots of different ways that you can support people financially, the people that you're learning from, the anti-racist educators that you're learning from. We do this as a career. Anti-racism is a field of study, just like dentistry, or mechanics, or teaching. All of these things need to be studied in order to share them with the world. And this is our field of study. This is our career. So if you are learning from us, you should also be supporting us financially if you are able. And as I mentioned, we have a Patreon account. So it's patreon.com/firstnamebasis. And what we do is we have a community of parents and teachers and caregivers who are committed to working towards justice in their communities with the children that they love. So each month we get together and we answer live questions from our Patreon community about what they're running up against, what's tough in this anti-racist journey? What is something that they're really confused about? Or what's something that they've tried, and maybe it didn't work quite right, and maybe somebody else has some ideas of what they can be doing. It's such a great discussion. And I also share other resources on there of things that I'm reading and learning about. So if you've learned from First Name Basis, I would encourage you to also join our Patreon community if you haven't yet. That's patreon.com/firstnamebasis.

J Jasmine Bradshaw 19:29

Okay, my friends, that's all I have for you. Please take out your calendar right now and put down when you are going to sit down and answer these reflection questions. One of the most critical pieces of this anti-racist journey that you're on is taking time to reflect, look back, and see where were you then, where are you now, and where are you going? Because having that idea of "Wow, look at all this growth that I've made. But wow, look at all this growth I still have to do." And I'm constantly doing that. Carter is constantly doing that with me. Anti-racism is a journey; we will never arrive but we can work together to push towards liberation.

J Jasmine Bradshaw 20:09

Before we go, I just have to remind you about our Loving Day episode. If you're in an interracial relationship, please send me a voice memo. I can't wait to hear from you. I'm so, so excited. Make sure that you record it with your name and the name of your partner, where you all are from, and answer the question, "What does Loving Day mean to you?" Email your voice memo to hello@firstnamebasis.org and make sure the subject line says "Loving Day" so that I know right away that you want to contribute to the episode. And oh, I forgot to say this before. If you want send me a picture, send me a picture of you and your sweetie so that I can share on Instagram on our stories. On Loving Day I want to share pictures of all of you with all of your sweet stories of how much you love each other. Okay, I love you all so much, and I can't wait to talk to you soon.

J Jasmine Bradshaw 21:07

My friends, thank you for being here. I hope you can feel how much I believe in you, and how

my friends, thank you for being here. I hope you can feel how much I believe in you, and how deeply I know that when we work together we can make real change in our communities. Any of the books or podcasts or articles that I reference will be linked in the show notes. If you are looking for more detailed notes, be sure to head over to our Patreon community. On our Patreon site I provide all of the outlines that I use to make the episodes, and everything is linked there so you don't have to take furious notes while you are listening. And don't forget to join us over on Instagram @firstname.basis. If you're interested in partnering with First Name Basis or doing some kind of collaboration, please email us at hello@firstnamebasis.org. All right, have a great week my friends, and I will talk to you again soon.