

# 4.14 Listen to This Before Your Holiday Dinner

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## SUMMARY KEYWORDS

family dinners, holiday dinners, family, boundaries, episode, racism, carter, white privilege, people, link, first name basis, resources, fam, talking, episodes, privilege, community, change, podcast, protect

## SPEAKERS

Jasmine Bradshaw

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**J** Jasmine Bradshaw 00:00  
You're listening to the First Name Basis podcast Season Four, Episode 14 "Listen to This Before Your Holiday Dinner"

**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. I have to tell you that I've had a little bit of a cold this week. So you might hear it in my voice. But I'm really grateful to you for sticking with me and my cold voice, because I have some really important things to share with you today. So it is Thanksgiving week, and I feel like really, the holiday season is in full swing. And I've been thinking a lot about how I am going to a lot of holiday dinners. And I'm sure you are too. So I thought we needed an episode to kind of buoy us up and prepare us for those holiday dinners. But before we jump in, I have to tell you because it is Thanksgiving week, I want to get some resources into your hands. So last week on the podcast, we did an episode called "How to Center Indigenous Peoples on Thanksgiving." And with that in mind, my team and I went looking for resources for your family. And these can be used in your classroom if you're a teacher, but specifically for your family, so that you can center Indigenous Peoples during this Thanksgiving season. And we already sent it out to everyone who is on our Fam Favorites email list, but if you want the resources and are not on the list yet, you can go to [firstnamebasis.org/thanksgivingresources](http://firstnamebasis.org/thanksgivingresources), just type in your email address in your name, and the resources will be sent right to your inbox. So that's [firstnamebasis.org/thanksgivingresources](http://firstnamebasis.org/thanksgivingresources). And the amazing thing about these resources is that we were able to find something in every single category. So we found some things for you to watch; some things for you to listen to, like podcast episodes; and some things for you to read. And then we wrapped it up with an

activity for your entire family to do. So a lot of the stuff that you can watch, listen to, and read, you can do with your older kiddos. But the activity for your family is specifically for, I'm thinking, like elementary school and younger age kiddos. And your older kiddos, of course, will get a lot out of it as well. So there's really something for everyone in these resources. And I really hope you'll get your hands on them. That's [firstnamebasis.org/thanksgivingresources](http://firstnamebasis.org/thanksgivingresources). And I almost forgot to say, of course, I will put the link in the show notes. So you can just go there and click on the link and then put in your information to get those resources right to your inbox.

J

Jasmine Bradshaw 03:11

Okay, let's talk about this episode. So the title of the episode is, "Listen to This Before Your Holiday Dinner," because I feel like I needed this episode. I actually had a completely different episode planned for this week, but in light of all of the news between Julius Jones and Kyle Rittenhouse, and just so much injustice, the way that injustice has been flourishing in our country, I felt like this episode would actually be better for my heart. And I thought, if I'm needing a little bit of heart nourishment, I bet that the people in our First Name Basis family are needing the same. So in this episode, I want to give you one of the best pieces of wisdom, best pieces of advice, I've ever received when it comes to going to family dinners with people who you know you disagree with on a lot of levels. One of the most common questions that I get is what should you do about family members who say things that uphold white supremacy? What should you do about family members who say racist things? All of these different questions people are basically asking me: "Where is the line? What is the boundary? Should I stop going? Should I keep going? What do I do here?"

J

Jasmine Bradshaw 04:19

Now before I give you an answer, I really want to say that if you are a person of color, especially someone who has a whole family of white in-laws like I do, you need to protect your peace. You need to protect your peace. There is no right answer where you are concerned, and whatever you choose truly is the right answer. As people of color, we live in a society that was not created to uplift or protect us. That means we have to do it for ourselves. So if that looks like taking a step back and not attending family dinners, I 100% support you. You don't have to explain yourself to anyone, and I have definitely been there. It's only been recently that I've been able to go back to family dinners. So please take care of yourself. And I do want to give you a little bit of a trigger warning. Because of course, we're going to be talking about things in this episode that are hard and heavy. And of course, I understand if you need to take a step away from family dinners, from this podcast—it is up to you. I just want you to know that you are loved, you are seen, and you are supported in whatever decision you make here. So all of that to say this episode is mainly for people who hold white privilege or have close proximity to white privilege. And I hope that we've come far along enough on this journey that you can self select if this is you, if you're a person who holds white privilege, or have a close proximity to whiteness. But if you're unsure, and you need to understand a little bit more about white privilege, I have two episodes that I want to direct you to one is called "What is Privilege and What Do I Do With it?" And the other is called "Can We Talk About White Privilege?" And I will link both of those episodes in the show notes.

J

Jasmine Bradshaw 06:02

All right, are you ready for the advice that really changed my perspective? Here it comes: if you can't change their heart, your presence might change their behavior. Isn't this so wise? I learned this from my friend Jalynne Geddes, who was actually on the podcast last week talking about how to center Indigenous

Peoples during Thanksgiving. And I'll link that episode in the shownotes as well. And I remember talking to her about how frustrating it can be to be in a place where I am with people who I love and want to have a good time with, but I also feel so frustrated, because there are people who believe and vote for things that are truly against my core values and are hurtful to our family. And I remember saying to her, "Am I being true to myself by spending time with them? Am I really living up to my values if I spend time with people who are doing these things?" And her response was, "If you can't change their heart, your presence might change their behavior." And I was like, "Oh, that is so good. That is so good."

J Jasmine Bradshaw 07:16

So here's the thing, if you choose to attend family dinners, or family functions, and you're there enough that you're speaking up against racism and holding people accountable, if you do that enough times, people are going to start to learn that they cannot say things like that around you. That is where their behavior is changing. I always used to tell people that if you leave, then they'll be able to say whatever they want, which I think is true. But I feel like this wisdom that Jalynne gave me, if you can't change their heart, your presence might change their behavior, is a much better way of saying that. We live in a segregated society, people are used to being able to say whatever the heck they want without any pushback, especially where I live. I live in a predominantly white community, and a lot of the people look the same, go to the same church, and belong to the same political party. So when it comes to politics and religion, they really think they can just parrot what they're hearing on the radio, or on TV, and not have to face any consequences about that. But let me tell you, Carter and I have pushed back enough times, sometimes gently, sometimes harshly, and it's happened enough that they know that they cannot just say that harmful stuff in our presence. The hard thing is I'm pretty sure they say this stuff to other people. But that is when I remind myself that if we can't change their heart, our presence might change their behavior.

J Jasmine Bradshaw 08:46

But there is one thing that I want to be really crystal clear about and that is that you need to keep yourself safe. If you are unsafe, please do not keep going back. There are white people that I know who are the real deal. Like they're doing really important work in their communities. They're in solidarity with Black Indigenous People of color, and they don't go to family functions, not because they couldn't handle it, but because it's truly not safe for them. It's not an environment that they would be protected in, and so they've had to step away. So please don't hear this episode and think that I'm telling you that you can't have any boundaries. That is absolutely not what I'm saying. You need to have boundaries, and those boundaries can change. There has been a time, like I said, I just recently started going back to family dinner. And for a long time, Carter went by himself, because I felt like it was important for him to go to be true to this idea that if you can't change their heart, your presence might change their behavior, but it wasn't a space that I felt safe in. So it's okay if the boundaries shift and change depending on how things change with the relationships with people in your life. But please, please, please keep yourself safe. Do not go into environments where you know it is unsafe for you. And just be always monitoring: "Is this a safe place for me? Am I going to be okay here?"

J Jasmine Bradshaw 10:07

Let me give you an example of a boundary that we have, that Carter and I have, for our family. So last year, during the Black Lives Matter protests, Carter's uncle posted on Facebook, he said, quote, "It's time for good old fashioned lynching." And it was devastating. It was terrifying. We truly were afraid for our family safety, not just from him, but from other people in our community. And after we saw that, we

decided that we will never go back to an extended family function. Ever. Like that is a no for us. It is a boundary. We have to keep ourselves safe. I don't even feel safe sending Carter there by himself. Nope, that is just a hard, no. That is a line that will never be crossed again. And the other thing is, I don't know for sure, but I'm pretty sure nobody ever confronted him about it and actually told him that that was not okay for him to say or do. So I can't trust that the people who are in those situations, the other extended family members, are going to protect us, speak up for us, stand with us if something like that were to happen again. So that's a boundary that we have: no extended family functions ever, ever, ever again. And it's hard. It's really hard to accept that as Carter comes from a gigantic family that has a jillion people, and they get together, and it always looks like they're having a good time, but I know that we wouldn't be able to have a good time because we would truly be afraid for our safety. So if you are afraid for your safety, please do not go to those family functions. It's okay to set boundaries. But if there are relationships that you are working on repairing, if there are relationships that you want to restore, remind yourself that if you can't change their heart, your presence might change their behavior.

**J** Jasmine Bradshaw 11:58

Now, before we go, I want to share a few episodes that might help you get prepared for these holiday dinners, because they are coming up, and you might be thrown into a conversation, and I really want you to feel ready and confident and like you have your values in your back pocket that you can share with other people. So there are lots of episodes that you could listen to, to prepare for these family dinners. But the three that I chose are first, "Racism 101" (and I will put all these links in the show notes). But "Racism 101" is the first one, and that is where I just break down, what is racism. I break down three components of racism and what they look like in our society, because a lot of people have a really uninformed idea of what racism actually is. So "Racism 101" will give you all the tools you need to explain the three components of racism to the people that you're talking to. The second episode that I want to point you to is called "Cancel Culture, Part One: Calling In, Calling Out and Tone Policing." This is where I teach you the difference between calling in and calling out and how you can decide which is appropriate at which time based on the privileges that you hold and the people that you're with, and all of those different types of things. So that might be something that you're facing at these holiday dinners as well. And the last episode is "What is Privilege and What Do I Do With It?" Now I mentioned this at the top of the episode, but this episode is all about privilege, specifically about white privilege, and talking about what are our privileges and how do we respond to them? Because I've heard from a lot of you, and in my own experience, I have noticed that a lot of people have a really hard time understanding privilege and accepting that they hold privilege. So those are the three episodes I would recommend as you prepare for these family dinners. "Racism 101," "Cancel Culture, Part One: Calling In, Calling Out and Tone Policing," and "What is Privilege and What Do I Do With It?" And of course, I will link those three episodes in the show notes.

**J** Jasmine Bradshaw 13:52

Okay, my friends, my sweet First Name Basis, fam, I hope you have a great, lovely holiday dinner. If that is something that you are participating in, I hope that it goes well. And I hope that you are able to stay true to yourself and true to your values. And remember that if you can't change their heart, your presence might be able to change their behavior.

**J** Jasmine Bradshaw 14:15

Okay, last thing before we go is I want to remind you about the Thanksgiving resources that center on Indigenous Peoples. So if you want those resources sent right to your inbox, go to

firstnamebasis.org/thanksgivingresources, type in your name and your email, and it will be sent right to you. I love you all so much. And I will talk to you next week.



Jasmine Bradshaw 14:37

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, 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 at [firstname.basis](https://www.instagram.com/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](mailto:hello@firstnamebasis.org). All right, have a great week my friends, and I will talk to you again soon.