

5.10 Redefining Relationships After Racism (with Dr. Lucreti...

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SPEAKERS

Lucretia Berry, Jasmine Bradshaw

J Jasmine Bradshaw 00:00

You're listening to the First Name Basis podcast Season Five, Episode 10: "Redefining Relationships After Racism" with Dr. Lucretia Berry.

J Jasmine Bradshaw 00:16

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, again, for this bonus episode! I'm so excited to share this episode with you. It is going to be short and sweet. It is one really personal question that I had for Dr. Berry. I really needed her advice on this topic, because it's something that I've been going through for, like, two years now. And I just needed her guidance. So you know that episodes usually come out on Tuesdays, but this one just didn't fit in the original interview that I did with her. So I wanted it to have its own space. And if you haven't yet listened to that episode that I did with her, go back and listen to it, it's called "Don't Wait Until Something Bad Happens to Talk to Your Kids About Race." I will link it in the show notes, and I'm sure you'll hear through this episode that she's so wise. And you're gonna want to listen to that one too. I just wanted to remind you that Dr. Berry came out with an amazing activity book this week. It's called "The Hues of You." It's all about talking about skin tone and race with school-aged kiddos. And we're doing a giveaway over on our Instagram at First Name Basis. The giveaway actually ends tomorrow, so hurry over there. So you can win a copy of

"The Hues of You," and you can win a copy of Bite-Sized Black History, our Black History Month program. And don't forget that Bite-Sized Black History is on sale until the end of the month, February 28. At 11:59pm, the coupon code expires. And the coupon code is BLACKHISTORY5, all caps, one word "BLACKHISTORY and then the number 5 "and you can get \$5 off.

J Jasmine Bradshaw 02:30

So in this little bonus episode, you are going to hear one genuine question from me from one anti-racist educator to another about how to navigate relationships after something racist has happened in them. And how we can respond when our friends or family members have put us in a position where we just don't necessarily feel like we can trust them or feel super safe around them. And the thing that I love about her answer is that it's really nuanced. And she gives a lot of ideas. But one of the coolest things is that she referenced a concept that was popularized by Brene Brown. I'm sure so many of you out there love Brene just like I do, and she talks about the arena and where people can sit in the arena based on the boundaries that we're holding around them. So if you love Brene, then you're going to love Lucretia's answer to my question.

J Jasmine Bradshaw 03:22

The other thing I have to say, because it just feels like I have to say it, is that I don't think I've ever actually said "Trump" on this podcast. I don't think I've ever actually talked about President Trump on the show. And I don't really know how I feel about it that this is the first time. I don't really know if I like that I'm even talking about him, but the reality is that he has caused a lot of damage in my life with friends and family, and so yeah, here it is. And if this is the first time you're figuring out that I'm like super Dee duper, duper, anti-Trump...I don't know where you've been. You don't need to send me a DM and tell me that you're angry. You don't need to leave a review. It's fine. Just find another podcast, because I don't think this is the right one for you if that is something that upsets you.

J Jasmine Bradshaw 04:14

Well over the last couple of years, it's been rough, rough on our relationship sometimes. And I guess I'm really wondering, I'm truly asking this question for my own self

L Lucretia Berry 04:26

Okay.

J Jasmine Bradshaw 04:27

I think so one of the biggest things that we've struggled with is people who have denied the racism of the political candidates. So like, for example, President Trump tweeted, retweeted, a video of people chanting "white power," and when we brought that up to people saying, "You know, you should reconsider who you're standing up for who you're voting for who you're

aligning yourself with because of this racism," and they, we've just been gaslighted they've said, "No, he didn't do that." Or, "Do you even know if that's real?" or, "All politicians lie," and just things like, "Oh, he doesn't actually think that he's just trying to get votes," and it's really, really damaged some really important relationships that we are, we feel like we can't trust you anymore. And they've said stuff like, "Oh, if anything really happened, we'd be there for you." And we're saying, "This is really happening. And we're asking you for support and you're not responding." And so we just feel like the trust is not there anymore, and we don't even know where to go. Do you have any advice for repairing those relationships that have been damaged during these conversations about race that we've been having?

L

Lucretia Berry 05:37

Wow, okay. Yes. Okay, I get that. Yeah. So then it helped me think of something in my own...you know, what happened with me as well. And so there's the acknowledgement, like don't, so yes. There's, there's the acknowledgement there, being, we've got to be very truthful with our so-called friends, if I can say.

J

Jasmine Bradshaw 06:00

Yes

L

Lucretia Berry 06:01

Because I have a friend, and people say, they refer to her as "You think she's your friend." Like, that's how they're, because of this kind of thing, right? So honestly, okay, we have to accept people where they are, I think, you know, there's a theme, just an overall theme that's happening with the divisiveness that is being spurred on by politicians. And so, honestly, I think it's people, you know, showing you who they are, like, fully showing you who they are. And then you get to make the decision on like, okay, well, how am I going to put them in, you know, where do, they get to have some proximity to me. So they get to be up close, like, you know, or, okay, you can do my life, but you got to be way in the back of the auditorium, like you don't like if, you know, if you're on the stage, they don't get to be in the front row, they get to be way back in a nosebleed seats. I mean, it's, it has to be up to you. And yeah, I've had to put those kinds of, you know, because of the environment that I'm in I, we, we live in a very interesting place in terms of...if you turn, you know, one way off of our street, you know, it's super, like, conservative and lots of Trump flags, and then you turn the other way, and it's super progressive, because it's a college town, and lots of you know, Black Lives Matter flags, so, and so it's made for great conversations with our kids, because of course, they know that, and so we get to talk about it. However, so, so because of that I, we, are surrounded by people who, yeah, could say some damaging things. And I say damaging, like damaging and traumatic to, just my humanity. Like how could you say that? How could you do that? And so then I, you know, like we have to decide, okay: number one, are they really our friends? Not you know...Number two, okay, if you are a friend, are you going to remain in my life? And if that is the case, this is how this is gonna go. I don't know if it's repair is the right word? Or is it like reorienting? You see what I mean?

J Jasmine Bradshaw 08:10

Yeah, I really do see that.

L Lucretia Berry 08:12

Yeah. And so that's kind of in my own experience. I'm like, Okay, you can, you get to have access to me, because I love learning from people that are different and think different, you know what I mean? Like I do. But I but you don't get to be up close. So, you know, or I get to say when we get to have a conversation, or here are the right rules. So here's the things that you can talk to you about, and here are the things that you cannot talk to me about. So I don't know, reorienting...because if you, if you have an authentic relationship, like, it's still there, it just is, yeah, you need to shuffle them around, like, "Okay, y'all need to move to the back of the auditorium. And then there's other people that I need to bring to the front of the auditorium." Does that make sense?

J Jasmine Bradshaw 08:55

I love that. I think what I hear you saying is with the reorienting like maybe it can lead to repair based on how they react to the boundaries that you set, and how they respond and how they change, but you need to be okay with, "These are my boundaries. This is how we're reorienting and I would love for it to trend towards repair. But if it doesn't, I'm going to be okay." Because I kind of have my fortress with the people who are really in solidarity with me.

L Lucretia Berry 09:24

And yeah, and I guess I think I'm struggling with the word "repair," because I think, I don't know if repair means like, it goes back to the way it was. So I don't, I don't have the answer for that, I need to think about that a little bit more.

J Jasmine Bradshaw 09:40

No, that's good nuance

L Lucretia Berry 09:42

I'm saying like, hmm, are we wanting it to go back? Which means that somebody...if it goes back to the way it was before, does that mean that we have to go back to the like our ways of existing before? Which I don't know if that was good.

J Jasmine Bradshaw 09:59

Yeah. No, I love that you, I really do like that you pointed that out, because I feel like it's oh man, I feel like it's really saying, with the way we had it before was such that I had to be quiet about your harm.

L Lucretia Berry 10:15

That's right.

J Jasmine Bradshaw 10:15

And I don't want to go back there. So we're reorienting and then redefining, you know, the boundaries and all of that, but what we can look like, and you know what, because people love to use that term "unity." And I'm like, unity doesn't mean that we're being quiet about our oppression. Unity means we have the same goal, maybe we have different ways of getting there, but the goal is liberation.

L Lucretia Berry 10:40

Yeah, and I love—I love plants. So I like to use like planting metaphors or gardening metaphors. And so one of the I think about, like, the, the part of the growth process in a plant or garden where you have to prune. Right, and, and prune so that, you know, the the healthy vines can continue to grow. And so I know sometimes I'm like, well, some stuff just gets pruned, you know, and has to, it isn't, like, I mean, I don't, I hate to think about people that way, but yeah, so like you said, well, I'm not going to go back to being silent, and I hope you sure are not going to go back to being, you know, vocally ignorant, or whatever, or harmful. So yes, we can repair, you know, if you actually, you know, grow, engage, evolve, which means that, yeah, they have to change, right? Which is a consequence, maybe we'll just you know, reorient but and again, that that has nothing to do with me or you that has to do with them, like they have to choose. And I, and then all this heat, people are choosing to stay, there's like people are choosing to run towards growth, or people are choosing digging their heels and to stay the same.

J Jasmine Bradshaw 12:00

Wow, see, this is why I needed you. This is really why I needed your big sis advice, because I needed to...this is the real real, this is what I needed. Thank you. Thank you.

L Lucretia Berry 12:14

I'm here for you. I'm here for you. I'm serious, girl!

L Lucretia Berry 12:18

I know and I'm so grateful.





Lucretia Berry 12:21

I'm so grateful to Lucretia for being so vulnerable and honest with me as she answered my question, because as you can tell, it was a really genuine question for me. And it was almost hard to ask. And I really didn't know if I was going to share it with the world. But I imagine that so many of you are going through the same thing. So I hope you could find some hope and solidarity in her response and in us talking through and kind of figuring out together, what it looks like to redefine our relationships after something racist has happened.



Jasmine Bradshaw 12:54

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](#). 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.