

# 5.11 Love in a Time of Crisis: Parenting and Activism

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## SPEAKERS

Jasmine Bradshaw

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**J** Jasmine Bradshaw 00:00  
You're listening to the First Name Basis podcast, Season Five, Episode 11: "Love in a Time of Crisis: Parenting and Activism."

**J** Jasmine Bradshaw 00:17  
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 00:52  
Hello, First Name Basis fam. I am so glad you are here. If you haven't taken a deep breath in a while, this is your reminder to do so. Things have been so heavy, so hard. And I actually had to ditch our original idea for this week's episode and switch it out with something that speaks a little more to what we're seeing go on in the world. So first of all, I have to give a trigger warning, because we're going to be talking about the war that Russia has started in Ukraine. And we're going to be talking about racism. But I do want to say that I'm not going to be giving any details about the war in Ukraine; I just am going to be referencing it a lot. So if it's something that's really heavy for you, right now, I understand if you need to step away. But just know that I'm feeling it right alongside you. I actually have a couple of Ukrainian family members. My aunt and my cousin are both from Ukraine. And every time I hear someone talk, especially a woman, a Ukrainian woman, speak on the news or in an interview or in a video or

something, I just hear my aunt's voice, and it's been really, really awful. So I hope this episode gives you some ideas about how you can help and how you can serve in the world right now when it's looking so scary.

J Jasmine Bradshaw 02:19

So as you can tell, today we are talking specifically about how parents can respond and things that we can do when awful things are happening in the world, which is kind of a lot. But I need to start by telling you kind of the inspiration behind this episode. I don't know if you can call it inspiration because I was actually really angry. And I started out just writing a really sassy Instagram post and realized that it should be an episode. So I'm sure you've seen this too, and it just drives me bonkers, but I feel like every time something tragic happens, whether it be something in our community or something around the world, people look to influencers to see what they're going to say. Influencers have commentary on a lot of different things, and so people earnestly turn to them in these times as well. But it's not just influencers, it's influencers who consider themselves parenting experts and different things like that. And of course, I see these things, too, and I've really noticed a pattern.

J Jasmine Bradshaw 03:20

And I feel like I should stop for a second and clarify that I'm talking about white women. I'm talking about white women who are influencers. So these white women in the summer of 2020 when George Floyd was murdered, and so many things were going on and Black Lives Matter activism is happening, everybody turned to influencers to see what they would say, and they were silent. Just total crickets, right? And they got themselves into a lot of hot water for not saying anything. People were like, "You need to speak up. You have this gigantic platform, and you need to use it for good." So now instead of just staying silent, they all are using a very similar line. I've noticed this over and over again. They're all saying something like, "What you need to be doing right now is loving your children." Or, "Just go home and love your family. That's the best thing we can do right now."

J Jasmine Bradshaw 04:11

And if you think that I'm calling out something specific, you're both right and wrong, because I'm calling out everyone who does this. So if you can think of someone who is doing this, then yes, I'm calling them out, but I probably haven't seen their stuff because I don't follow that many white influencers. But the ones that I do see are all saying the same thing: "Go and love your children." Y'all, I just feel like if I hear that one more time, I might actually lose my mind. Like, it will be gone for good, because I am so frustrated by this line. So today we are going to be talking about how we can actually love our children, quote unquote, "go and love our families," during a time of crisis. How can we respond as a parent who is committed to activism? What does that actually look like to love our families during this time?

J Jasmine Bradshaw 05:06

But before we break all of that down, I have two exciting things that I want to share with you. The first is that this week is Read Across America week. I'm sure you already know that. And I

The first is that this week is Read Across America week. I'm sure you already know that. And I have a special freebie for you. So I'm sure you all know at this point that Dr. Seuss was super, super, super racist. I made a whole episode about it. It's called "The Untold Story of Dr. Seuss," and I will link in the show notes. But Read Across America week was really centered around Dr. Seuss for a long time because his birthday is this week. And so there are a lot of activists and anti-racist educators who have been trying to shift the focus from Dr. Seuss over to inclusive books and just celebrating the excitement of literacy and learning reading. So of course, that is an effort that I want to support as an anti-racist educator. So if you go to [firstnamebasis.org/bookchallenge](http://firstnamebasis.org/bookchallenge), you can download our free one-week inclusive book diverse book challenge, and it has really exciting topics on it. So you go through the week, and you can pick a different book from each topic. Like for example, one of the topics actually goes perfectly with our episode today, it's "Read a book about kids and activism." So there are just lots of different ideas of different types of books that you can read, different ways to diversify your bookshelf and make your library more inclusive. So go to [firstnamebasis.org/bookchallenge](http://firstnamebasis.org/bookchallenge).

**J** Jasmine Bradshaw 06:30

The other thing that you'll find there is a sample letter for your child's teacher. So if you want to share with them the importance behind changing the focus of Read Across America week away from Dr. Seuss and on to more inclusive and diverse justice-oriented books and ideas, then we wrote a whole letter that you can just forward on to your child's teacher to share all that knowledge with them.

**J** Jasmine Bradshaw 06:53

So I will leave that link for you in the show notes. The other thing I wanted to say about that is if you're listening to this after the fact and you're like, "Well, it's not Read Across America week anymore," don't worry. We made two versions: one that is specifically for Read Across America week, and then one that's for every other week in the year. So if you go to [firstnamebasis.org/bookchallenge](http://firstnamebasis.org/bookchallenge), you will find the other diverse book challenge, and it's very, very similar, but it's for all year round.

**J** Jasmine Bradshaw 07:21

The other piece of exciting news that I wanted to share with you is that the doors for enrollment for Ally Elementary will be opening on March 29. I am so excited to share Ally Elementary with you again. If you're not sure what Ally Elementary is, it is our program that we've created for families and for classrooms. And it really is your roadmap for raising the courageous, anti-racist allies that our communities need. So we have five different modules, and you can go through them over the course of a few weeks, and learn everything together-- from melanin, to what is bias and prejudice, and what is discrimination, how do we deal with it, what is racism, and then you end by writing an anti-racist pledge for yourself and for your family, or for your classroom. So I'm super excited to share this with you again. And I feel like what's even more exciting is that we are coming out with another program called...drumroll please...Ally Elementary Jr.! So Ally Elementary is targeted specifically for kiddos who are third grade and up, and I heard from like, all the families and they're like, "Wait a minute! I don't have a third grader," or "My kiddo isn't ready, but I need this type of thing in my life," so we have created Ally Elementary Jr. It's for our kiddos who are preschool to second grade, so

everybody has an opportunity to learn how to be an ally. And Ally Elementary Jr. is really about introducing allyship to your kiddos. So we'll start with melanin. We'll talk about bias, and we'll talk about culture. There are just so many exciting ways to introduce anti-racism into their lives, and we want to help you do that. So if you're interested in signing up for the waitlist, go to [firstnamebasis.org/waitlist](http://firstnamebasis.org/waitlist). And you will be the first to know when Ally Elementary and Ally Elementary Jr. opens.

J Jasmine Bradshaw 09:19

All right, let's dig into this whole "love your family" business. So, like I said, everybody and their mama is telling us that what we need to be doing right now is loving our family. And I read these, or I watch these Instagram videos, and I think to myself, "What does that even mean? Like? What does that really mean?" I want you to think for a second. Take a minute and think: are they telling you to do anything? Are they telling you to change anything about your life? Because I would hope that if you're a parent listening to this that you're already loving your family. Like, please love your family. I hope you are already doing that. But don't you think that there's something different that you should be doing? Something that should change about your life if we are going through a collective turmoil in our world? The thing is, I don't think that, quote unquote, "loving your family" and activism are things that are in conflict with each other. I really think they go hand in hand.

J Jasmine Bradshaw 10:20

I can tell you what loving your family means to me. To me, loving my family means teaching them our values, and one of our values is responding and taking action when things are going on in the world. Activism really is a value that has to be taught. And we will talk about that a little bit later. But I just want you to understand that activism is a way that we can, quote unquote, "love our families." Teaching our children to be contributing members of our community is an act of love.

J Jasmine Bradshaw 10:52

The other thing I want to tell you is not to sell yourself short. Don't sell yourself short. If your favorite parenting expert is telling you that all you have to do right now is nothing, and you believe them, you really are selling yourself short. I know that's a little bit of tough love, and I hope you can hold space for it, because if all you're doing right now is nothing different than what you do every single day, then aren't you a little disappointed in yourself as someone who claims to love and care about your community and your world?

J Jasmine Bradshaw 11:26

Because this is a parenting podcast, I know that so many of you listening right now are parents, specifically moms. And speaking as a fellow mom, I just want to tell you how capable you are. You are so stinking talented. You are so stinking capable, way too capable to be doing nothing right now. Do not let a white influencer talk you into leaning into your comfort so much that you live underneath your potential. That is gross. And that is not what you want to be doing. You

are so good at logistics. You know how to plan. You know how to organize. You know how to execute. You know how to figure out what needs to happen so that large groups of people can get stuff done, whether it be leading teams in your career, or helping your child's teacher plan a field trip, or planning educational experiences for your children in your home. You know what you need to do to accomplish these amazing things. So why would you let someone on the Internet tell you that what you should be doing right now in response to a crisis is nothing? Like, does that even make sense to you? I don't think that makes sense in your heart.

J Jasmine Bradshaw 12:42

And one of the biggest things that I found when I was reflecting on this is that I'm so frustrated that these white influencers are telling other white women and moms to sit back and leave the activism to others. Because to me, that is a function of the patriarchy. The patriarchy wants us to take ourselves out of the equation and not help when things get tough. And I refuse to be part of that, because that does not align at all with my values, or with the values of my family.

J Jasmine Bradshaw 13:14

So let's talk about what can you do instead. How can you take this call to love your family and put it into action to make real change in our world? The number one thing you can do to share your value of activism with your children is to model it. Model model model. You have to model what it looks like to be an activist in your life so that your children will follow suit.

J Jasmine Bradshaw 13:38

I used to be a second grade teacher. I've said that a million times, you probably know that already. And when I was doing parent teacher conferences, one of the most common questions that I got was, "How do I get my kiddo to read more?" And I would always respond with the same answer: model model model. If you spend more time reading in front of your kids, they will follow your lead. I was reading an article by the New York Times, it's called "How to Raise a Reader," and it said, quote, "If you want to raise a reader, be a reader." End quote. I thought that was brilliant. And I'll link that article in the show notes if you're interested in it. But I was like, yes. That is the perfect way to say it. If you want to raise an activist, be an activist. Obviously, this idea of modeling applies to so many aspects of our parenting. And I'm going to link another article in the show notes. It's called "Role Model the Behavior You Want to See From Your Kids." And in this article, they break down the science behind modeling. And the idea that our kids are always watching what we're doing and learning about how to behave and how to act from the way we act. And I really think that is one of the things that frustrates me the most about these white influencers is they're telling people that the best thing they can do right now is quote unquote, "love their kids," and they're the same people who will tell you that they are parenting experts. So if they're a parenting expert, I know they already understand the power of modeling. So if they understand the power of modeling, then why are they telling people not to do anything? Either they don't know how to take action, and they don't want to step out of their privilege to figure it out, or they don't think it's their responsibility to help solve the problems of our world, which is also a function of their privilege.

J Jasmine Bradshaw 15:28

One of the things that people ask me often is, "How did you become an anti-racist educator?" Or, "How did you know that you could make change in the world?" And I always tell them it's because I am the daughter of two public servants. Both of my parents woke up every day and got ready to go to a job where they served in my community. And they showed me the importance of doing something in the world that not only helps your own family, but helps marginalized groups have the opportunities that I have had access to. So the way that I knew that I could make change in the world was watching people make change in the world.

J Jasmine Bradshaw 16:09

Just two days ago, as I was reading through the news about the war in Ukraine, I was sitting at my kitchen table crying, of course, because of what's happening. But also because I was thinking about all the people who are going to need help and support after the war is over. My mom was a clinical psychologist at the Department of Veterans Affairs for 30 years. And she specialized in helping veterans who had post traumatic stress disorder. So she was literally the person that they would go to after experiences like this. And I thought about how grateful I was to grow up with this hero in my home, to grow up with this woman who was taking the time to understand how we help people after they've gone through something so traumatic. What does it look like to give people the tools that they need to live a life that is fulfilling to them? So that really is the best thing I can say: I knew that I could change my community, because I watched my parents change my community. I will link in the show notes all the episodes that I've done with my family members. I've done one with my dad, two with my mom, and one with my sister, who all have had amazing careers, and you will learn so much from them. I'm so grateful that I get to share them with the world, because I'm so proud to be a member of this family.

J Jasmine Bradshaw 17:28

The other thing I wanted to tell you is when I saw Stacey Abrams (Yes, I got to see her speak. It was amazing!), one of the things that stuck out to me when she was talking was that she said people ask her a similar question. They say, "Stacey, how did you know that you could do something like this?" And she said that it was because her parents modeled civic engagement for her. She said she has these really early memories of going to the polls with her parents and having conversations about the importance of democracy, and of casting your vote and using your voice to change things. So obviously, I'm not trying to compare myself to Stacey Abrams, because I could never, but I just wanted to show you that at so many different levels, those of us who are committed to helping change our communities had someone who came before us who model what that looked like. So if you want your kiddos to be involved in that, you have to show them how.

J Jasmine Bradshaw 18:20

I can't tell you how many times I've heard people say, "Our children are going to change the world," or "We can count on this next generation to change things," but then they're not doing anything to help them get there. Our children don't just magically come with the knowledge about what to do with these massive world problems. We have to give them the tools to help them find the solution. Your kiddos are going to model their behavior after yours, whether you

choose to take action or you choose to do nothing. So that is the choice you have to make right now. And in these times of global crisis or local crisis, if you choose to do nothing right now, that is what your kiddos will model. And if you choose to take action right now, your children will have a framework for what it looks like to respond when something bad is going on. I'm sure if you're listening to this right now, you're not the type of person who wants your kiddo to think that quote unquote, "loving your family" means remaining complacent during a crisis. So make sure that you are modeling how to take action in your day-to-day life, and then find opportunities to take action together. Unfortunately, we have ample opportunities to take action together, because there are so many hard things going on in the world all the time.

J Jasmine Bradshaw 19:40

So you're probably thinking, Okay, well, where do I start? I would invite you to start with why. Start by thinking about your family values. Why is it important to you to take action, and what can that action look like based on your values? Anti-racism and other justice-oriented work is all about taking action that aligns with our values. So I want you to try to answer these three questions together. The first is, "What's going on?" The second is, "Why is it important that we understand what's going on?" And the third is, "What action will we take in response to what's going on?"

J Jasmine Bradshaw 20:17

So first, explore what's going on, figure out what's happening and talk about why it's wrong. Talk about why it's important that you keep up with these current events, whether it be locally or around the world. My favorite place to start with this is KidNuz. I actually got to interview the founder of KidNuz. Her name is Tori Nelson, and we did an interview called "How to Teach Media Literacy to Our Children." So I'll link that in the show notes if you're interested in listening to that episode, because she is a wealth of information. She's so brilliant, and she's an Emmy award-winning journalist.

J Jasmine Bradshaw 20:51

So once you figure out what's going on together, you can let their questions guide your exploration into why is it so important that we understand what's going on. And then from there, you can move into taking action. There are so many different ways to take action: organizing a protest, having a bake sale, creating art to raise awareness, and, of course, redistributing your resources. So if you've been here for a little while, you know that I don't often use the word donate. I try to use the phrase "redistribute your resources," because we live in a society that's full of privilege, and oftentimes, the people who have the most resources are the people who have them because they were afforded opportunities that other people didn't have access to. So I got this phrase from Britt Hawthorne and Tiffany Jewel who are fellow anti-racist educators. And ever since I heard them explain it, it just resonated so well with me. So instead of donate, I use the term "redistributing our resources." In all of these situations—protesting, bake sales, artwork, redistributing your resources—you want to include your kiddos in the planning and the execution. You want them to see, what does it look like to put something together so that we can make change in our community, so that we can hopefully help solve the problem that we're seeing? And remember to always start with why.

Why is it so important that we redistribute our resources? Talk about the organizations that you can share your resources with, and have them help you choose which organizations align best with your family values. If it means that you have to sacrifice in another place in your budget in order to share your resources, talk to your children about that. Talk about what it looks like to make that sacrifice and why it's so important to your family.

J Jasmine Bradshaw 22:41

I'm often asked which organizations people should support, and I can, of course, give recommendations. But I really encourage you to choose for yourself, because I want you to pick something that aligns with your family values. And I can't tell you what that place is. But if you're looking for an opportunity to support Ukraine right now, I'm going to link in the show notes a Google Doc that's called "The Comprehensive List of Various Resources for Supporting Ukraine and for Ukrainians Fleeing During the Crisis." The Google Doc is amazing. It has so many resources, both for people who are looking for support and people who would like to provide support. It's like refugee organizations, places to provide food, shelter, clothing, just lots of different options for how you can help. So head to the shownotes and take a look at that and find something that feels best for your family.

J Jasmine Bradshaw 23:32

Now, I do have to say that this even though it's called "The Comprehensive List," it's not actually comprehensive. One thing that I've learned from Amy Webb, who's the author of "When Charlie met Emma," and "Awesomely Emma," following her on Instagram has taught me that a lot of times disabled people are left out and overlooked when it comes to responding to crisis, and in lots of other situations. But she pointed this out specifically. And so when I was looking through this, quote, unquote, "comprehensive list," I noticed that disabled people were not included in the list. So I've also included in the show notes a place where you can donate. It's called "Support Ukrainian People With Disabilities in Crisis."

J Jasmine Bradshaw 24:16

Okay, the last thing I want to dig into in this episode is another phrase that I hear often when we are seeing crises around the world. And it's this idea that you can't just stop your life. I hear so many people say, "Well, you can't just stop your life. You have to keep going, you have to move on. You can't just stop your life." But I'm here to tell you that there are actually things that are worth stopping your life for. Like, there really, truly are. And it's okay, if you come up against an issue in the world that you feel like you need to stop your life for. If you can, I encourage you to explore that. Let me share an example with you. So during the summer of 2018, President Trump started the policy of separating children from their parents at the southern border. Now immigration has always been a topic that's tender on my heart, but especially because I live in Arizona, it just affects us a lot here. And I remember hearing about this policy and seeing the pictures, and I was just beside myself. I was just crying. I couldn't stop thinking about it. I would read articles, and it was just all-consuming. I remember holding Violet, she was just a baby, she was only nine-months-old, and rocking her in the rocking chair in the middle of the night. She was sleeping, and I went and I got her out of her bed. And I just held her close thinking, "I can't imagine someone taking this baby away from me after one of the



hardest journeys of anyone's life." So I was just really, really distraught. And I wanted to find a way to help. But we were scheduled to go on vacation the very next day, and I was like, "Oh, my gosh, I have to do something." So we considered actually canceling our vacation and just staying in Arizona. But it was the first time that we were going to take Violet to the beach, and we're really excited. So I thought, I wonder if there's something that I can do while I'm there or do on the road. So while Carter is driving to California, I'm calling senators, I'm writing emails, as long as I have service, I was doing something to try to help because I had to. It was just inside me and I couldn't contain it. I had to move I had to take action. And I have this really distinct memory of sitting on the beach and talking to Carter about what is worth stopping your life for. Because the reality is, there are bad things happening in the world, every moment of every day. And there are certain issues that hit you so hard that you feel like there's nothing you can do but try to create change. You can't think about anything else. You can't eat, you can't sleep, you just have to try.

J Jasmine Bradshaw 26:54

Now, you do have to be careful when you're choosing which things are worth halting your entire life for, because you might be influenced by racism. There are some issues that get a lot more air time and attention and space than others because they are affecting white Europeans, like we're seeing with this war. And obviously, we are not saying that the Ukrainians should get any less attention. We're just saying that other issues should get an equal amount of attention. Other issues that affect brown people are just as important. And I realize that every single person can't be an expert on every single issue. That would be impossible. So take some time to figure out what makes you feel like you need to stop your life, and then go help. And I want to tell you the ending of that story. So we're sitting on the beach, we're talking about what is worth stopping your life for, and I told Carter "This. This is why I have to try to help. I have to do something." And that was when I published the First Name Basis Instagram account. I was literally sitting on the beach, watching Violet eat sand while I hit publish on the very first post on our First Name Basis account. I didn't even know it was going to be a podcast at the time, I just knew that I had to do something. I knew that I wanted to find other people to do that something with, and so I knew that I needed to put it out there. I didn't know what would happen. I had no idea would turn into this amazing community of people who are making real change, but I had hope, and I wanted to help. So I hit publish on the beach.

J Jasmine Bradshaw 28:33

I want to share another example with you of one of my very best friends. So I have a friend who worked with an organization that served refugees before she decided to go to grad school. So she spent a lot of time in the community serving and working with refugee families. And last year, she left on vacation in anticipation for her birthday. So her birthday was coming up and she wanted to celebrate, and she went out of town. While while she was out of town, the refugee crisis in Afghanistan, it reached its peak. So obviously we know that the refugee crisis in Afghanistan has been ongoing since we waged war on them in the early 2000s, but I'm sure you remember last summer it peaked. And it was just really scary. And we were trying to get people out as fast as we could. And my friend was out of town at the time. And I remember thinking of her. I remember thinking of my moment of publishing First Name Basis on the beach and thinking she is probably going through that right now. So I texted her and I said, "How's your vacation? I'm sure you've seen the news. I'm so sorry." And she was like, "I can't think of

anything else. I just want to go home so I can help," because this is the issue that is worth stopping her life for. So when she came home, it was her actual birthday and the first thing she wanted to do was reach out to the families that she knew from her organization to see how they were doing and to see if she could help them complete the paperwork that they would need to help their family and their friends get out of danger and Afghanistan. So she reached out to one of the families that she knew, and they said, "Yes, we would love your help, please come over." And when she got to their house, she walked in, and they had a birthday cake waiting there with her name on it, because they remembered that it was her birthday. And so for her birthday, they ate cake and celebrated. And they filled out paperwork to help their friends and family members get out of harm's way. I mean, that is the sign of a true relationship. That is a sign of true community. When someone literally remembers that it's your birthday. I just love that story. I can never tell it without crying. I'm not even surprised that I got emotional. Because there really are some things that are worth stopping your life for. And people that you love in your community is one of those things, but that means that you have to be on a first name basis with them.

J Jasmine Bradshaw 31:04

Okay, the last thing that I want to share before we wrap up is an Instagram post that actually inspired the making of this episode. So I saw some white influencers posting, I was super frustrated and was in the middle of typing a sassy Instagram post, when I saw my friend Chelsea Homer post something that was so deeply reflective, that I knew I had to turn this into an episode so I could share her words with you. So Chelsea, Homer is someone that I admire so much. She is one of the founders of the Lost and Found Club, which is a community and resource hub that's led by women and gender queer people for individuals looking for community outside of religion. And I will of course link that in the show notes. She's also a white woman, a mom and a wife. And she has shared very openly about leaving the church of Jesus Christ of Latter-day Saints, aka the Mormon church, and her journey to finding community outside of the church. But the thing is, you don't have to be Mormon to identify with what she's saying, because I think that there are so many women who can relate to feeling like our patriarchal and racist society has pressured us into quote, unquote, "staying positive," when things are hard. So I was just going to share a portion of what Chelsea said, but I want to just read it in its entirety, because I think that you might really identify with what she's saying. if you are a woman who holds white privilege. Being able to watch someone be this reflective and work through her thoughts and feelings on this issue, in real time, is a true gift that she's given the world. So Chelsea, if you're listening, thank you. And now I will share what she said.

J Jasmine Bradshaw 32:54

Chelsea says, "I've consumed an ungodly amount of media this week. Important conversations are happening right now about transgender rights, war coverage, America's involvement in bloodshed abroad, all coming on the heels of the last week of Black History Month. It got me thinking about our collective response to uncomfortable information.

J Jasmine Bradshaw 33:15

"This week an influencer made a call to 'lead with light and love' and let go of the rest. I've seen a lot of calls to just look for the good and focus on our own internal energy if the world is

too toxic right now. Which, I agree with. I don't think there is a more important call than that of protecting our mental health. When we burn the candle at both ends, everyone suffers. We can't be of service if we are not well."

**J** Jasmine Bradshaw 33:41

She goes on to say, "And. This is a big 'and' moment. How do we not look away? How do we let the desire to uproot harmful systems cleanse us from the inside-out? Something I have noticed about myself since leaving Mormonism is that the call for positivity is triggering to me. Overtly positive spaces don't feel safe to me anymore. Is this a trauma response? Most likely. But, I've come to find that my focus to 'find premature meaning,' 'look for the good,' or 'let go of the anger' kept me comfortable in my privilege. It halted an enormous amount of critical thinking and much-needed self-reflection. When I didn't open myself up to the horrors around me and allow them to eat at my insides, I didn't have the grit to make meaningful changes."

**J** Jasmine Bradshaw 34:40

She continues. "Last summer I told my therapist about this anger. Some days I worried it would rot me from the inside or swallow me whole. This anger was making me irritable. And I knew my kids were perceiving it. This anger was also the 'Mario Kart bullet' that got me out of rooms and organizations and mental prisons that were hurting me and those around me. Learning to thank the 'motivating anger' I grew up avoiding has been transformative. I'm not posting to criticize a viral video of a fellow IG'er. I'm sharing to humanize a process of not always looking for the good, but also looking for the complicity, ignorance, and harm. When I rush for comfort too quickly, it forces others to make up the difference.

**J** Jasmine Bradshaw 35:26

End quote. It was that last line that hit me like a ton of bricks. "When I rush for comfort too quickly, it forces others to make up the difference." I felt that in my bones, because so often, when the people I love who hold white privilege have rushed to comfort, the person who has to make up the difference is me. And I'm pretty dang tired of it. So I'm so grateful to have a community of people who are committed to being the difference instead of forcing the people around them to make up the difference.

**J** Jasmine Bradshaw 35:58

When I was in college, I had this amazing professor and one of the first things he had us do when we came into his class was he said, "Think about the thing that makes you the most angry. What is the problem in this world that makes you the most mad? Now I want you to try to help solve that problem." He said, "That anger is what will propel you forward in trying to find solutions for the problem." Isn't that exactly what Chelsea was talking about? She was saying that sometimes the anger can move us into a space of action that's actually good. So we shouldn't always be running in the opposite direction of anger. That's why I talk about racism. I hate it so much, and it makes me super angry, and I really believe that it doesn't need to be

this way. So I talk about racism every single week. And I'm that girl who talks about race. And there are lots of people who don't want to talk to me about race, but I still talk about it because it makes me so mad. And I think I can really help make a change.

J Jasmine Bradshaw 37:02

In being an anti-racist educator, I am modeling for my children, what love looks like by trying to create a better world for them to grow up in. And I'm actively teaching them our family values, which is one of the most loving things that I can do as a mom. So I hope that you will take this episode, and take a minute to reflect on what you can do. What is the problem that feels like it's worth stopping your life for? What is the problem that makes you the most angry? And how can you take action? Not just right now in times of world turmoil, but in your everyday life? What does that look like? What does it mean to model anti-racism and justice-seeking for your children? Please remember that I love you so very much. And if you felt called in by this episode, then take a minute and sit with that. It's okay to sit in the discomfort.

J Jasmine Bradshaw 38:01

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](mailto:hello@firstnamebasis.org). All right, have a great week my friends, and I will talk to you again soon.