

6.6 Three Things Children Need To Know About Slavery

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You're listening to the First Name Basis podcast, Season Six, Episode Six: "Three Things Children Need to Know About Slavery." 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 competency 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. Hello, First Name Basis fam. I am so glad you are here. Today I am going to start right out the gate with a trigger warning for my Black brothers and sisters and my Black and Indigenous People of Color. I want you to know that we're going to be talking about some really tough things, both about slavery and just about racism in general. So please take care of yourself and come back to this episode if you need to, or not at all. Just know that your healing and your strength is my number one priority. Juneteenth is coming up this weekend. And so naturally, I've been thinking a lot about slavery. You know that I always say Juneteenth is a time for reflection. Reflection on my own life, but also on the history of the country that I live in, and the history of my family and my ancestors. And so I've just been thinking so much about slavery. And I've been thinking about things that I really wish an adult had told me when I was a child learning about slavery. So in this episode, I'm going to share with you three things that children need to know about slavery. And these really are from my own life. Three things that I've learned as an adult that I wish I knew way earlier. And it's kind of funny, because this episode was actually supposed to be about food, because as you know our Juneteenth Jubilee program is all about creating a meaningful Juneteenth Celebration dinner with your family. So I wanted to share about the food on Juneteenth and the history behind it. And I was finding some really cool things, but nothing was feeling right. This podcast is a really creative outlet for me, and it's almost like, I don't know, I've never been like a painter or anything like that, but there are some episodes where I just feel like it just clicks and I'm like, "Yes! That's what I'm supposed to be talking about this week." And then there are some times when I'm working on it and working on it and working on it, and it's just not coming to me. And that's how I was feeling about the food episode. Like I'm sure I'll make it someday, and I'm really excited about it, but it just wasn't the right thing. And a

couple of days ago, I was snuggling into bed for the night, and my husband was like, "Do you wanna watch some TV?" And I was like, "Of course," and he turned over to go to sleep. And so I ended up watching this Jennifer Lopez documentary about when she created the Super Bowl halftime show. And I was like, "Oh, just watch a few minutes of this and then shut my eyes." Oh, my goodness, I was sucked in. It was so good. It was beautiful. By the end, I am sobbing, like sobbing to the point where I'm turning to my husband making sure I'm not waking him up with my like, stifled cries. It was so gorgeous. And the thing that hit me so hard was that she started off the documentary talking about like, how she doesn't want to be political. And she has this clip in there from years and years ago, where she talks about, like, "I just want to write love songs. And I don't really like talking about heavy hard things in my songs. I just want to talk about love." And it was super powerful to me because she just being herself, just being a Latina in Hollywood was a form of resistance. But to see her transformation from that, from someone who says, "I really don't want to touch the hard stuff" to someone who does a Superbowl halftime show where there are children in cages on the field. Oh my gosh, it was so powerful. And she talked so much about how this is not about politics, this is about human rights. And she had to go up against the leaders of the NFL. And the Super Bowl is the largest stage in the country, and oh, it was just, it was so good. So as I'm sitting there sobbing my eyes out and of new " I mean, I liked Jennifer Lopez " but I feel like I am way more of a fan of her now after all of that. I thought, "What do I really want to say about Juneteenth? What do I really need to share?" And that is when I felt like I really understood what I want you to know is what children deserve to know right now. It's what we all deserve to know. It's the things that we're learning as adults that we should have learned when we were kids, because we would've had such a better understanding of what is going on in our country and all of the things that we're seeing play out right now. We would understand them so much more if we were clear about why slavery happened, where it came from, and how horrible it actually was. So that's kind of the background on this episode. And I will share with you today three things that I wish I knew growing up. Three things I wish a grownup had explained to me about slavery. But the thing is, I don't think that many of the grownups in my life could have explained this stuff, because I don't think they knew themselves. It's so sad to see how the education is missed from generation to generation. And I want our generation to be the ones who stopped that, to be the ones who give our children the tools that they need to make the change we want to see. So as I was watching this JLo documentary, at the end, in the Super Bowl halftime show, she has all of these little children, these little girls who are singing that song "Let's Get Loud." And this is the part that really hit me, that made me cry because I thought our kids need to know what they're getting loud about. And they need a safe space to ask their questions, and to have their confusion and their misunderstandings cleared up when it comes to slavery and other atrocious pieces of our nation's history. So a safe space to get their questions answered about slavery is really the purpose of Juneteenth Jubilee, our program that we created for you so that you can have a meaningful Juneteenth Celebration dinner, and I will talk all about that towards the end of the episode. But you can check it out at firstnamebasis.org/juneteenth. And you can use the code CELEBRATE15 for 15% off. It's all one word, and "celebrate" is all caps. I don't actually know if that matters. But just try to do it all caps. All caps CELEBRATE15 for 15% off. I'll put the link and the coupon code in the show notes so that you can go there and check that out. And of course, I'll give you more information at the end of the episode. I also wanted to tell you about two other really helpful episodes that I will link in the show notes. I have one all about the history of Juneteenth. It's literally just called "What is Juneteenth?" And it talks about the history and kind of important special ways that you can honor the holiday and celebrate. And another one, which is actually the third episode that I ever created in this entire journey of First Name Basis, it's Season One, Episode Three, and it's called "Talking to Your Children About Slavery," and I give very, very basic dos and don'ts for having the conversation about slavery with your kiddos, some things that you can say and some things that you should avoid. But

today we are talking about three things I wish that a grownup would have told me about slavery. And these are three things that I really think children need to know about slavery. So let's dive in. The first thing I wish that I knew, and that our children need to know, is that white Europeans were able to enslave Africans because they were obsessed with creating weapons that would help them conquer other nations. So if I can get personal "well, I feel like I do that a lot. "Thanks for letting me get personal," I should say "but for a long time, I distanced myself from slavery, because it was so awful. Like I really didn't want to learn about it. I didn't want to talk about it. It was horrible. I remember all the students in my class staring at me while we would learn about it. I remember people asking me if I was ever a slave. It was so hard. I went to a predominantly white school, lived in a predominantly white community. And as a third grader learning about this stuff, it was just something that I felt like I didn't really know how to handle. And on top of how uncomfortable it all was going through these heavy things, and sorting through these emotions, in a very public place with people who knew me pretty well "I mean, my classroom and my teachers "just the thought of my family enduring this awful treatment was a lot to hold as a kid. Like seeing some photos and hearing about how enslaved people were treated and then thinking that that's something that my family went through was so hard for me. And so I remember telling myself and other people, like, "My family's not from Africa, they're from the Bahamas." You know, this, my grandparents immigrated to America from the Bahamas, and so I thought, "They're not even from there. It's not really something I have to worry about. It's probably not in my family history." Well, obviously, that's not true. So one day I was saying this, like "Our family's not from Africa, they're from the Bahamas." And my mom turned to me and goes, "Well, how do you think they got there?" And I just had to take a minute and collect myself, because I had no idea, but it made total sense as soon as she said it. And that was the moment that I knew that my family had gone through some of these horrible things, and that I would have to grapple with it. But even before I realized that my ancestors had been part of the Atlantic slave trade, I was just super confused. Because in school, they tell you that slavery happened, but they don't tell you why. They don't explain why it happened. Growing up, I remember wondering, "Why were the Europeans able to overtake the Africans? Why could they overtake us? Are white people really smarter than Black people? Are they stronger? Is that why? Why did their plan work so well for so long?" And I just remember, I don't know if it was conscious or subconscious but I felt like maybe if I tried to distance myself from that, if I tried to distance myself from my Blackness, then I won't fall prey to the things that other Black people in my head, quote, unquote, "fell prey to." Maybe I will be able to escape or make it out or whatever if I can make sure that I align myself with the dominant culture. Honestly, I really struggled to say this stuff out loud for a long time, it was just stuff that was in my head. And I'm still working through the shame and the embarrassment of even thinking these things and having those questions of, "Are white people really better than Black people? Are they smarter? Are they stronger? Why were they able to conquer us? And why were they able to do it for so long? Are they better than us?" And I have to remind myself, that America is a place where white supremacy is the norm. I was just breathing in the air around me that everyone else was breathing, and it's not my fault. It's not my fault that I internalize these concepts. It's not my fault that I had these questions. And Mom and Dad, if you're listening, it's not your fault, either. We lived in a community where many of the majority of the adults in my life had no idea how to talk about race, how to talk about slavery, and what the heck they should say. My parents at home, they gave me books, they gave me opportunities for conversation. But I spent so much time at school with all of these other people who had absolutely no clue how to approach these topics. So the fact that I thought these things and felt these things is not my fault. I take responsibility for how I acted in response to those. But understanding that the fact that that was inside of me, is not my fault, and giving myself grace for that and understanding that it's not the fault of my parents either. It is the fault of white supremacy culture. Now, I didn't realize this at the time, but I was really

struggling with something called "internalized oppression." And internalized oppression is when Black Indigenous People of Color struggle because they believe the lies that white supremacy has told them. Now I have plans to make an entire episode on this, because for me it was really healing to finally have a name for the things that I was going through. And so I think it would be helpful to others to be able to explore this topic more. But for today's conversation, I want to lean on Britt Hawthorne's brand new book called "Raising Anti-Racist Children." So in the book, she actually recruits a handful of different anti-racist educators and other people to contribute to the book, which I love because it shows her commitment and community. And so in one of the sections, Dr. Kira Banks, who is another researcher, an anti-racist educator, writes about internalized oppression. She writes, quote, "Oppression tells us lies about who we are. These inaccurate messages are byproducts of systemic racism and can get picked up or appropriated through interactions, media, and the education system." Now Dr. Banks actually goes on to say that she really doesn't like calling it internalized oppression. She writes, quote, "You might have heard it referred to as 'internalized racism.'" I prefer talking about these lies as something that can be picked up rather than something that's inside me, because it's easier to put something down than to extract it." End quote. Now I love that. I love the way she reframes that as something that we pick up and something that we put down, instead of it being like nestled inside us and super hard to get out. But I lean on the term "internalized oppression" or "internalized racism," because right now that is the term that a lot of people will understand when I say it. I'll say the word and they know exactly what I'm talking about. I have to say, before we move on that Britt's book actually just became a New York Times bestseller! So that is amazing. And so exciting. And I will link it in the show notes. You all know that if you go to firstnamebasis.org/books, any book that I ever mentioned will be included on one of our bookshelves there. So anyway, I tell you all of that, about internalized oppression and about picking up these lies and putting them down, because I want to show you that the way that I was able to put those lies down was by learning the truth. And this is the part that we need to be sharing with our children. So when I was doing research for the episode called "The Untold Story of Christopher Columbus," and I will link that in the show notes of course I read a book by James Loewen. And it was called "Lies My Teacher Told Me," and he writes about how children are left to believe that white domination is the natural order of things. They think the natural order of this world is for white people to have all of the power to be in charge and to be able to do what they want, when they want, where they want, because no one ever explains to them how white people ended up with so much power. How did they get this power to begin with? If we don't understand how this society came to be, we have little Black-biracial children growing up in Phoenix, Arizona, who think that white people might really be better than Black people, because they were able to enslave us. And we have little white children growing up all over the country who think that their families deserve to have so much more resources, and access and power than families of color. So I remember reading that in the book "Lies My Teacher Told Me" he's like, "You know what, children are really confused about why white people dominate everything. Because no one explains how it actually came to be." I was thinking, "Yes. Oh, my gosh, this is what I've always wondered!" I'm a full-grown adult, I've already started the podcast at this point. I know, I know, in my head, that white people aren't actually better than Black people. I know that but I still don't understand how all of it came to be. And this piece of truth is what I needed to be able to put down those nasty things that I had picked up throughout my life. So he goes on to explain why white people have so much power. It's not because they're better or smarter than anyone else, it's because they spent so much time developing weapons, while other cultures were focusing on other things. So here's the gist. Europeans decided that they wanted to steal land and enslave people. They decided that that was their goal, that they wanted to go around the world and take stuff from people. Take their stuff, take their land, take their resources, and take their families and separate them and torture them into doing the work that they didn't want to do. And they knew that people of

color, were not just going to go along with this plan willingly. Nobody, if you walked into their country, if you walked onto their land, they're not going to be like, "Oh, yeah, go ahead and take it out. Also take my kids to do all your dirty work." No, that's not going to happen. So because they knew that people weren't going to do this willingly, the white Europeans spent lots and lots and lots of time and energy and money developing weapons. It's not that communities of color were weaker or less smart. Their weapons weren't as advanced because they were not trying to take over entire continents by any means necessary. They weren't trying to find the most efficient way to kill another human being, or the best way to terrify someone, torture them, and enslave them. People of color were using weapons for other purposes. They were hunting, they were cutting down trees, they were doing all of these things to feed themselves and continue the communities that they had built. And of course, there were groups of people of color who would have wars with each other, but they were not trying to subjugate entire groups of people. So this concept that Europeans were so obsessed with white domination, that they spent tons of time and money on creating weapons, and that's why they were able to enslave Africans, and that's why they were able to steal land from Indigenous peoples is something that we discussed in our program called Ally Elementary. So I will link that program in the show notes if you want to check it out. It's firstnamebasis.org/allyelementary. And basically, it's an opportunity for you to help your children or your students really become the anti-racist allies that our communities need. But we talk about this truth, and this is a truth that you need to share with your children. Slavery didn't just happen because Black people are weak or less smart. It happened because white Europeans were so obsessed with power that they spent so much time developing weapons so that they could overpower other groups of people. And I really want you to take a minute and consider the gun violence of today. And consider why white supremacy and white domination are still so well intact. So I've shared this story before, but I want to share it again, because it really fits into the picture of this episode. Now, after my mom said to me, "How do you think they got there?" Referring to the Black people who lived in the Bahamas, I really started to get curious about how my family got there. I was like, "Okay, well, now I know that they got there from Africa. But what did that look like? And were they enslaved once they got there? Or what's the story behind this?" So I asked my dad, and he told me the most amazing story about my family history. So my family is from Africa on my dad's side, and they were a part of the transatlantic slave trade, and their ship was headed for the Bahamas. Well, my family who was on the ship who was captured by the white Europeans and on the ship, they got really sick. And if the enslaved people got sick while they were on the ship, the white Europeans, the enslavers, would just throw them overboard because the point of these people was to do work. So if they were too weak to work, they didn't want them on the ship. They would throw them into the ocean to die. And my family was thrown overboard. They were found floating in the ocean by the Arawak. Now, the Arawak are the people who are Indigenous to the Bahamas. So the Indigenous peoples, the Arawak, they found my family, and they brought them to shore. They saved them out of the middle of the ocean, brought them to shore, nursed them back to health, and allowed my ancestors to live with their people. And when I asked my dad, "How the heck do you know this story? Like, how do you know this is true?" He talked about the power of oral family history and passing stories down to one another. So my grandmother actually lived with her grandmother. It's a long story, but my grandma's mom, so my great grandma, actually came to the Americas with a couple of my grandma's siblings, before my grandma was able to come. So my grandma lived in the Bahamas with her grandma, my great-great-grandma. And so it turns out that my great-great-grandma, my grandma's grandma, was the last person in our family to actually live with the Arawak before moving to a different part of the Bahamas where my family is based now. So I still have family members who live in the Bahamas, and they live in Nassau. And that's where my grandma's grandma, my great-great-grandma moved to after she left living with the Arawak people. So I knew that it was a miracle that my family survived, because they definitely

should have drowned in the ocean. But I didn't realize how much of a miracle it really was until I visited the National Museum of African American History and Culture last summer when we were in DC. So if you're not sure, this is the Smithsonian museum that's all about Black history and black culture. And I really don't know how else to say it, but this museum changed my life. Going there absolutely changed my life. When I was there, it was so sacred. And I felt my ancestors. And I wish I could bottle up this feeling and just lean on it when I'm having a hard time, because it was so special. And it actually led me to making some really important decisions in my life that helped me feel like I'm making my ancestors more proud than I was before. So I'm so incredibly grateful for this place. And while I was there, I was taking pictures of everything I could. I knew that they had recruited some of the most brilliant Black minds in the country to work together to create this museum. And so I read and I read and I read. Carter and I were there for hours, and I took pictures of so many of the plaques. And when I got home, I sat down and I typed up the notes of the plaques because I didn't want to forget anything that I have learned. And so I often go back to those notes when I'm trying to remember something or trying to figure something out, because it's just jam-packed with amazing information. So I'm going to share just a few of the notes that I took a few of the plaques with you throughout this episode and I will link the museum in the show notes because if you're ever in DC, you have to go. You have to go. You really really really have to go. Well, okay, so I really didn't realize how rare it was for enslaved people to even make it onto the ships. I mean, the conditions of being captured were so disgusting that so many Africans were killed before they even got to the ship. There was a plaque in the museum entitled "Enslaving an African," and it reads, quote, "Enslavement of Africans was a long process that began at the moment of capture, and extended through a series of ordeals leading to the plantation fields, or some other forced service. Each step of the process magnified the inhumanity of New World enslavement. Scholars estimate that of every 100 people seized in Africa, only 64 would survive the march from the interior to the coast; only 57 would board the ship, and just 48 would live to be placed in slavery in the Americas." End quote. Wo the fact that my family made it onto the ship is mind blowing to me, because the conditions were so awful, so harsh, so terrible. But it really gets even more shocking from there. So there was another plaque that was called "Violence at Sea," and it reads, quote, "The shipboard experience was a matter of life and death. Enslaved Africans were kept in horrific conditions. They lay in their own excrement, they were raped, and all faced the risk of disease. The sick or diseased were thrown overboard to sharks that regularly followed the ships. Some found freedom in suicide, while others held on to their humanity, despite the most inhumane conditions on the months-long journey." End quote, so I knew that it is a miracle that my family is still alive, that my family made it through that. But I had no idea that not only did they have to brave the waters, there were sharks waiting for them, because the sharks had been conditioned to follow the ships. The sharks knew that there would be human beings thrown over. They knew that following the ship meant that they would have a meal. Can you just...that is so horrible. How was my family not eaten by sharks when they were so sick? How...I just don't, I don't understand how they were able to survive. And I'm so grateful that they escaped the sharks and were rescued by the Arawak. And when I say that, the fact that my family is still around as a miracle, I really want to be clear that I'm not trying to say that God loved my family more than others, or that God, quote, "Had a plan for us" in a way that they didn't have a plan for others. I just really don't have any other words to describe it. Nothing else seems to fit, because by all accounts, it seems like my family should not be here. I really believe that all Black people are walking miracles, and I think so often about the ancestors that didn't survive the journey, the ancestors who weren't able to carry on their family line, and it just feels so unfair. So please don't think that I say the word "miracle" thinking that we are the chosen ones. I say the word miracle because I just don't understand how I'm even in existence. So I want to thank you for giving me the space to be so vulnerable. I'm sure after I hit publish on this episode, I'll have a little bit of a vulnerability hangover. But

just to review, the first thing that I really wish adults would have told me when I was learning about slavery growing up, and something that I believe that children really need to know about slavery, is that white Europeans were able to enslave Africans because they were obsessed with creating weapons that would help them conquer other nations. Okay, moving on to the second thing that our children need to understand about slavery. They need to know that slavery was so terrible because Black people were constantly resisting and fighting back. This is something that I learned when I was listening to the "Teaching Hard History" podcast. It talks all about the Civil War, it talks about the civil rights movement, it's an amazing podcast, and it's created by Learning for Justice. So I will link everything in the show notes. But I remember hearing this and feeling super validated, like, "Yep, that totally makes sense." And it's actually a pretty easy concept, and everyone needs to understand it. The reason why enslavers treated enslaved people so terribly and had to torture them was because they were always resisting. The Black Africans, the enslaved people, they never gave up their hope for their freedom. They knew that they deserved better, and they knew that they deserved basic human rights, so they were always ALWAYS, ALWAYS resisting. And in response to the resistance, the white Europeans, the enslavers, were so brutal and so terrible to them, because that was the only way to keep this strong, brilliant group of people, subjugated and, quote unquote, "in line." Like I said, Black people are brilliant, so they developed so many creative ways to resist, and when I was listening to the "Teaching Hard History" podcast is when I started to understand the depth of their resistance. They would do things like breaking tools so that they couldn't do the work they were supposed to do. They would tamper with the food that they made for the enslavers — they would put glass in the food, they would try to poison the enslavers. They also resisted in more visible ways, like running away and gathering weapons to try to escape. They were always trying to take their freedom for themselves, they were always organizing themselves and constantly plotting a way out. So this idea that enslaved people were weak and docile, and just whistled the day away and didn't know how to talk, like all of that stuff is so untrue. They were so smart. And they were always trying to reclaim their humanity. The resistance was both quiet and loud. And slavery was so terrible because they were so brave. So please, teach your children the truth, teach them about the strength, the creativity, and the brilliance of enslaved people. Teach them that they were always resisting, and teach them that the reason why slavery was so brutal is because of the strength of Black people. All right, the third thing that I really wish someone would have helped me understand, the third thing that our children need to know about slavery, is that plantations were torture sites. And they should be remembered as such. Slavery was terribly brutal. We just talked about that. Slavery was separation of families, slavery was rape, slavery was horrible physical abuse and torture, slavery was awful. Plantations were torture camps, plain and simple. The best resource that I can point you to that will help you really understand the depths of this torture is Clint Smith's book. It's called "How the Word is Passed." It is amazing. He is amazing. If you listen to the book, he reads it, and it is...wow. I mean, I do have to warn you that if you listen to the book, while you're on a plane, you might get the attention of the people around you because you're crying so hard, speaking from experience. But here is what the Black History Museum, the Smithsonian, said about, quote the human cost of slavery. One of the plaques said, quote, "The average lifespan of enslaved Africans who worked on colonial sugar and rice plantations, was seven years. Extreme physical demands relied on equally extreme instruments of torture to ensure control over enslaved peoples and to protect plantation profits. Enslaved Africans were denied human dignity, and the benefits of the economies and societies that they built for others." Seven years. Once Africans made the long — the month-long — journey from Africa to the Americas, and began working as enslaved people, they only lived for seven years, because these plantations were torture camps. That is why plantations should not be vacation spots. They should not be wedding venues. Y'all I've seen you visit Holocaust memorials. I've seen you visit actual Holocaust concentration camps. And you want to know what? When you take

pictures of those places, you are not smiling. No one smiles at those places because there is nothing to smile about, because we all understand how terrible those camps were. We understand that those were a place of torture and death. And it is the same situation for plantations. So why do we have weddings? Why do we have parties? Why do we have cutesy little tours at these places where people died, where babies were ripped from the arms of their mothers, where women were raped? Why are we celebrating on this land? Let me tell you a story. So we are going as a family on a trip to Nashville this summer. And when I was researching what to do there, I found an article called "30 Fun Things to Do in Nashville With Kids: The Best Family-Friendly Attractions." So I'm just scrolling through, and right between the hop-on hop-off bus where you can go look at things, and the escape game Nashville (which is just an escape room), it lists the Belle Meade plantation as a family-friendly attraction. Here's what it says about the Belle Meade plantation. It says quote, "If you're visiting the South, you absolutely must visit a plantation, and the Belle Meade is an excellent option. With interesting tours that'll hold the tots' attention and a treat for parents right at the end — wine tasting! The former horse breeding plantation features horse stables, carriage storage, and a great lawn. End quote. So gross. So gross. I was so upset. I was like, "Okay, well, maybe this wasn't a plantation where enslaved people were held," like maybe it really was just about all the horses. So it took me about five seconds of googling to find out nope, nope, this was definitely a plantation that was run on the labor of enslaved people, aka this was a torture site where you can now have tours that'll hold the tots' attention and do a wine tasting. I was sick to my stomach. So here's what I found. It said, quote, "Nearly all of the structures at Belle Meade were constructed using the labor of the enslaved. They built the slave quarters, blacksmith shop, barns, and mills. The 1853 Greek Revival style mansion was also completed using primarily enslaved labor. The beauty of their craftsmanship is still admired today." End quote. So enslaved people were tortured into building this mansion that people now go and have wine tastings at. It's so disgusting. I'm so annoyed and frustrated and angry that our country refuses to reckon with its history and to respect the people that they tortured. I'm so mad. I had to stop planning for our vacation because I was like, "Do I even want to go to this place?" Obviously not the plantation I mean, this place being Nashville. I just, it's, I feel like one of the reasons why slavery was so confusing to me growing up was because people are so blase about it, they still are. This article was written in February of 2022. This year. It was written like a few months ago, and the person who wrote it was, of course, a white guy. So please, stop pretending like slavery wasn't a big deal. It was a huge deal. And we are still dealing with the effects of it. And our children really need to understand that they have a choice to make. They can be part of the problem, or they can be part of the solution. So the third thing that children need to know about slavery, is that plantations were torture sites, and that they should be remembered and treated as such. So those are the three main things that I wish someone had taught me about slavery when I was a child. Three things that our children need to know. The first being that white Europeans were able to enslave Africans because they were so obsessed with creating weapons that would help them conquer other nations. The second being that slavery was so terrible because Black people were constantly resisting and constantly fighting back. And the third being that plantations were torture sites and should be remembered and treated as such. Now, before we close out the episode, I just want to say thanks. This episode is really personal to me, and I'm really grateful that you listened. And I want to tell you about Juneteenth Jubilee, I feel like oftentimes, I create programs for First Name Basis because I'm trying to heal a part of myself that has been really hurt by racism. And I create programs for First Name Basis and for all of you because I don't want your children, our children, to go through the same things that I went through, to experience the same hurt that Black children all over the country are continuing to experience. And if you are a Black family, I hope you know that everything I do is for us. And if you are a white family or non-Black people of color, I hope you know that you have so much power to be part of the solution. I mean, I created Bite-Sized Black History

because I hated Black History Month growing up, and I really wanted, like, kiddos in elementary school to feel proud of their heritage and excited to be Black. I created Ally Elementary because I felt like I had to do something. I had to do something tangible and long-lasting after Ahmaud Arbery, George Floyd, and Breonna Taylor were murdered. And I created Juneteenth Jubilee because I wish that while I was growing up, I had a safe place to ask questions about slavery. And in my house, there really was no safer place than our dining room table. So that's why Juneteenth Jubilee centers on the food. That's why Juneteenth Jubilee was created: to give you all of the tools that you need to host a meaningful Juneteenth Celebration dinner, this space where you cook these family recipes that are celebrating Black culture, where you talk about the history of the United States, the history of slavery, where you give your children nuggets of truth, where you plan together, you cook together, you learn together, and then you reflect together. That is the safe space that our children need. They need to be able to ask these hard-hitting questions, they need to understand the truth so that they can be part of the solution. So that they can begin to heal, so that our country can begin to change and be a place where our children, all of our children, will have the tools they need to reach their fullest potential. So when you invest in Juneteenth Jubilee, you're not only investing in a meal plan, a cookbook, a cooking show that I created with my dad to teach you how to make these meals, the beautiful placemats and place cards and all of the other things that make this meal so special, the reflection questions that are tailored to your family's racial identity, so that you can either be celebrating the strength of your ancestors, if you are Black, or really reflecting on your anti-racist allyship, if you are a white or a non-Black person of color. It is not only an investment in this amazing experience, I believe it's an investment in healing for our future. And I really want you to know that it's okay if you can't celebrate Juneteenth on June 19. Yes, that is the official day. But please don't miss an opportunity to teach your children and give them a safe place to ask questions just because you missed that date. I know that your lives are so full, full of great things, activities, and friends and family. I know because I have two little kids, and I would feel like "Oh my gosh, I missed it. June 19 came and gone and I missed it." But you didn't. You didn't. You can create this learning opportunity when ever. I mean, heck, if you're listening to this in November, go grab Juneteenth Jubilee and talk about Juneteenth. Because these truths are so important, our children need to know so that they can be prepared to live out their full potential and change our country. I mean, we we desperately, we desperately need to work together as families to change what we see going on around us. So go to firstnamebasis.org/juneteenth, check out Juneteenth Jubilee, use the code CELEBRATE15 for 15% off, and I will put that code in the show notes along with the link. Thank you for giving me a place to talk about all of this stuff that I've been carrying around for so long. I really do feel like this is an important piece of my journey to healing. And go watch that Jennifer Lopez documentary because it was stinking powerful. And I hope that this gave you just a little bit of the feeling I got when I was watching her and all of those kids sing "Let's Get Loud." Let's get loud. Let's get loud together. Let's celebrate Juneteenth, celebrate the power of change that we hold within ourselves. 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 referenced 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 Bame 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.

