



"Men hate each other because they fear each other,
and they fear each other because they don't know each other,
and they don't know each other because they are often separate
from each other."
Dr. Martin Luther King Jr.

TOPICS: overview of the nine-week sessions

1. Introduction: defining prejudice and racism
2. How racism is perpetuated: early childhood experiences, misinformation and separation
3. Individual racism / prejudice
4. Internalized racism: when the anger, hurt and frustration turn inward
5. Stereotypes and how they affect us
The award-winning documentary "Ethnic Notions" shows deep-rooted stereotypes and dehumanizing caricatures that have fueled anti-Black prejudice.
6. Institutionalized racism: it's in the systems that affect us daily: the media, justice system, educational system, health care, economics
7. The oneness of humanity: achieving unity and preserving diversity
8. Ally building as a way to heal: an individual commitment
9. Networking: working in groups toward a solution