

WORKSHOP GOAL

To create a safe space for the exploration and transformation of racism.



ESSENTIAL QUESTION

How do we strengthen Mat-Su families and keep children safe by creating equitable and just communities?

★ AGENDA

SESSION A- IDENTITY

Overview

What will we be accomplishing together?

Mobius Strip

How does identity shape us?

Unpacking Racism

What is racism and how does it operate?

SESSION B- HISTORY

History Timeline

What is the history of colonization and racism?

SESSION C- AWARENESS

Personal Timeline

How does my timeline overlap?

Theater of the Oppressed

How do we see and shift power?

SESSION D- ACTION

Transforming Racism

How do we strengthen patterns of well-being, resilience, and empowerment?

Planning

What steps will I take?

★ AGREEMENTS

- Be present
- Be curious
- Be brave
- Be reflective

★ OUTCOMES

1. Understand **identity & racism**
2. Apply a **historical lens**
3. Develop **awareness** of power
4. Create an **action** plan

★ ROLES

