

# CHECKBOX OTHER

with Nikki Innocent

## EPISODE GUIDE: DISMANTLING OPPRESSION

- ▷ What am I fearful of? What am I terrified of? Where does that feeling come from?
- ▷ Who do I consider to be a "good person"? Why are they considered "good"? Is there a baseline that considers them to be good? In my examples of heroes, who becomes the villains? What do they look like?
- ▷ When do I tend to use words like they and them? How can I transfer this thinking into we as a human race?
- ▷ What can I learn about the history of dehumanization based on race? Especially animalistic dehumanization.
- ▷ What would it take for me to rise up and engage this level of risk & protest? Why do I view it as "craziness" or "madness"? Would I do it if my life, my kid's life, my loved one's life was on the line?
- ▷ Where do I need re-educate myself. What systems of oppression do I need to learn more about? What do I know about the history of whiteness? Build your critical thinking muscle.
- ▷ Explore why it took up until this moment to speak up and to be shocked? Why wasn't I speaking up last week, last month, last year? What long standing forces have kept me quiet until this point?

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- ▷ Before I share my outrage on social media, have I sat with the discomfort? Have I learned where it's coming from?
- ▷ Take a moment to think about how even expressing outrage is a privilege. Do I understand that my choice to engage is a privilege in itself?
- ▷ Whose voice can I amplify? How can I uplift voices?
- ▷ What systems of oppression can I shine a light on, can I name, can I call out? How can I call in people around me that I witness falling prey to generations of supremacy?
- ▷ What is the next opportunity, the next decision for me to be curious and act differently?
- ▷ Who is "my person" to talk to about this work? Who do I have influence with that will hear me in ways they wouldn't hear a black person?
- ▷ What does that discomfort I'm feeling show me about me and my opportunity for change?

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