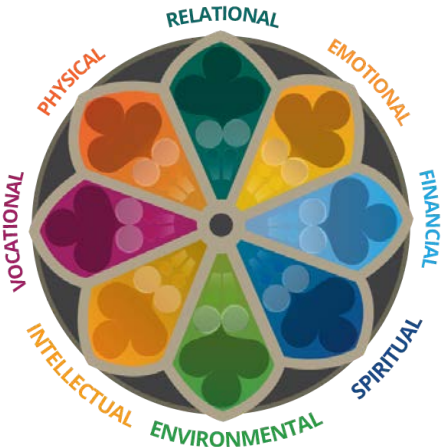


# GSD Staff News

## Community and Wellness Resources



### Talking to Kids About Race and Racism

Dr. Beverly Daniel Tatum, a nationally recognized authority on racial issues in America and a clinical child psychologist, shares how you can talk to and teach your kids about race, racism, and protests. This live Q&A webinar, hosted by Care.com CEO Tim Allen, includes guidance on how to have important – often difficult – conversations with kids of all ages about race that are empathetic, constructive, and compassionate.

Listen to the recording here:  
<https://vimeo.com/432319597>

#### For additional resources on this important topic, please visit:

- [Dr. Beverly Daniel Tatum’s website](#)
- TED Talk: [Is My Skin Brown Because I Drank Chocolate Milk?](#)
- [Social Justice Books](#)
- [Common Sense Media](#)
- Book: [Something Happened in our Town: A Child’s Story About Racial Injustice](#)

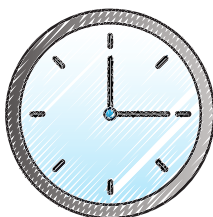
### Daily Guided Meditations Center for Wellness & Health Promotion

Join us for a drop-in meditation!  
 No experience necessary.

#### Daily Zoom Meditation

Monday – Friday, 12:15pm-  
 12:45pm EDT

Password: meditate



### Diversity, Inclusion & Belonging Anti-Racist Resources

To be an ally is to be an active agent of change. This includes proactively recognizing your privilege, amplifying Black voices, and working towards a permanent social and systematic change. In the words of author Ibram X Kendi, “No one becomes ‘not racist,’ despite a tendency by Americans to identify themselves that way. We can only strive to be anti-racist on a daily basis.”

#### ACTION

- [5 Ways to Show Up for Racial Justice Today](#) (KOED)
- [20 Actions White People & Non-Black POCs in Corporate \(and otherwise\) can take to show up for Black People right now](#) (Medium)

#### FOLLOW

- [Antiracism Center \(@AntiracismCtr\)](#)  
 Our mission is to produce knowledge for change’s sake. Directed by Ibram X. Kendi [@ibramxk](#). Be Bold. Be Antiracist
- [Alishia McCullough \(@blackandembodied\)](#) is a social justice warrior, author, counselor, and promoter of fat liberation and racial healing.

#### LISTEN

- [Brené Brown with Ibram X. Kendi](#), a podcast episode on antiracism
- [How to Raise Anti-Racist Kids](#) (with Dr. Nzinga Harrison)

#### WATCH

- [When They See Us](#) by Ava Duvernay (Netflix)
- [Let It Fall: Los Angeles 1982-1992](#) by John Ridley (Netflix)

#### READ

- [Raising White Kids: Bringing Up Children In A Racially Unjust America](#) by Jennifer Harvey
- [Hood Feminism: Notes from the Women That a Movement Forgot](#) by Mikki Kendall

#### CONVERSATION

Discussion you can ask a round the dinner table

- [Have you ever been in a room](#) where nobody looked like you?
- [When did you become aware](#) of the construct of race?
- [How has your whiteness helped](#) you succeed financially?

### GSD Human Resources Virtual Office Hours

Beginning in July, Human Resources staff will offer weekly open office hours to provide an opportunity for staff to access us if they have questions or concerns. This will offer HR a way to engage with all staff across the School.

#### Monday, 2 - 3 pm- [Join Zoom Meeting](#)

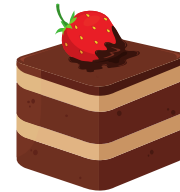
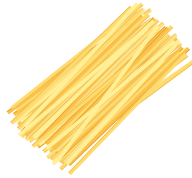
Meeting URL: <https://harvard.zoom.us/j/96131603577?pwd=ODdFYmUK1dBTdC5TzI5M0d>

#### Thursday, 11 am - 12 pm - [Join Zoom Meeting](#)

Meeting URL: <https://harvard.zoom.us/j/91170962184?wd=ekMzMTIGODQwTUIVaS9tQkJREVoZz09>

## Quarantine and Cooking

During the pandemic and social movement, many of us have turned to the kitchen searching for some relief, purpose, and control. Roxane Gay, is an American writer, professor, editor, and social commentator that has found her way to make sense of all the unrest by cooking and baking. While in quarantine, she finally learned how to use the pasta-making attachments on her stand mixer and perfected her layered cake. (You can follow her cooking on Instagram stories [@roxanegay74.](#)) But she says "the victories are bittersweet." Read more about her cooking in her recent article in Bon Appétit, [I'll Never Be Able to Cook the Bad News Away. But I Try Anyway.](#)



### Octavia's Parables

Octavia Estelle Butler, (June 22, 1947 – February 24, 2006) was a science fiction author. Butler explored issues of empathy, social normativity, self-destruction, conservation, and tribalism.

[Adrienne Maree Brown](#) and [Toshi Reagon](#) have launched [Octavia's Parables](#), a podcast that will take a deep dive into the author's two Parable novels, Parable of the Sower and Parable of the Talents. The first episode of the project is now available, and can be found on a number of podcast platforms, including [Anchor FM](#), Apple Podcasts, and [Spotify](#).

### 44 Mental Health Resources for Black People Trying to Survive in This Country

Zahra Barnes, Health Director of SELF an online platform about inclusive wellness. She writes, "Black lives matter. Black bodies matter. Black mental health matters.

Here's a [list of resources](#) that may help if you're looking for mental health support that validates and celebrates your Blackness. It starts with people to follow on Instagram who regularly drop mental health gems, then goes into groups and organizations that do the same, followed by directories and networks for finding a Black mental health practitioner."



### We Don't Have To Halt Climate Action To Fight Racism

Mary Annaïse Heglar is the writer in residence at Columbia University's Earth Institute. Her work has appeared in Guernica, Boston Globe, Vox, WIRED and other places.

She writes "Even in the climate movement – which has long stuck to the sidelines in moments like this – advocates and organizations are publicly declaring that Black Lives Matter. They are finally standing up and speaking out in defense of Black people's right to breathe. It's about damn time. There's just one problem: This new commitment to Black people often seems to come with an assumption that the fight for climate justice has to halt." Read more [here](#).

### Is There A Polite Way To Remind Someone To Follow Pandemic Rules?



"Failing to maintain distance from other customers or letting their mask slip. Yikes! There are so many new no-no's in the age of COVID-19. So do you say anything – and if so, what? Health experts agree that the etiquette of epidemics can be super thorny. Is there a way to politely tell someone to follow the rules?" Read more [here](#).