

How to Navigate Racist Conversations

Racial Justice Moment

Useful phrases:

- I would like to talk to you more about this. Could we maybe talk in private when we have a moment?
- Could you clarify what you mean by that please?
- I would be interested in knowing from where you got that information.
- In our home we are anti-racist and I don't want this said around my family.
- I am learning to be actively anti-racist and have realized that saying _____ is not ok.
- I have been reading, listening to, watching or following _____ if you want to understand where I am coming from I would recommend you do the same.

Useful phrases cont.:

- What you just said made me feel uncomfortable because _____ and I would appreciate if you didn't say it again.
- You may or may not have meant to come across like this but saying _____ is actually very insulting. Please can we move on from this conversation.
- Before you carry on, I would like to address what you just said about _____. That is something that I find offensive because _____ and I would ask you not to say that anymore.
- I am happy to advise you on some books/podcasts that are dedicated to educating people about racism.

Useful Tips:

- **PREPARE YOURSELF:** If you know someone who is particularly outspoken and racist, then pre-empt some of the things they might say or have said in the past and how you can now respond. Go with the facts and your own examples.
- **LOCATION:** It is ok to have your conversation away from a crowd. If you're online, you may have to handle it differently. You can always use the private chat function to message the person.
- **FOCUS:** On facts and real-life experiences. (i.e. "My friend experiences racism on a daily basis and this is what has happened to them." It's harder to argue with someone's lived experiences.)
- **AVOID:** Judgmental language and ask for clarity. Instead of saying, "No, you are wrong!" say, "Would you mind clarifying why you think that and where you got that information from?"
- **CONTINUE:** Your conversation at a later date. You may not change someone's mind from just one conversation. It takes time, but it's important not to give up.
- **RESERVE:** The right to stop, if the conversation is becoming unsafe.