

WEEK 3



White Fragility

Have you heard of the term “White Fragility?” For white people, “White Fragility” refers to their discomfort and avoidance of racially charged stress, which perpetuates racial inequality. Many people of color, multiracial, and Indigenous people are familiar with this concept, but may not be familiar with the term.

Dr. Robin DiAngelo describes white fragility as a state of being for white people in which even a minimum amount of racial stress becomes intolerable, triggering a range of defensive moves. These moves include the outward display of emotions such as anger, fear, and guilt, and behaviors such as argumentation, silence, and leaving the stress-induced situation. These behaviors shut down conversations, and inhibit actions which, in turn, function to reinstate white racial equilibrium.

This Week’s Challenge



Quick Assessment

[Take a quick quiz](#) from the publisher of “White Fragility: Why It’s So Hard for White People to Talk about Racism,” Robin DiAngelo, PhD. Want to dive in further? Read a [short article](#) that unpacks how we continue to reproduce racist outcomes and live segregated lives.

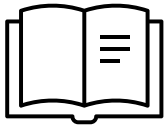
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Listen

Listen to Scene on Radio's podcast series [Seeing White](#) which aims to discuss racism by looking into the history of how the concept of "whiteness" came to be.



Read

Review this list of [28 common racist attitudes](#) and behaviors that indicate a detour or wrong turn into white guilt, denial, or defensiveness.

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