

WEEK 4

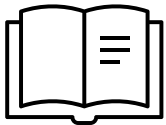


Internalized Racism

Internalized racism or internalized racial oppression is a legacy of systemic and structural racism that has become present in how we think, act, and perceive ourselves and others. It manifests in two ways: internalized racial inferiority and internalized racial superiority.

Internalized racism can be hard for us to identify and talk about because it has been reinforced by generations of cultural messaging. It is rooted in pervasive cultural norms, beliefs, biases, and standards of beauty.

This week's challenge



Read

Got internalized White Superiority? The Danger of Denial and the Promise of Another Way

(6 minute read) Anti-racism facilitator Jen Willsea defines internalized white superiority, how it shows us, and why and how to start unlearning beliefs and behaviors that have been internalized.

Latinx College Students are Struggling with Self-Hate, but Counselors can Help. Scholar finds

(6 minute read) This article explores the ways in which Latinx college students internalize racism and how counselors are helping them heal and thrive.

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Watch

[Internalized Racism Part 5, with Dee Watts-Jones \(2:49\)](#) Dee Watts-Jones explains the concept of internalized racism as internalized racial inferiority and its negative consequences.

[Black Self/White World – Lessons on Internalized Racism \(9:12\)](#) Community leader, activist and educator discusses his personal journey to understanding and loving himself as a Black man, despite growing up among a predominantly white community.



Listen

[Don't Call Me an Oreo: Tomi & Alex \(34-minute listen\)](#) *Do the Work* is a podcast hosted by Brandon Kyle Goodman about race and our personal relationships. In this episode, two friends discuss how it feels to be a person of color in a world in which your greatness is measured in whiteness.

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