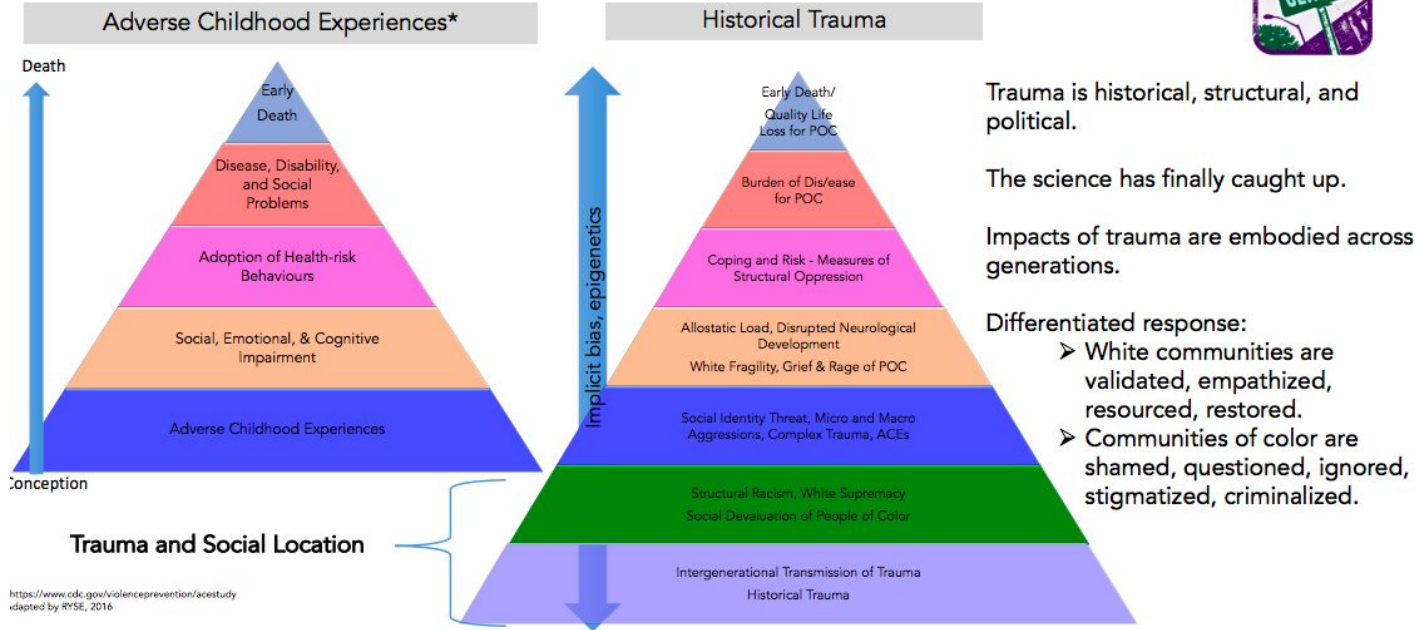


Racing ACEs

if it's not racially just, it's not trauma informed



Trauma is historical, structural, and political.

The science has finally caught up.

Impacts of trauma are embodied across generations.

Differentiated response:

- White communities are validated, empathized, resourced, restored.
- Communities of color are shamed, questioned, ignored, stigmatized, criminalized.

<https://www.cdc.gov/violenceprevention/acestudy>
 adapted by RYSE, 2016

RYSE works to ensure primacy of the priorities, needs, and interests of young people of color across all practices, policies, approaches, investments, and relationships.

- ♥ We lead with love and sacred rage
- ♥ We prioritize people over programs
- ♥ We acknowledge injustice and harm
- ♥ We take risks
- ♥ We stop to acknowledge loss and grief
- ♥ We encourage self-care
- ♥ We practice collective healing
- ♥ We honor resilience and resistance
- ♥ We celebrate and have fun

"Racism is (whites') massive experience of cognitive dissonance." -Dr. Joy deGruy



Interacting Layers of Trauma and Healing



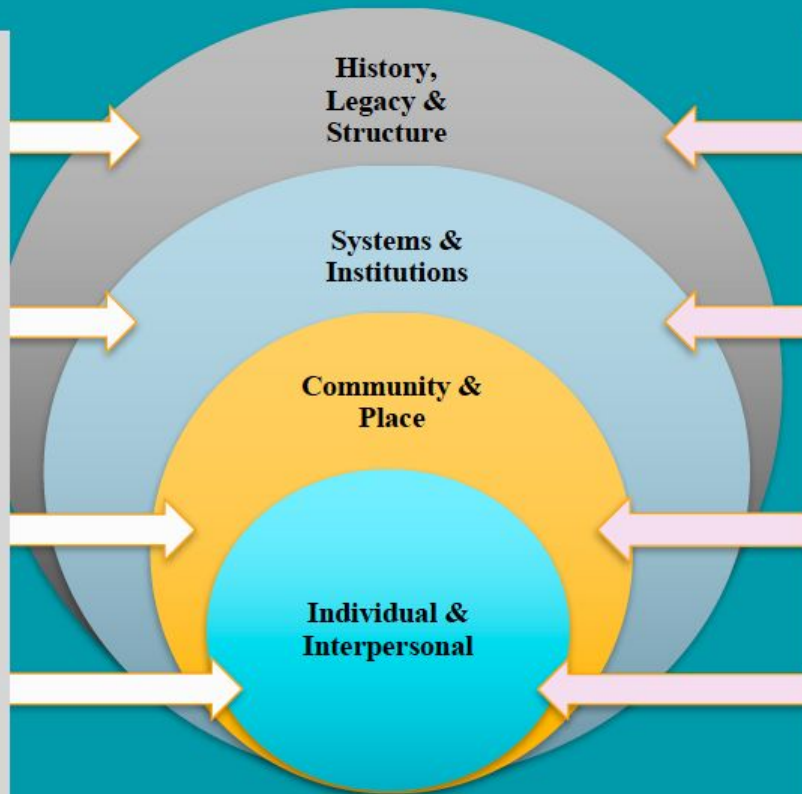
Dehumanization and Distress

Nation Building by Enslavement, Genocide, Colonization & Imperialism, Economic Exploitation, Displacement, Cultural Hegemony, White Supremacy

Systemic Subjugation of POC by Interacting Policies & Systems: War on Drugs, Mass Incarceration, Segregation (de jure and de facto), Anti-Immigrant Policies, Climate Violence, Media Assaults, Displacement & Redlining

Atmospheric Distress that includes Interpersonal, Family, Community Violence & Exposure; Sexual Exploitation, Lack of Safe Passage & Safe Spaces, Underinvestment, Oversurveillance

Embodiment and Expression of Distress through Personal Traumatic Experiences; Bullying, Family Systems Stressors, ACEs, Shame and Blame, Generational Transmission



Liberation and Healing

Collective Liberation by Truth & Reconciliation, Reparations, Redistribution, Open Borders/No Borders, Multi-racial Solidarity, (Re)imagined Social Compact

Lead with Love and Justice by Healing-Centered & Restorative Practices, Listening Campaigns, Collective Care, Adaptive, Responsive, and Proximate, Power-sharing (Nothing about us without us)

Build Beloved Community by Radical Inquiry, Popular Education and Culture Building, Celebration and Affirmation; Healing Spaces, Arts & Expression, Base & Power-Building

Honor Resilience and Fortitude by Listening & Validating, Processing/Integrating Personal Traumatic Experiences, Family Healing, Tailored Supports & Opportunities, Loving Connections & Structure