

Our Shared Future, Reckoning with Our Racial Past

Race, Health and Wealth with Akilah Hughes

Forum Date: August 26, 2021

Video Length: 1 minute 33 seconds

Graphics on screen

Our Shared Future Reckoning with Our Racial Past

Smithsonian Forum

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The Big Picture: Mental Health/Trauma

with Akilah Hughes

Visual

Akilah on screen

Akilah

It's Akilah, bringing you the big picture on race. So this just in, racism is very much real and alive and not only in a recent sense. I mean, it just wears on you, tries your last nerve. And with alarming frequency, it kills you with the whole world watching. We all thankfully lived through the past year of the pandemic and also the ensuing and ongoing global protests for racial justice. But seeing images of people of color being disrespected, disregarded, attacked and, yes, killed on the nightly news at five, six, and again at 11 should be examined. The way it affects and changes us has got to be said out loud and honestly. So that's what we're hoping to do here today. And hey, before you complain about your own trauma, let me just affirm you and say, yes, everybody has trauma and trials and tribulations to overcome. But because people of color tend to face far more trauma out of their control, specifically because of racism, there's a level of having to overcome on a daily basis that is neither compensated nor given compassion. And we need to fix that. Chris Rock had this great joke about how most white people wouldn't switch places with him, even though he's rich. It doesn't get clearer than that.

Graphics on screen

The Big Picture

Mental Health & Trauma

Graphics on screen

Watch the entire forum and view additional resources at oursharedfuture.si.edu/race