

Our Shared Future, Reckoning with Our Racial Past

Our Voices: Race and Mental Health and Trauma

Forum Date: August 26, 2021

Video Length: 1 minute 56 seconds

Graphics on screen

Our Shared Future Reckoning with Our Racial Past

Smithsonian Forum

Narrator

Our Shared Future, Reckoning With Our Racial Past Forum. Reckoning with Race, Wealth and Wellness.

Graphics on screen

Reckoning with Race, Wealth and Wellness

Graphics on screen

Our Voices

Race and Mental Health and Trauma

Graphics on screen

Kelvin

Kelvin

As African American now I have to be on the guard, as I told my son, as I was told, and how we learned is that your job during any altercation with a police officer is to come home safe. The things that was on social media are the things now that's been exposed where the rest of the world is seeing it, and it's just reminding me, that trauma's there everyday when you're African American.

Graphics on screen

Luke

Luke

Racism is a terrible thing. You never forget it. And imagine, over a lifetime when it's compound, it can indeed be quite stressful.

Graphics on screen

Elizabeth

Elizabeth

I've seen it in the way children respond. As an educator, even in my own family, you know, you know that the struggle coming over as an immigrant, my dad acknowledged the trauma and told us it was okay. It was something he went through. But keep moving forward.

Graphics on screen

Jasmin

Jasmin

Even earlier this week, I was in Hell's Kitchen. I got shoved by a woman. I don't know if it was racially motivated, but that hasn't happened to me before. When I go to Hell's Kitchen, I get a little PTSD because that woman who pushed me, she's still out there.

Graphics on screen

Marley

Marley

There was like so much hatred just in the media the media that it also started to come into me a little bit.

Graphics on screen

Gary

Gary

I didn't know anybody, growing up, white or Black, that ever got a mental health or any kind of assessment or anything else. We were kind of like, suck it up and deal with it.

Graphics on screen

Jeffrey

Jeffrey

To have people at the top of their game to say, "I need help and I'm seeking help." Most recently, Simone Biles or Naomi Osaka. That's the equivalent within the Black community of the Earth spinning in a different way.

Graphics on screen

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