

Best injustice 2 characters

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It's been a tough week. For the country (and the world) to continue to move forward, we must build more compassion for each other and know our history, our collective history. To that end, we created a podcast playlist that gives the listener the opportunity to interact with race and how we got to this point in time. We hope it offers some historical perspective on this week's events and sparks a conversation or a new way of thinking that helps us all see the world through the eyes of someone else. Episode: A Tale of Two School Districts (30 Minutes) Host Sherin Marisol Meraji reports on two school districts in Long Island, New York. They are only 15 minutes away from each other, but the worlds are apart when it comes to race and funding. It is considering the Supreme Court's decision that helped bridge the gap, as well as how resource inequality affects student opportunities. Episode: How the Race Was Made (28 Minutes) Host John Beaven begins this episode with excerpts from a speech by Suzanne Plihcik from the Institute of Racial Justice. She says: We need to know how we got this thing called race if we're going to understand racism. Where did the idea of race come from? What is it based on? Beaven reports on the history of how race became a construct. Episode: Knowing how it's built so we can break it (16 minutes) Historian and activist Sean King talks about what anyone can do to change the systems that lead to police brutality and mass incarceration. Instead of thinking of it as one big system, he says, you need to understand that it's 30,000 microsystems. Big changes can happen when you're focused on the local level. 1619 Few episode of this New York Times production series marks the 400th anniversary of the first slaves brought to Virginia. Through interviews and archival audio and composing, five episodes explore the legacy of slavery in the United States. Episode: At the Table and Dismissed (28 Minutes) This Missouri-based podcast focuses on Dr. Will Ross. As a child, he experienced firsthand differences in health care based on race and finance. Today, he has pledged to resolve those differences. This episode tells the story of what he tried to do in St. Louis and how (and why) things turned out wrong the way he hoped. Episode: Weekend of Pain and Protest (36 Minutes) This episode from the New York Times is a real-time account of what happened over the weekend from reporters on the ground at 72 hours after George Floyd died in police custody. The 11th minute episode involves a particularly touching conversation between three African-Americans in Charlotte, North Carolina: one 45, one 31 and one 16 years old. Episode: Why all black children sit together in the cafeteria (32 minutes) Host Bethany Wilkinson interviews Dr. Beverly Tatum, author of Why All Black Children Sit Together in the Cafeteria and Talk about race. They discuss as a question we should not ask someone racist, but whether they are actively anti-racist. They also share specific ideas on how to build a diverse community. Episode: Brene with Ibram H. Candy on how to be an anti-racist (61 minutes) Host Brene Brown speaks to one of the country's leading voices about what it means to be anti-racist. According to him, this requires constant self-awareness, constant self-criticism and regular self-affirmation. You can find these and other podcasts we recommend by following @tmrwxtoday on Goodpods, a new podcast-oriented social network where you can follow your friends and influencers to see what they are listening to. Want the best of BuzzFeed animals in your inbox? Sign up for the newsletter today! America is in turmoil and hurt. With the racist murders of George Floyd, Breonna Taylor, and Ahmaud Arbery in close succession and subsequent protests calling for justice for black communities, you've probably seen many messages encouraging action. There are many ways to be an ally and champion of solutions for social change: donating, sharing resources, signing petitions, and promoting conversations with friends, family and neighbors about racism, police brutality, and the importance of the Black Lives Matter movement. The raw, honest message about the consequences of racism is powerful, but you can't know exactly where to start. Initiating a conversation about racism can be challenging, but experts say it shouldn't be. This conversation doesn't have to be unique and scary, says Riana Anderson, Ph.D., a professor in the Department of Health Behavior and Education in Health at the University of Michigan. Obviously, the conversation is different from other things, but we have to press it to normalize. She adds: My thought is that everyone in the US has either been very burdened or definitely afraid of this conversation race, and so we can all benefit from thinking about it in a way that makes us more comfortable. What's important is to start talking and listening. Here's what experts recommend for an open, respectful conversation about racism with friends and family. It can start with a simple text registration. Among the pandemic coronavirus, you've probably discovered new ways to stay connected (zoom in, FaceTime, and more), and Anderson says you can use any of them to start a conversation about racism. If you see something in the news related to systemic racism or injustice, you can use this as a springboard to talk to friends. Anderson recommends starting with a little text like: Wow, have I seen some things happen in my community, is it okay with you? Or it's been a really challenging few days. I want to check on you to see how you're doing. Erlanger Turner, Ph.D., licensed psychologist and professor Pepperdine, agrees and says, asking what they've seen on Facebook or in the news lately can cause a cause. Naturally, it's one way to check the conversation, he says. This content is imported from an embedded name. You can find the same content in a different format, or you may be able to find more information on your website. Learning more about the history of racial injustice is helpful, but not pre-req to talk about it with friends. If we're doing this less of an event or a less scary thing, then, in theory, we should be able to talk about it more comfortably and more often, Anderson says. So you don't have to do too much training. But what I ask people to do before going into these conversations is to get an idea of how they personally feel. To sum up how and why your own opinion may have changed over time and recognize bias, said Jennifer Eberhardt, Ph.D., author of Prejudice and Social Psychology at Stanford University. There's a bias that comes in many forms, like everyday bias, that happens in more subtle ways, and so you can use that as a way to start a conversation, she adds. Think how you might be contributing to that in some ways because you don't even think about bias? Share how you feel and respect other perspectives. It's productive to share your personal views, as long as you don't say you're wrong about alternatives. Patricia Devine, Ph.D., professor of psychology and director of the Prejudice Lab at the University of Wisconsin Madison, recommends statements such as: I want to share with you what my point of view is, how I understand these issues, and how it makes me feel. Being confrontational probably won't get you anywhere. You can't resist people to say: You're wrong, and the way you think it's wrong, and those who think like you're wrong, because people get defensive, and they put up a wall of resistance because a lot of them are just trying to work through issues too, Devine said. To say everything you think is wrong can close the conversation, so I think one of the key issues is to try to be respectful to each other, to be open to dialogue. It can be helpful to put a small group together. Experts recommend talking to four more people. You want to limit the size of the group to make sure everyone has the opportunity to share their opinions, says Turner. If you get a group of more than four or five, then it makes it much more difficult for everyone to have a good conversation that is healthy, be able to engage, and be able to hear everything. But, it's also good if you feel more comfortable in a one-on-one setting. People react differently to each other in group conditions, Turner says. For some group setting probably won't be the best way to have these conversations. Be an active listener and show what you are doing. Listening is as important as talking. The best way to truly listen is through therapy skill reflective listening, according to Turner. Sit quietly and and To what your friend says, then paraphrase or repeat back what they said as a way to express their understanding, says Turner. This technique helps dispel the defensive reaction and keeps the conversation moving forward. Obviously, you pay attention and understanding of their point of view. Turner. Signal speaks with an open body language. Nonverbal communication speaks volumes. When we're in conversations with people, they notice how we react to them in terms of how we behave, Turner says. (Yes, even through the zoom.) Make sure you maintain some level of interaction through eye contact without constantly looking at your phone or around the room, and keep your hands on your side comfortably. This shows that you are open to conversation and ready to listen to their views. Ask open questions. Turner recommends offering his teammates space to share their opinions without getting defensive. Ask questions such as: How do you feel about one or the other? Deeper with questions, how can you imagine what it feels like to be treated that way? Can also encourage empathy and help your friend understand other experiences. There is evidence to support the idea, if you can have empathy for other people, it can lead to a change in how people think and how they behave and what their values are and so on, Devine says. Check other people's emotions. When your friend or family member brings up how they feel about a particular situation, offer support. When someone says: I'm angry or I'm crazy, Turner offers to answer: I understand that you're crazy. Using this language to test someone's emotions is very important because often, especially for people of color, their emotional experiences are invalid. But, don't cut off the conversation when emotions are high. If tensions and emotions rise in the midst of a conversation, it is not a signal to put an end to it. You don't want to leave the conversation in an intense emotional moment, says Turner. It probably won't help in terms of this relationship. What will help with healing offers support. I'm here to support you as a friend and let me know what I can do to help, says Turner. Consider reading a book or watching a movie to learn together. Turner recommends a book club for learning and speaking through historical and systemic racism. I know for a lot of people they enjoy that space where they can all read books and talk about it. I think that may be one way to help keep the conversation going. Turner recommends adding the book White Fragility, Between the World and Me, and White Fury to the Reading List and Netflix movie 13th to the watchlist. You may also want to consider buying them from a black-owned bookstore. Ask for feedback before signing. This challenge deserves little more than a buh-bye as End. In conclusion, Anderson recommends more thoughtful questions: How was it to talk to me? Are there resources that we could Together? It also highlights the importance of using us instead of you when proposing and planning next steps. We help people feel more comfortable in that it's less individual focused, Anderson says. For example: I hope that we will be able to do this in the future ... We have so many opportunities that we need to grow into this these things that I want to be there with you in these attempts to let us figure out what we need to do. We can all benefit from this. Talking to two or three people would change the world into two or three people, Anderson says. We chipped away at a better world. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. 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