9 TIPS FOR CONVERSATIONS ABOUT RACE
FROM IJEOMA OLUO

STATE YOUR INTENTIONS
Do you know why you’re having this conversation? Do you know why it matters to you?

Remember what your top priority in the conversation is, and don’t let your emotions override that.

Do your research if you are going to be talking about an issue you are not familiar with.

Don’t make your anti-racism argument oppressive against other groups.

When you start to feel defensive, stop and ask yourself why. What is it that is making you feel threatened?

If you are white, watch how many times you say “I” and “me.” Remember, systemic racism is about more than individuals, and it is not about your personal feelings.

Do not tone police. Do not require that people make their discussions on the racial oppression they face comfortable for you.

Do not force people of color into discussions of race. Even if this discussion is really important to you, there will be other opportunities.

Ask yourself: Am I trying to be right, or am I trying to do better? Conversations on racism should never be about winning.