

# RACE TO BE HUMAN

## ***INDIEFLIX Film Based Program: RACE to be Human***

### Potential Trigger List

*Trigger Warning: race, racism*

RACE to Be Human defines commonly used terms when talking about race and racism. These definitions are shared through micro-stories from students from around the world. The film is 46 minutes and is appropriate for ages 10 and up.

The film contains material about racism and racial identity which includes microaggressions, allyship, privilege, oppression, racial anxiety, what schools, friends and family can do to help, and what our wish for the world is.

This material may elicit a range of emotions, including anger, sadness, and grief. The film impacts all viewers differently depending on their identities, lived experience, and relationships with race.

Feedback provided by ASCA and ISCA survey results from over 140 educators from 14 countries:

- 97% of educators said the film would be helpful to both teens and educators.
- 87% of educators think RACE to be Human should be required viewing in schools.
- 95% of educators are more open to talking about race and racism in their school after watching the film.
- 100% of educators thought the film and information were easy to follow.

### **Chapter-by-Chapter Summary**

#### Opening

- Youth address their first experience realizing their racial identity.

## What is Race?

- People share their ideas and perspectives about the definition of race.

## What is Racism?

- People share their ideas and perspectives about the definition of racism and whether reverse racism exists.

## Microaggressions

- People share examples of microaggressions they have experienced in their lives.

## Racial Fear

- People share firsthand experiences with racism, including police interactions and feelings of body insecurity.

## Racial Identity

- People share their cultural and racial identities and their relationships with these self-identities.

## The Pyramid of Hate

- An expert explains different behaviors that express hate, including microaggressions, racial violence and genocide.

## Social Loading and Pop Culture

- People discuss how the media influences our ideas and perceptions about cultural identity and race, including beauty standards.

## Words Matter

- People discuss the power of words, including the 'n'-word.

## What Can Schools Do?

- People discuss the importance of diversity in faculty and curriculum at school and how to make classrooms safe spaces for all students.

## Friends and Family

- People share how to have a conversation about race and racism, including with friends and family.

## Privilege and Allyship

- People discuss the effect of social privilege and how to act in allyship.

## Wish for the World

- People share their wish for the world.