

## CAPS Statement to UR Students on Racial Injustice

The University of Richmond Counseling and Psychological Services (CAPS) staff is outraged by the recent murders/lynchings of George Floyd, Breonna Taylor, Tony McDade, Ahmaud Arbery, and Rayshard Brooks. These persons names have been added to a growing list of other victims of anti-Black police and vigilante violence. We stand steadfast in solidarity with our students, staff and faculty who denounce anti-Blackness and protest anti-Black violence, systemic oppression, and racial superiority. We stand in support of those affected by marginalization who gather together demanding justice and the right to self-determination, and we condemn the violent and lawless response to those protestors.

Whatever your individual role during this turbulence – Black student, other student of color, ally, victim or survivor – CAPS staff recognizes the enormous impact of stress and trauma on students’ physical and mental health. We are sensitive to the issues around psychological trauma and as such, can provide a safe space for survivors of racial oppression and their allies to process your very difficult feelings. We will listen to, advocate for and support you. We can help students to develop effective strategies and skills for surviving racial oppression. We can also aid allies in developing effective skills for supporting those they care about through centering Black voices and denouncing racism.

During the month that CAPS is closed over the summer, we encourage you still to reach out as necessary, and staff will work to help you locate mental health services near you. When school reopens, we will be here to provide a safe space for you to process and explore your feelings. Below is a list of resources that may be helpful for understanding different perspectives, as well as suggestions for addressing anti-Blackness on campus.

### Consider **Watching:**

13<sup>th</sup> (Netflix)

<https://www.radcliffe.harvard.edu/video/naming-racism>

I Am Not Your Negro (Netflix)

<https://scholars.org/contribution/how-create-inclusive-environments-black-students-predominantly-white-college-campuses>

Dear White People (Netflix)

<https://scholars.org/podcast/creating-inclusive-campuses>

The Hate You Give (Cinemax)

<https://www.washingtonpost.com/education/2020/05/28/university-minnesota-limits-ties-minneapolis-police-department-after-death-george-floyd/>

When They See Us (Netflix)

### Consider **Reading:**

White Fragility by Robin Di’Angelo

The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander

The Fire Next Time, James Baldwin

Queer (In)Justice: The Criminalization of LGBT People in the United States, Eds. J. Mogul & A. Ritchie

How to be an Antiracist by Ibram X. Kendi

### Consider **Acting:**

**Write** to your local representatives

**Research** and attend local community events geared towards effecting change

**Step in** when you see injustice differentially impacting others

**Speak up** when you see witness injustice transpiring

**Step Back** when you notice that other voices and bodies need to be elevated and centered