

SOCIAL JUSTICE & YOU

10 BIG QUESTIONS TO ASK YOURSELF

1

In what ways does my identity/experience align me with power/the system (think in terms of race, appearance, sex, gender, ability, wealth, family, education, religion, language, job, mental health, body size, etc.)?

2

In what ways does my identity/experience misalign me with power/the system (think in terms of race, appearance, sex, gender, ability, wealth, family, education, religion, language, job, mental health, body size, etc.)?

3

In what ways does my identity/experience differ from those I serve (children, students, clients, etc.)? How are their identities aligned/misaligned with power?

4

How much education (formal or informal) have I had on critical pedagogy, consciousness raising, liberation psychologies, ableism, disability studies, feminist studies, or other traditions/theories that critique the "medical model" of mental health/education?

5

In what ways do I see/observe/believe systemic oppression to interact with education/mental health and how do I tend to address this in my work/life?



6

In what ways do I practice humility when it comes to my work with/parenting of differently abled kids? In what ways do I see myself as the expert/norm?

7

In what ways have/do I perpetuate the system in place by aligning with it and its rights rather than the child? (consider every time you ask a child to try to adhere to what the system considers acceptable/normal)

8

In what ways do I act in solidarity and community with others around the issues that concern my child/student/client?

9

In what ways do I actively resist the psych/education-industrial complex?

10

What political action have I taken to advocate/fight for the rights of the marginalized in my life? (political action includes everything from speaking up for someone without a voice in a meeting to organizing campaigns – while voting is important, please do not include for this question).



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ACTION STEPS FOR YOU TO TAKE

Sitting with these questions is the first and biggest step, so take some time to think about and actively reflect on them over the next few days, weeks, or maybe even months.

When you feel ready, you can ask yourself what is one thing you can do to help shift your answer to one of these questions.

This could be something as simple as reading an article, signing up for a newsletter of an organization, following a content creator, or initiating a conversation with someone about their experiences around power and actually listening. Pick something doable.

Below are some options to get you started:

k-12 Classroom: Map your Teaching Ideology at
<https://www.pbs.org/education/blog/decolonizing-our-classrooms-starts-with-us>

The Academy: Read <https://www.insidehighered.com/blogs/higher-ed-gamma/decolonizing-academy>

Mental Health Practice: Listen to Episode # 199 of The Abundant Practice Podcast-Decolonizing Practice Building with Shawna Murray-Browne:
<https://podcasts.apple.com/us/podcast/abundant-practice-podcast/id1207650846>

Then make a commitment to do one thing every month to help shift your answer to one of these questions.



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SHARE YOUR STORY WITH US

What feelings did these questions conjure up for you?

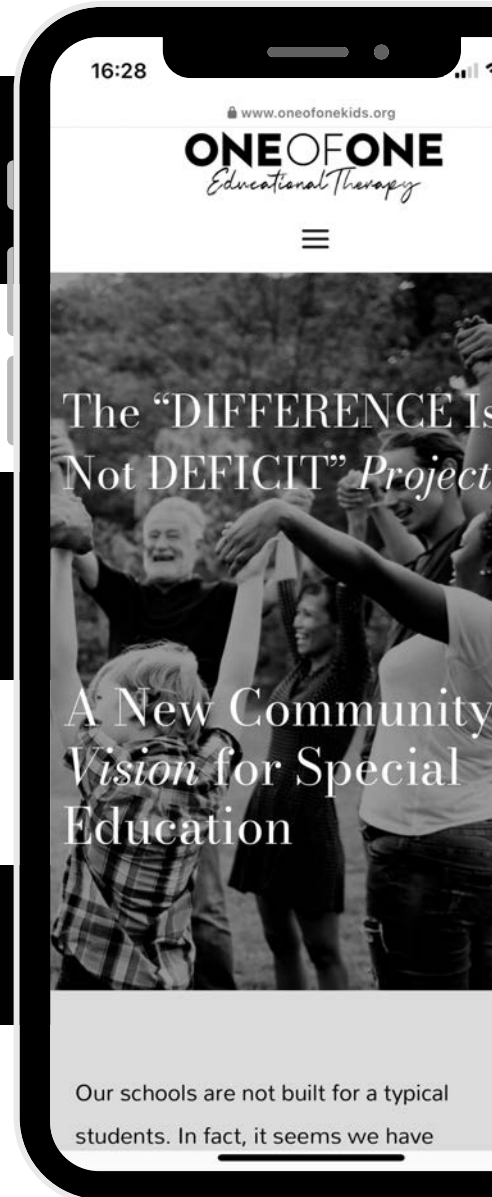
What had you never thought about before?

What memories or examples did you think of?

What angered you?

What surprised you?

What one small action did you decide to take?



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Words are the most powerful medium of transformation and we would love to hear your words on what this process was like for you. Please share at www.OneOfOneKids.org/community