

AS I MENTIONED IN THE PREVIOUS VIDEO,
IF YOU WOULD LIKE TO FORM A GROUP TO DISCUSS
ANYTHING GOING ON, PLEASE MESSAGE ME ON
CANVAS (OR VIA REMIND) AND WE WILL SET UP A
TIME TO MEET ON WEBEX AND CHAT.

RACIAL BATTLE FATIGUE

what is it?

feeling mentally, physically and emotionally drained from continuously having to navigate spaces with racial stressors.

PLEASE KNOW THAT YOU WILL ALWAYS HAVE A SAFE SPACE AT SCHOOL,
AND IN THE CLASSROOMS OF ALL OF YOUR TEACHERS.

RACIAL BATTLE FATIGUE

how to cope — REST

Resist the stories that you are inferior.

Empower yourself through social activism.

Seek support from people who understand.

Take time off for self-care.

THERE IS AN INSTAGRAM ACCOUNT THAT THE HIGH SCHOOL TOLD US MAY BE GOOD FOR YOU TO FOLLOW.

IT'S CALLED [@THECONSCIOUSKID](#) -- THEY MAKE INFORMATIVE POSTS ABOUT RACISM, AND HOW TO HELP.

HERE IS THE ICON TO LOOK FOR:



We all have a responsibility
and a role to play in
changing our world...
and it starts with you!

