

Resources from NFJC Board Member Michael Martin:

Emmanuel Acho starts 'Uncomfortable Conversations with a Black Man'

Episode 1:

<https://www.youtube.com/watch?v=h8jUA7JBkF4>

Episode 2:

<https://www.youtube.com/watch?v=-gweclRbWpg>

Black Teen Shares The Rules His Mom Makes Him Follow When Leaving The House

https://www.huffpost.com/entry/cameron-welch-tiktok-black-rules-15ed96c6bc5b69d703f3855fd?utm_source=parents_fb&utm_campaign=hp_fb_pages&ncid=fbkl nkushpimg00000037&utm_medium=facebook&fbclid=IwAR3wUBnxTEAA5oRNLMCOLp7lesRkz0KR0fCi2H HBkcWrF-SsrNQ5cYRas3Y

These are older, but still relevant – short clips of Jane Elliott’s approach (I realize not all are fans of her approach)

Racism is Mental Illness

<https://www.youtube.com/watch?v=ms4NJx0wwXM>

Eye Color Exercise

<https://www.youtube.com/watch?v=5NHeFgaVWs8>

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that." - **MLK Jr.**

"Love is the only force capable of transforming an enemy into friend." - **MLK Jr.**

"Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly."

— **Martin Luther King Jr., [Letter from the Birmingham Jail](#)**

"First, I must confess that over the past few years I have been gravely disappointed with the white moderate. I have almost reached the regrettable conclusion that the Negro's great stumbling block in his stride toward freedom is not the White Citizen's Counciler or the Ku Klux Klanner, but the white moderate, who is more devoted to "order" than to justice; who prefers a negative peace which is the absence of tension to a positive peace which is the presence of justice; who constantly says: "I agree with you in the goal you seek, but I cannot agree with your methods of direct action"; who paternalistically believes he can set the timetable for another man's freedom; who lives by a mythical concept of time and who constantly advises the Negro to wait for a "more convenient season." Shallow understanding from people of good will is more frustrating than absolute misunderstanding from people of ill will. Lukewarm acceptance is much more bewildering than outright rejection."

— **Martin Luther King Jr., [Letter from the Birmingham Jail](#)**

"Justice will not be served until those who are unaffected are as outraged as those who are."

— **Benjamin Franklin**

"Tell me and I forget, teach me and I may remember, involve me and I learn."

— **Benjamin Franklin**