

Basics of Racial Mindfulness, Socialization and Literacy

- Howard C. Stevenson, Ph.D.
- Racial Empowerment Collaborative
- University of Pennsylvania
- www.recastingrace.com
- www.lionsstory.org

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Everybody has a powerful and important racial story . . .

“The Lion’s Story will Never Be Known As Long as the Hunter is the One to Tell It”

African proverb



Racial Encounters

Past, present, or anticipated interactions that tax self-regulation of ***emotions, physiology, cognitions*** and ***voice***

Encounters occur between and within

individuals:

- Face-to-Face (FTF)
- Before, during, and after ITM (in the moment)
- **Racial encounters are stressful & threatening**



Racial Encounter Coping Appraisal and Socialization Theory (RECAST)

Anderson and Stevenson, 2019; Stevenson, 2014

Racial socialization/literacy **reduces the stress** of coping **during racial encounters** by improving one's racial coping self-efficacy (confidence)

Studies on Racial Socialization

Anderson & Stevenson, 2019; Hughes, Rodriguez, Smith, Johnson, Stevenson, & Spicer, 2006

Cognitive & behavioral competence of preschoolers by gender- factual knowledge & problem-solving skills

(Caughy et al., 2002; Caughy, Nettles, & Lima, 2011)

RS → anxiety & depression reduction

(Bannon, Cavaleri, Rodriguez, & McKay, 2008; Bannon et al., 2009; Davis & Stevenson, 2006; Rodriguez, McKay & Bannon, 2008)

Promotes Racial identity

(McGill, Hughes, Alicea, & Way, 2012; Stevenson, 1995; Stevenson & Arrington, 2009)

Academic Achievement

(Bannerjee, Harrell, & Johnson, 2011; Bowman & Howard, 1985; Neblett, Phillips, et al., 2006, Wang & Hughley, 2012)

Promotes Self-esteem

(Constantine & Blackmon, 2002; Murry, Berkel, Brody, Miller, & Chen, 2009)

Teacher RS, Racial Stress and Classroom Management

(Bentley-Edwards, Stevenson, et al., 2020)

Benefits of Racial Socialization as Intervention

Anderson & Stevenson, 2019; Hughes, Rodriguez, Smith, Johnson, Stevenson, & Spicer, 2006

RS → Improved parenting

(Coard, et al., 2004; 2007;
Fagan & Stevenson, 2002;
McKay, et al., 2003;)

RS → Restrains behavioral overreactions

(Derlan & Umaña-Taylor, 2015;
Thomas, et al., 2009; Stevenson,
et al., 2020).

RS → Racial Conflict Resolution

(Lightsey & Barnes, 2007; Scott,
2003; Stevenson, 2003; 2014)

Use of physical activity & RS → stress, anger and depression management

(Cassidy & Stevenson, 2005;
Stevenson, 2003)

RS literacy competency → for families & youth

(Anderson & Stevenson, 2019; Bentley-
Edwards et al., 2020; Anderson,
McKenny, Stevenson, 2019)

Barbers as Health Educators for Black Males (18-24) use RS → reduce violence retaliation & HIV/STD risk

**(Baker, Stevenson, Talley, Jemmott,
& Jemmott, 2018)**

Racial Literacy Skills

Stevenson, 2014

Racial literacy is the ability to *read, recast and resolve* racially stressful encounters (RSE).



Reading



Recasting



Resolving

Reading:

“Reading” racial encounters is the ability to:

- Curing “color-blindness”
- Seeing “racial elephant in the room”
- Appraise Racially Stressful Encounters (RSE)
- Decode subtexts & scripts
- Accurately interpret
 - meaning making of actors & actions
 - written texts, social media/interactions

Recasting RSE

“Recasting” racial encounters is the ability to:

- The ability to reduce stress using racial mindfulness (CLCBE)
- The ability to positively reframe
- Rewrite/conceive again
- Breathing



CLCBE

CLCBE is a mindfulness approach that allows you to calculate, locate, and communicate racial stress.



Calculate

On a scale from 1-10, how intense are my feelings now?



Locate

Where on my body do I feel the stress?



Communicate

What self talk and self images come to mind?



Breathe &

Exhale

Breathe in slowly.
Exhale slower.

Resolving RSE

Engage & Negotiate

“Resolving” racial encounters is the ability to:

- Engage rather than ignore or run from RSE
- Negotiate RSE toward a healthy conclusion
- Use self-control and self-assertion
- Assertively communicate (affection, protection, correction, connection) during RSE that matches my social justice values