



BLACK LIVES MATTER:

10 Words & Phrases You Should Know

Ally

Someone who stands with oppressed groups. An ally recognises their own privilege based on their gender, sexual orientation, ethnicity, etc. Allies recognise that although they are not a member of the marginalised group, they cannot sit back but have a duty to stand against all forms of injustice.

Anti-blackness

Anti-blackness is a term used to describe disdain, disregard or hostility towards black people. It refers to a kind of racial prejudice and exclusion specifically directed towards black people.

Anti-racism

Writer Ijeoma Oluo defines anti-racism as a “commitment to fight racism wherever you find it, including in yourself”. There is a difference between not being racist and being anti-racist. Anti-racism means calling out racist actions, words and beliefs every time, even when it's uncomfortable. Anti-racism is an active, conscious and intentional effort to oppose the systems, policies, attitudes and structures that uphold racism.

Black Lives Matter

Black Lives Matter is a movement, which originated in 2013 after George Zimmerman was acquitted for the killing of Trayvon Martin, a black teenager. It began with a simple hashtag (#BlackLivesMatter) before people began taking to the streets to protest against oppression and injustice. Since 2013, more incidents have taken place which have led to calls for the protection of black lives and the end of systemic racism.

Racial Gaslighting

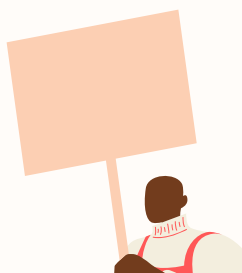
Gaslighting is a form of psychological abuse (typically used to describe abusive romantic relationships). Usually, the perpetrator causes their partner to question their experience, memory and judgement by using denial and misdirection to distort the truth. Racial gaslighting is the same, the only difference is it appears in conversations about racism. Classic examples, include “are you sure it was about race?”, “why is it always about race?” and “racism doesn't exist anymore”.

Microaggressions

A microaggression is a covert, subtle slight which demeans, belittles and ridicules people from marginalised groups. Though these comments and actions are often seen as harmless, they serve as a reminder to marginalised groups that they do not belong. Examples include “you're so sassy” or “you're too sensitive”. Read [this](#) for more examples.

Microinvalidations

Coined by Dr. Derald W. Sue, microinvalidations are a form of microaggression which normalise behavior that demonstrates hostility of marginalised racial groups. Microinvalidations are when someone tells or implies to someone that their experiences of discrimination isn't real.





Though people are normally unaware that they are negating the experiences of another person, these actions often cause real harm for oppressed people.

Unconscious Bias

Unconscious bias refers to the stereotypes and associations we unknowingly hold. These associations are automatic, and usually deeply ingrained within our beliefs. These could be assumptions about someone based on their physical appearance, background or accent. Everyone has an unconscious bias, but if one's bias is not kept in check, it can lead to discrimination.

White Fragility

White fragility is defined by sociologist Robin DiAngelo as “the inability of white people to tolerate racial stress”. This results in white people becoming defensive, or uncomfortable when made aware of racism. In these circumstances white people become more offended by the accusation of racism than the act of racism itself. As a result black people often won't speak up when they experience racism because they fear they will be labelled a troublemaker.

White Privilege

White privilege is the unquestioned and unearned set of advantages, entitlements, benefits, and choices bestowed on people solely because they are white. Generally white people will be unconscious to the advantages they experience and enjoy. White privilege doesn't mean a white person's life hasn't been hard, it simply means the colour of their skin isn't one of the things making it hard.

