

## What does this mean?

**“...whites are often at a loss for how to respond in constructive ways, as we have not had to build the cognitive or affective skills or develop the stamina that that would allow for constructive engagement across racial divides, leading to what I refer to as White Fragility.”**

**- Robin DiAngelo<sup>1</sup>**



## What we offer:

- **Conversation partner for individuals or groups wanting to learn more, but also implement actions to address racism and white fragility**
- **One-Session Introduction to a study series**
- **Facilitation of discussion group (lay and/or clergy) to explore written and media resources, as well as implement actions plans**

**For more information, please contact us!**

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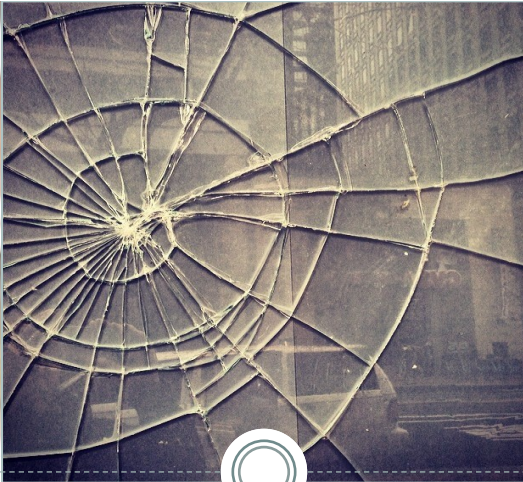
# White Fragility



**Helping White Christians Talk Constructively about Racism**

***Recommendations, Resources, and Facilitation***





**“White Fragility is a state in which even a minimum amount of racial stress becomes intolerable, triggering a range of defensive moves. These moves include the outward display of emotions such as anger, fear, and guilt, and behaviors such as argumentation, silence, and leaving the stress-inducing situation. These behaviors, in turn, function to reinstate white racial equilibrium.” - Robin DiAngelo<sup>1</sup>**

### Why does it matter?

- It is very difficult for white people to even speak of race, which prevents progress on racial justice in church, the workplace, and the world
- Need to move beyond getting stuck in unhelpful thinking about racism as only something bad racist people do, when it's really a much broader system that affects people of goodwill
- It is important for white Christians to do their own homework with regard to racism and white supremacy, and not force persons of color to do all the work of confronting and teaching them

### Why it matters in local churches?

- Equips for living into baptismal covenant
- Helps church achieve its mission of making disciples in a racially charged environment
- Reveals an essential facet of salvation and the redemption of the world from evil
- Gives disciples tools to be influential wherever they find themselves in the world
- People are struggling to find helpful language and ways of understanding race and how they and their families figure into the systems of race

## Suggested Resources:

**White Fragility: Why It's So Hard for White People to Talk About Racism by Robin DiAngelo**

**Vital Conversations on Race, Culture, and Justice Videos and Study Guide produced by the General Commission on Religion and Race ([gcorr.org](http://gcorr.org))**



*Caption describing picture or graphic*