



BLACK LIVES MATTER

Continue to make this moment a movement: a few ways we can show our support in the lacrosse community.

UNDERSTAND THE CONTEXT



“

I realise that I'm black, but I like to be viewed as a person, and this is everybody's wish.” – *Michael Jordan*

Systemic racism has been a major problem in society for hundreds of years. The murder of George Floyd by Minneapolis police officers has been a recent catalyst for change. Many people want to take action against the racist systems that are allowing this to happen.

Here are a few ways as lacrosse players in the UK that we can help. This resource will provide you with information on how to ally, what to read, watch and who to follow.

This topic is uncomfortable and can bring up some tough feelings. It's important to interrogate these feelings, figure out where they come from and understand what it is about anti-racist work that brings these emotions up.

“

It is not enough to be not racist, you must actively be anti racist” - *Angela Davis*

MORE THAN A NUMBER

The Black Lives Matter Movement is more than a moment. Black people have been victims of systemic racism for countless years and it's affect is deep rooted within society. Below are a few statistics that illustrate the oppression faced by black people in the UK.

S P O R T

Deep-rooted inequalities mean that black people are far **less likely to be physically active.**

**Sport England*

E M P L O Y M E N T

Black male graduates in London are nearly **twice as likely to be unemployed** as their white counterparts.

**BBC*

E D U C A T I O N

Black workers with degrees earn **23.1%** less on average than their white counterparts.

**Equality and human rights commission*

L I V I N G S T A N D A R D S

35.7 % of ethnic minorities were more **likely to live in poverty** compared to 17.2 per cent of white people.

**Equality and human rights commission*

H E A L T H C A R E

The COVID-19 death rate for Black African Brits is 3.5 times more than the rate of white people.

**Independent*

C R I M E

In England, **37.4 per cent of black people felt unsafe being at home** or around their local area, compared with 29.2 per cent of White people.

**Equality and human rights commission*



Systemic racism has negative implications on black people in sport ranging from the cost of playing a relatively expensive game, to the potential discomfort playing a predominantly white dominated sport. We all need to be aware of such deep rooted inequalities in order to act now and implement change.

As a lacrosse community we need to start thinking about how we improve the situation for marginalised groups to the grow and develop the sport we love.



HOW TO ALLY

There are various ways to ally such as educating yourself by reading, having conversations with friends and actively being anti-racist in the lacrosse community. That said, here are some Do's and Don'ts that will help you ally. Remember that ally should be used as a verb rather than a noun.

DO

TALK ABOUT RACISM WITH OTHER PEOPLE

Be comfortable having uncomfortable conversations about prejudice with other people in your life. You need to initiate conversations so that race isn't a topic only addressed after a black person has been persecuted. Be proactive rather than reactive.

DON'T

COMPARE RACISM TO STRUGGLES YOU HAVE EXPERIENCED

This pivot in conversation prioritises your struggles over racial discrimination. In drawing comparisons to your own life, you're putting yourself at the centre of an issue. This mental comparison can help you empathise, but you'll never feel the burden of racism unless you have been in the person's shoes.

DON'T

IGNORE YOUR UNCONSCIOUS BIASES

We all have unconscious biases that feed systemic racism. Examples include attributing traits to someone because of their race. Wanting to spend more time with someone who looks like you. Be aware of biases as they lead to prejudice in society. Be active and be anti-racist.

DO

CALL OUT AND REJECT WHITE PRIVILEGE YOU WITNESS OR EXPERIENCE

Have you noticed that at times black people's views are easily dismissed? Or they're not offered certain job opportunities? Call these things out and reject them. You may have to give up white privilege to level the playing field. And if you don't notice these things, pay attention.

DO

ACT WITH URGENCY

To the black man, "Wait" has always meant "Never". Understand that for generations, black people have been told to wait. Parents, grandparents and now the black people of today are being told to wait. Like James Baldwin said, we're tired of waiting for your so-called "Progress".

DON'T

MISS THE OPPORTUNITY TO HAVE A CONVERSATION

We need to make conversations about anti-racism a regular practice in our households, friend groups and lacrosse community. Although the conversation may feel uncomfortable, be brave and don't miss the opportunity. And if the conversation is not happening, make it happen.



DON'T DO
NOTHING,
DO
SOMETHING



EDUCATE YOURSELF: READ, WATCH AND FOLLOW

READ

- **Being black in Britain: The Civil Rights Movement they Never Taught You In School** – Jasmine Botchey | Article | [View Here](#)
- **Uncovering the brutal truth about the British empire** – Marc Parry for The Guardian | Article | [View Here](#)
- **So You Want To Talk About Race** - Ijeoma Oluo | Book
- **Why I'm No Longer Talking to White People About Race** - Reni Eddo-Lodge | Book

WATCH | NETLIX

- **Explained: The Racial Wealth Gap** - *To help understand the concept of white privilege | Season 1, Episode 4*
- **13th** – *Documentary – analysing the criminalisation of African Americans and the U.S. prison boom*
- **Time: The Kalief Browder Story** – *True crime docuseries – the story of a teenager wrongfully charged with theft and jailed at Riker's Island prison for 1000 days*
- **When They See Us** – *True crime docuseries – based on the Central Park jogger case. 5 teenage boys wrongfully convicted of a crime that they did not commit*
- **Who Killed Malcolm X?** – *An insight into Malcolm X, his beliefs and his mysterious death*

FOLLOW | INSTAGRAM

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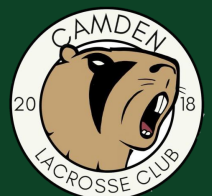
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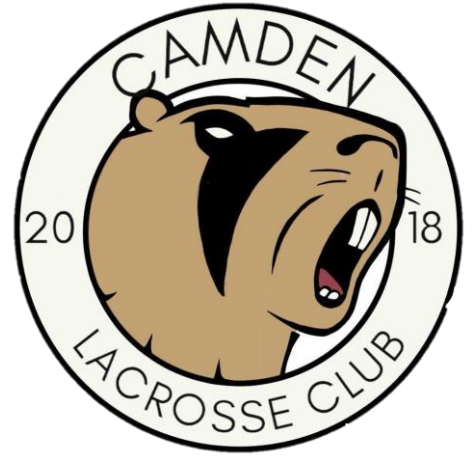
Some are posting on social media
Some are protesting in the streets
Some are donating silently
Some are educating themselves
Some are having tough conversations with
friends and family

A revolution has many lanes – be kind to
yourself and to others who are travelling in
the same direction

Just keep your foot on the gas

-Viola Davis





**BLACK
LIVES
MATTER**

