



## GASLIGHTING

A form of psychological manipulation in which a person seeks to sow seeds of doubt in a targeted individual or in members of a targeted group, making them question their own memory, perception, or sanity. Examples: That's not what happened. You're being too sensitive. Stop taking everything so seriously.

## RACIALIZED SOCIETY

A society where race matters profoundly for life experiences, opportunities, and interpersonal relationships.

## WHITE FRAGILITY

A common, almost scripted response to a minimal amount of racial stress or discomfort. This triggers a range of defensive moves. These moves include the outward display of emotions, such as anger, fear, or guilt, and behaviors such as argumentation, silence, deflection or leaving the stress-inducing situation.