



The Compass is to ground your feelings and to be present in your feelings.

- **FEELING:** what are you feeling about what you just heard or saw, expressed emotionally on how you are feeling.
- **BELIEVING:** what are your beliefs based on what you just heard or saw, expressed based on your moral beliefs.
- **THINKING:** what's your thought process or thinking ways about what you just heard or saw, expressed intellectually (smart) through your thoughts about a particular topic.
- **DOING:** based on what you heard or saw is there something you what to do or currently doing (doing right now), expressed through a social connection.

Four Agreements

- STAY ENGAGED: be a active participant, stay focused on the topic at hand, pay attention
- EXPERIENCE DISCOMFORT: be uncomfortable about what you hear and see, express or share that discomfort, being in a state of discomfort helps you want to make a change or do something different.
- SPEAK YOUR TRUTH: speak from your perspective (no one else's), how you see things, these are the I statements, not the we, they, us statements, you can only speak from your own personal experience.
- EXPECT/ACCEPT NON-CLOSURE: having courageous conversations doesn't mean that answers will come, there's no guarantee or promise that the answers to topics will have a conclusion or ending but just having the dialogue or conversation promotes understanding of other individuals or people.

Six Conditions

- FOCUS ON PERSONAL, LOCAL, AND IMMEDIATE: what's going with you, in your communities (neighborhood) that you're involved in, and what's going on right now (at this moment).
- ISOLATE RACE: identify who you are, how you see yourself as far as your racial identity or color of your skin or cultural background, where you're from.

- NORMALIZE SOCIAL CONSTRUCTION AND MULTIPLE PERSPECTIVES: understand that society may see you differently than you may see yourself, understand that there are many perspectives or views, many have their own experiences when it comes to different topics and we have to respect that.
- MONITOR AGREEMENTS, CONDITIONS & ESTABLISH PARAMETERS: as a group having a discussion or a conversation, we can monitor or look after each other, it's ok to say to someone please stay in protocol or please don't speak for me.
- USE A 'WORKING DEFINITION' OF RACE: explore what the true definition of Race and how it pertains to or involves you and your view.
- EXAMINE(LOOK) THE PRESENCE AND ROLE OF 'WHITENESS': explore what the role of 'whiteness' is and how it pertains to or involves you, the privilege of being white or the right to be white and what that looks like to each individual or person.

Web Links & Resources

- [PICTURE BOOKS THAT TEACH KIDS TO COMBAT RACISM](#)