

GETTING STARTED

YWCA Greater Pittsburgh, as a social justice organization, has a mission to **eliminate racism and empower women**. In the future, women of color will compromise the majority of all women. Yet, current research tells us that women of color continue to be at the lower margins of employment income, educational opportunity, health outcomes, and housing stability. Despite some progress that has been made, racial injustice continues to be a determining factor in these disparities. Racial justice is central to the empowerment of women and girls.

What is Racial Justice?

Our YWCA movement defines racial justice as a social justice orientation with a focus on dismantling the root causes of racism (institutional and structural policies and practices), rather than merely the symptoms of racism (racial bias, racial prejudice, racial stereotype). We also believe that racial justice requires a focus on and a commitment to the communities most directly impacted by racism.

We invite the Girl Scouts of Western PA to engage with YWCA Greater Pittsburgh Center for Race and Gender Equity in this work!

Leader Preparation

Before leading students through this patch, it is recommended to review the **Leader & Parent Preparation** resources.

Read | "How to Talk to Kids About Racism": How to talk to kids about racism, explained by a psychologist - Vox

Listen | "How White Parents Can Talk to Their Kids About Race" from NPR: <u>How White Parents Can Talk To Their Kids About Race</u>: <u>Life Kit</u>: <u>NPR</u>

Watch | "How to Talk to Kids About Race" from Home School, The Atlantic's animated series about parenting: https://youtu.be/QNEKbVg_ou4







Before Beginning this Patch:

It is important that all students agree to and honor the group agreement before beginning this patch.

Group Agreement

- Share respectfully. Understand that your truth is only part of the larger experience.
- Stay engaged. Remain involved in the dialogue.
- Share the mic. Allow others to contribute and share their ideas.
- Value risk-taking. To engage honestly about race, we must be willing to experience discomfort.
- Reserve judgement. Disagree with the idea, not the person.
- Honor confidentiality. What is said and learned in the group, stays in the group.

Materials needed

- Journal for responding to prompts
- Writing/drawing instruments
- Computer to access media
- Art/craft supplies

DISCOVER

Learn about our identities.

Daisy, Brownie, and Junior Activity

We are All Beautiful People

Materials Needed for Self- Portrait Activity:

9" x 12" piece of construction paper in any color

9" x 12" piece of paper representing any skin tone you like

Assorted paper: solid and patterns/prints (can be wrapping paper)

Glue

Scissors

Optional:

Colored markers, pencils, or crayons

Assorted stickers of animals, sports, jewelry, etc. (Stickers work well for this, but you can also find images in magazines or draw your own!)

Activity:

Building positive identities and a respect for differences means weaving diversity into the fabric of our everyday lives. Diversity allows us to learn from one another's wisdom and benefit from each other's experiences. Respecting and valuing all people is a way of being "one beautiful people" while still celebrating our individuality.

- WATCH "PBS Kids Talk About Race & Identity" https://youtu.be/B5moq6_5LSk
- REFLECT
- **CREATE** Self-Portrait: *Picturing You*
- Begin by watching, "PBS Kids Talk About Race & Identity," or an introduction to the topic of diversity.
- Reflect: How can you learn more about people who look, think, and talk differently than yourself?
- Lastly, create a self-portrait using cut paper that shows your unique personality. The short clip, *Picturing You*, was inspired by artist Frida Kahlo and demonstrates the steps of the activity. https://youtu.be/Kl0vrJB4-6s





Frida Kahlo (Mexican, 1910–1954) was a self-taught painter, best known for her self-portraits. At eighteen years old, Kahlo was injured in a bus accident and had to recover in bed for more than a year. During this time, Kahlo began to paint self-portraits and sharing her personal experiences and feelings in her paintings. These self-portraits reflect Kahlo's life, loves, joys, and sorrows. Influenced by her Mexican culture, she uses vibrant color and symbolic imagery. An animal lover, the artist often depicts pets such as monkeys and parrots in her portraits.



Cadette Activity

We are All Different. And "Different is 1000% Good"

Materials Needed for Word Art Activity:

Colored markers, pencils, or crayons Word Art Coloring Page

Activity:

To have an honest conversation on any topic we need to understand the words being used, so it's important to discuss the difference between racism and discrimination, and why it matters.

Racism is the belief that one race is better than another. Discrimination is acting on racist thoughts.

People can be discriminated against for different reasons, including age, gender, weight, religion, sexuality, and race or ethnicity. However, experiences of day-to-day discrimination are most likely to occur to racial and ethnic minorities. Some people are uncomfortable discussing differences. Yet, discussing differences can help people recognize racism and discrimination when they see it.

- LISTEN "Kids Book About Racism" by Jelani Memory https://youtu.be/LnaltG5N8nE
- WATCH "Explaining Racism and Discrimination" https://youtu.be/ayoSRpQ8I-U
- REFLECT Kids Book about Racism Reflection
- CREATE "Different is 1000% Good" Word Art Coloring Page



- Begin by listening to Jelani Memory's "Kids Book About Racism" and watching the short video, Explaining
 Racism and Discrimination.
- Then, reflect on the material by choosing one of the words from Jelani Memory's book (listed below) that is important to you and your individuality. Discuss the word you chose and how it's an important aspect of who you are.

Community	Life	Help	Perspective	Skills	Wisdom
Love	Patience	Ideas	Insight	Creativity	Empathy
Knowledge	Respect	Strength	Diversity	Experience	Originality

Use the "Different is 1000% Good" <u>Word Art Activity</u> to draw the word that makes you different in a good way
and decorate it to reflect your ideas.

Senior and Ambassador Activity

The Gardener's Tale by Dr. Camara Phyllis Jones

A story about understanding racism on three levels.

Materials Needed

\$3 Meal Activity Sheet
Two Community Cases

Activity:

"Whenever I say the word 'racism,' I'm not trying to divide the room into who's racist and who's not.
I'm describing the system that is affecting all of us in different ways."

-Camara Phyllis Jones

An important thing to understand about racism is that it is often deliberately obscured. Even though it tries to be hidden, there are ways to learn more, see it for what it is, and do something about it. To dismantle racism, it's important to look at the systems and structures around us and the various ways racism can be manifested.

Structural Racism is the policies or practices that provide differential access to goods, services, and opportunities of society by race. For children and families, it affects where they live, the quality of the education they receive, their income, and the types of interactions they have with the criminal justice system.

Interpersonal racism occurs between individuals. This is the bias that occurs when individuals interact with others and their personal racial beliefs affect their interactions.

Internalized racism is within individuals. This type of racism is our private beliefs and biases about race influenced by our culture. This can include prejudice towards others of a different race and or negative beliefs about oneself.

Environmental racism refers to the way in which neighborhoods populated primarily by people of color and members of low socioeconomic groups are burdened with a number of hazards including toxic waste facilities, garbage dumps, and other sources of environmental pollution and foul odors that lower the quality of life.

- LISTEN "The Gardner's Tale" by Camara Phyllis Jones https://youtu.be/ktj4jGmUs6Y
- WATCH "Environmental Justice, Explained" https://youtu.be/dREtXUij6_c
- REFLECT Two Community Case Studies
- **EXPLORE** \$3 Meal Journal Activity



- Begin by listening to The Gardener's Tale and then watching Environmental Justice, Explained.
- Reflect on Dr. Jones's analogy about planted flowers and examine the metaphorical soil in these <u>two case</u> <u>studies</u>. Then discuss how Angel's and Harper's lives might be different with different "soil".
- Explore the difficulties many people face when trying to feed themselves and their families by completing the \$3 Meal Activity Sheet.

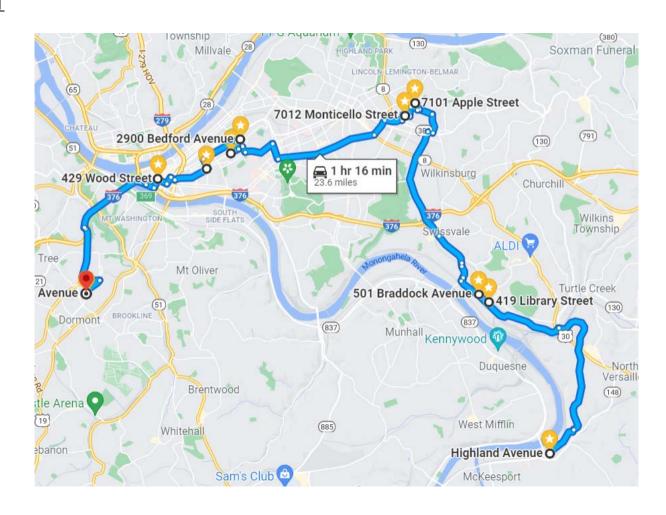
CONNECT

Immerse yourself in the history that connects you with women leaders in the racial justice movement, both locally and beyond

This section of the Racial Justice Patch is about connecting local history to the racial justice movement. Explore the following historical landmarks and learn how Black women, women of color and white allies from our area made a difference in their communities.

NOTE: Girl Scouts from all grade levels can participate in this tour. Below the "locations to visit" you will find more information about the women referenced on the tour. For those who can't physically go to each location, there are hands-on activities included and images to experience the tour.

VISIT



Locations to Visit

1. 2519 Webster Avenue, Hill District

Find the historical marker at the former residence of Daisy E. Lampkin, woman suffragist and NAACP field secretary

2. 7101 Apple Street, Homewood

See the former location of the National Negro Opera Company founded by Director, musician and teacher Mary Cardwell Dawson

3. 2518 Wylie Avenue, Hill District

The former location of the first beauty school and hair care products factory of Madam C. J. Walker, entrepreneur, philanthropist, activist, first Black woman millionaire in America

4. 419 Library Street, Braddock

The oldest Carnegie Library in America, and one that Dorothy Irene Height frequented. Check out Height's memoir, *Open Wide the Freedom Gates*, to learn about her life of service and leadership, and her prominent role in civil, women's and rights of the poor. www.braddockcarnegielibrary.org

5. 2116 Broadway Avenue, Pittsburgh

Location of Casa San Jose, a nonprofit community resource center that advocates for and empowers Latinos led by Executive Director, Monica Ruiz.

6. 7012 Monticello Street, Homewood

Site of the Homewood Historical farm, a project of the Black Urban Gardeners/Farmers of Pittsburgh (BUGs). BUGs works with local communities to grow food and share cultural traditions led by activist, Raqueeb Bey.

7. 429 Wood Street, California PA

Home of the California Area Historical Society where a push continues to memorialize civil rights martyr Viola Liuzzo in her hometown of California. Her death is believed to have directly contributed to the passage of the Voting Rights Act.

8. 2900 Bedford Avenue, Hill District

Site of Hill Dance Academy Theater founded by Ayisha Morgan Lee. Hill Dance Academy Theater is dedicated to training students in Black dance and preserving dance as a cultural touchstone for the Black community.

9. Corner of Crawford Street and Centre Avenue, Hill District

Site of Freedom Corner, a historical location for civil and racial justice movements of past and present. Hill District residents in the 1960s protested the demolition and destruction of their homes and businesses in the name of urban renewal. It has also been a key site for modern protests.

10. 1901 Centre Avenue, Hill District

Site of Ujamaa Collective- a non-profit advancing Africana women by offering arts and entrepreneurship programming, events, and a boutique to support artists. Led by first-generation Pittsburgher, LaKeisha Wolf.

11. Highland Grove Park, McKeesport

The historical marker for Queen Aliquippa, an influential leader of the Seneca tribe of American Indians in this area during the early part of the 18th century.

Meet the Women

1. Daisey E. Lampkin was an activist who helped women gain the right to vote. She believed that women's issues and African American injustices were one in the same. She fought for equality for all people no matter their gender or color. She was a suffragette and helped to motivate women to fight for the right to vote.



Virtual Activity/ Extended Learning Opportunity- Daisies, Brownie, and Juniors listen to the "History at Home: Daisey E. Lampkin" https://youtu.be/BMoGXCCORvc while working on the Daisey Lampkin coloring page. Cadettes, Seniors, and Ambassadors, engage in the listening opportunities above and discuss what it means to be an activist.



2. Mary Cardwell Dawson had a dream of becoming an opera singer but because of the color of her skin, she was barred from making that dream a reality. Because of her love of opera and music, she sought to create the National Negro Opera Company in 1941. Mary Cardwell Dawson broke through incredible barriers to give voice to singers of color, creating opportunities that eventually brought them to major American opera house stages for the first time.

Virtual Activity/ Extended Learning Opportunity- Daisies, Brownie, and Juniors, use the <u>Dawson Coloring Sheet</u> to express your life dreams. Cadettes, Seniors, and Ambassadors, think of ways you might advocate or provide

opportunities for others to break barriers.

3. Madam C. J. Walker created a product designed for the needs of African American women and used that product to help her community. Madam C. J. Walker's "Wonderful Hair Grower" was designed to treat hair loss and moisturize and strengthen hair. Madam C. J. Walker not only designed the product to serve Black women, but she also brought in women from her community to sell it as well.



Virtual Activity/ Extended Learning Opportunity- Daisies, Brownie, and

Juniors, color the Madame C.J. Walker Page. Cadettes, Seniors, and Ambassadors, watch this short video about her life, narrated by her great-granddaughter.

4. Dorothy Irene Height was an activist who stood up for women's and civil rights. She was passionate

about education and worked to fight illiteracy. Height was a YWCA president and worked with the National Council of Negro Women. She helped organize the 1963 March on Washington alongside several other black women, but she did not receive any credit for doing so and was not allowed to speak at the event. Instead, the men like Martin Luther King Jr., John Lewis, and Roy Wilkins were able to speak and became the visible leaders associated with the civil rights movement. Height received the 2004 Congressional Gold Medal and was nicknamed the "Godmother of the Civil Rights Movement" by Barack Obama. She stated that she "wants to be remembered as one who tried."



Virtual Activity/ Extended Learning Opportunity- All levels, complete the <u>Dorothy</u>

<u>Height coloring page.</u> and listen to "Civil Rights Luminary Dorothy Height" https://youtu.be/B5_022pJNWQ



5. Raqueeb Bey is the founder of the Black Urban Gardeners (BUGs) and Farmers of Pittsburgh based in Homewood Historical Farm. She created this group to combat systemic racism, ensure her community had fresh food and that the children in her community saw people who looked like them growing it. She chose the "hoop house" model of urban farming because it would allow the BUGs to grow food year-round. This farm is partnering with several other organizations to tackle food insecurity in Homewood.

Virtual Activity/ Extended Learning Opportunity- Daisies, Brownie, and Juniors, learn about Urban Farming through the video https://youtu.be/sDn3YDO69S8 and complete the Raqueeb Bey coloring page.

Cadettes, Seniors, and Ambassadors, watch "Black Urban Gardeners and Farmers of Pittsburgh"

https://youtu.be/9-sg0Gix6kY and reflect on the meaning of Raqueeb Bet's quote: "We don't just grow food, we grow minds and leaders."

Ayisha Morgan Lee has a BA in Education from The University of Pittsburgh, a BFA in Dance from Howard University, and a MA in Art Management from Carnegie Mellon University. At the age of twenty-one, Lee became the Founder, CEO, and Artistic Director of **Hill Dance Academy Theatre**, which dedicated to training students in Black traditional dance and preserving dance as a cultural touchstone for the Black community.



Virtual Activity/ Extended Learning Opportunity- Daisies, Brownies, and Juniors, complete the <u>Ayisha Morgan Lee coloring page</u>. Cadettes, Seniors, and Ambassadors, watch the Hill Dance Academy performance https://youtu.be/NiOs_bbVwwk.



Freedom Corner has been a community rallying point since the 1930's. Many protests and marches began their march to downtown here. People gathered here to support LGBT rights. In the mid-1960's people gathered here to protest wars, for jobs, desegregation and against police brutality. Urban Renewal was protested here as well. With this project they tore down a large part of the business district in the Hill to build the Civic Arena. Later,

people rallied here to protect the Hill District. Because of its rich history, the designers Howard Graves and Carlos Peterson wanted to design something the community can use. The smaller circle is dedicated to the people who fought for civil rights but died and the larger circle is dedicated to those who fought and are still alive. Peaceful protests were the inspiration for this monument, so they included a quote from Martin Luther King Jr.

Virtual Activity/ Extended Learning Opportunity - Daisies, Brownie, and Juniors, color the <u>Freedom</u>

<u>Corner Angel coloring sheet.</u> Cadettes, Seniors, and Ambassadors, watch "Pittsburgh History & Landmarks
Foundation August Wilson House & Freedom Corner" video https://youtu.be/n6HE93 7Cvk



The **Ujamaa Collective** in the Hill District focuses on the work of local artists and craftsmen. Their philosophy is that money spent locally ripples out and affects the global economy. This shop uses the African socialism model to pull resources together to benefit the community. First-generation Pittsburgher, **LaKeisha Wolf** is a founding member of the Ujamaa Collective and has served as Executive Director since 2013. She is a cultural worker, creative entrepreneur, and teaching artist and is known for helping Africana women make healthy, informed choices around beauty product consumption combined with self and environmental awareness.

Virtual Activity/ Extended Learning Opportunity- Daisies, Brownie, and Juniors, watch the Ujamaa Collective video https://youtu.be/k3y_WJRol6o and complete the LaKeisha Wolfcoloring page.

Cadettes, Seniors, and Ambassadors watch "Lakeisha Wolf: Be the Revolution"

https://youtu.be/Hz6b6Sub3nYvideo



Viola Liuzzo was an American civil rights activist from California, Pennsylvania, and the only white woman to be murdered during the civil rights movement. Liuzzo believed the efforts of African Americans in the South to obtain the right to vote was "everyone's fight" and drove 850+ miles to participate in the Selma-to-Montgomery, Alabama march for Black voting rights in 1965. While helping shuttle marchers in her car, she was killed by members of the Ku Klux Klan. Viola Liuzzo's name is engraved on the National Civil Rights Memorial.

Virtual Activity/ Extended Learning Opportunity- Daisies, Brownie, and Juniors, color the Viola Liuzzo Coloring Page. Cadettes, Seniors, and Ambassadors, watch "The Viola Liuzzo Story" https://youtu.be/puirVOjzfgM and discuss what Viola meant by saying the right to vote was "everybody's fight."



Monica Ruiz is Executive Director of Casa San Jose, a nonprofit community resource center with a mission to "model a strong culture of acceptance and integration in which immigrants are treated with dignity, respect, and kindness and can freely preserve their unique cultures while adapting to their new lives in the Greater Pittsburgh area." Ruiz has devoted herself to helping Latinos navigate the health system, social services, and the legal system to thrive in the Pittsburgh community. She believes in the advice once given to her: "If you are not moving forward, you are not idle, you are actually falling backwards."

Virtual Activity/ Extended Learning Opportunity- Daisies, Brownie, and Juniors, complete the Monica Ruiz Coloring Page. Cadettes, Seniors, and

Ambassadors, watch "Monica Ruiz: Let's Start from the Beginning" https://youtu.be/Gmx7MecU1GI and discuss how Ruiz applied the advice given to her into her on life.

Queen Aliquippa. Not much is known about Queen Aliquippa, including her birth date and real name. What we do know is taken from written accounts by early 18th century colonialists like the young George Washington. She was given the name "Queen Aliquippa" not by her own people but by European outsiders who recognized her tribal leadership as queen-like in their eyes. The Seneca people are organized by clans, and the oldest woman in each clan is their leader. Washington and others passing through the Monongahela Valley were expected to pay respect to her leadership by visiting and taking gifts.

Virtual Activity/Extended Learning Opportunity: For Daisies, Brownie, and Juniors, draw a picture of the oldest woman in your family and complete the Queen Aliquippa Coloring Page. Cadettes, Seniors and Ambassadors, discuss why not much is known about Queen Aliquippa and other indigenous inhabitants of southwestern Pennsylvania. Then, watch this video "Changing the Way We See Native Americans" https://youtu.be/GlzYzz3rEZU.

TAKE ACTION

Share your reflections

Volunteer | Find an organization in your community and volunteer

Create A Paper Quilt Square that highlights your family and is then added to a larger Community Quit. (Leaders: use a hole punch and yarn to tie each paper quilt square to the next and display in a location where scouts can see and learn about other members' families) https://operationrespect.org/theme-4-celebrating-diversity/lesson-4-family-quilt/

Watch | The monthly YWCA Action Conversation on Race series

ywcapgh.org/what-we-do/crge/conversations/

Watch | The YWCA STEM Career Café on Joylette Portlock

[youtube.com/watch?v=4pRJ136FXWk]

Start A pen pal project with a Girl Scout troop from another social identity to send cards and greetings

Share | Create a gallery of your work colorings and invite your community to come see your reflections

Create A media art project dedicated to activism, then and now. Host a showing of your art to engage in conversations about activism.

Create | A social justice button that champions an issue you want to bring awareness to and wear it around your community

Listen and Watch | **Podcast:** "Equity Is Key." *Trees Are Key*, Episode 309. The first 9-minute segment of this podcast explores how the number of trees in communities is not a minor or aesthetic issue but one of both quality and longevity of life. Listen to the podcast and research how you can help plant a tree in a needed area. **Video:** https://youtu.be/aID_EdPUMNg. Catherine Coleman Flowers is an environmental health advocate bringing attention to failing water and waste sanitation infrastructure in rural areas and its role in perpetuating health and socioeconomic disparities.

After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at 800-248-3355 to purchase your patch.* A patch may be worn on the back of a vest, sash or tunic.

*Patch shown may be substituted with similar patch, based on availability.





Activist Daisy Lampkin battled for equal rights for women and Civil Rights for all. She led others to stand up for themselves and fight for equality.







Dorothy Irene Height





Summer Lee



Ayisha Morgan Lee



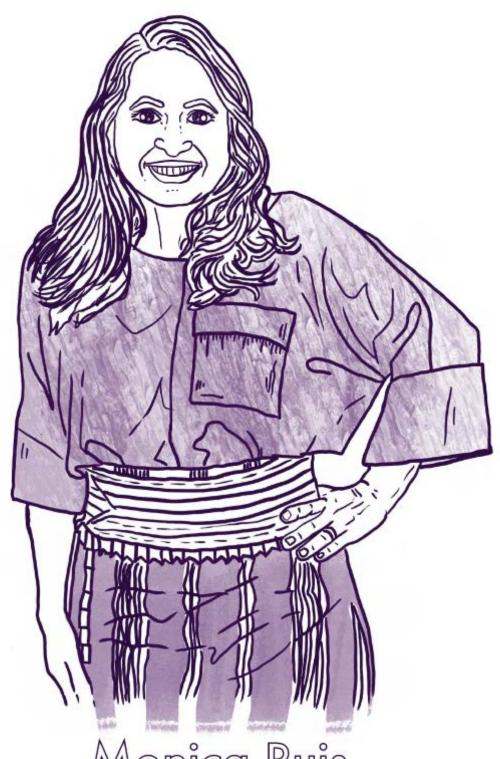


LaKiesha Wolf

Different is 1000% Good Coloring Page



Queen Aliquippa



Monica Ruis



Viola Luizzo

\$3.00 per Person Meal

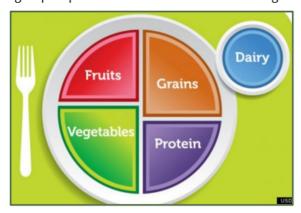
Think of your favorite healthy meal. How much do you think the ingredients cost to make it? Can you get all the ingredients for the meal in your community, or do you need to drive elsewhere to get certain items?

For this activity, you will plan a meal for your family that costs no more than \$3 per person to make.

1. First, create a budget:

Dairy:

- a. How many people are in your family?
- b. Take the above number and multiply it by \$3.
- c. My Budget: \$ ______
- 2. Next, create the **menu!** The meal must be both healthy and nutritious. To do that, the meal needs to include all the food groups represented below and not contain high levels of sugar.



My Menu:

- ✓ Protein:
 ✓ Vegetables:
 ✓ Grains:
 ✓ Fruit:
- Once your menu is planned, take a trip to the grocery store that is closest to your home or visit
 that store's website. Add the menu items to your cart (either in person or virtually) and track of
 how much each item costs.
 - a. Were you able to stay within your budget?
 - **b.** Did this store have everything you needed?

Two Community Case Studies

Case Study #1: Angel's family lives in a large city in the southern United States. Angel's neighborhood doesn't have as many trees as other parts of the city. On hot summer days, the lack of shade means that people have little relief from the sweltering sun. In addition to shade, city trees provide lots of other benefits, including:

- Lowering city temperatures by as much as 15 degrees on hot days
- Improving air quality
- Reducing noise levels
- Increasing a city's sense of community
- Creating a nicer-looking city
- Reducing stress in city residents

The lack of trees in Angel's neighborhood has created health problems for the residents. For example, because it is hotter there than in the surrounding areas, Angel's neighbors tend to stay indoors rather than being active outdoors. That means that there are more cases of asthma, diabetes, and heart conditions than in other neighborhoods in the city. Studies show that an uneven distribution of urban trees is often related to wealth and class.

Case Study #2: Harper lives in a rural, mountainous region of the United States, where most of the residents are white and experience poverty. It is hard to make a living in the area, as there aren't many jobs. For decades, coal mining has been the biggest industry and the biggest employer in the region. Both of Harper's parents are coal miners. In recent years, mountaintop removal mining has become more and more common in the region. With this type of mining, coal companies use dynamite to blast off the tops of mountains to access thin layers of coal beneath. The process creates many environmental problems: destroying trees, burying streams and waterways, polluting drinking water, and damaging natural habitats. The process also causes health problems for people who live nearby, including cancer, kidney disease, birth defects, heart disease, and lung disease. Although mountaintop removal mining provides jobs for many of Harper's neighbors, the jobs don't pay very much, so the residents of the region remain in poverty. Also, working in this industry doesn't require an education, so kids don't have much incentive to stay in school. Harper's region has lower graduation rates and higher drop-out rates than the rest of the country. Still, many of Harper's neighbors support mountaintop removal mining because it provides jobs. For them, having an income for their families is a more immediate need than protecting the environment.