Black Community Town Hall
July 23, 2020
Aanjel Clayton
Martin Luther King Jr. Human Rights Commission
Western Governors University

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Agenda

- Welcome – Aanjel Clayton, Martin Luther King Jr. Human Rights Commission
- Youth Activism – Khadija Kele, Utah Muslim Civic League
- Leadership – Meligha Garfield, Black Cultural Center at the University of Utah
- Self-Care – Sarah Vaughn, Melanin Squad
- Q&A Session – Aanjel Clayton, Martin Luther King Jr. Human Rights Commission
- Closing – Nubia Peña, Utah Division of Multicultural Affairs
Khadija Kele
Utah Muslim Civic League
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Youth Activism

By: Khadija Kele
Utah Muslim Civic League
Racial Justice Fellow
MY INVOLVEMENT
UMCL Racial Justice Fellowship
Racial Justice Matter Fellowship

- Helping youth, primarily Black Muslim youth, enhance their platform while informing and talking about racial injustices locally and nationally
- Connecting youth to different resources in the community

What have I done & Future plans

- July 19, 2020 - Youth Meeting
- July 29, 2020 - Representative Meeting

- Planning meetings with our local mosques and having conversations around intra-faith in our mosques
- Educating black youth about their civil rights
What is Causing Youth to Take Charge?
They are Tired!

Police brutality & racial injustices have gone on for far too long and it is time for real change.
○ The Murder of George Floyd (the tipping point)
  ■ May 25, 2020
○ Led to massive protests
  ■ Started in Minneapolis, Minnesota & spread all over North America and various other parts of the world
  ■ Became the largest civil gathering of people for a single cause in history
NO JUSTICE 
NO PEACE
RISING AND FALLING NEW CORONAVIRUS CASES
CHANGE IN DAILY NUMBER OF NEW CASES

STRONG INCREASE

INCREASE

FLAT

DECREASE

STRONG DECREASE

April 1st

May 1st

June 1st

June 28th

D.C.

D.C.

D.C.

D.C.

SEVEN-DAY AVERAGE OF NEW CASES. “STRONG” CHANGE: IN EXCESS OF 500 CASES; “FLAT”: +/- 25
SOURCE: N.Y. TIMES COMPILATION OF STATE AND LOCAL GOVERNMENTS AND HEALTH DEPARTMENTS DATA
Mental Health

Racial Trauma

- Flashbacks
- Anxiety
- Nightmares
- Hypervigilance
- Poor Sleep

- Depression
- High Blood Pressure
- Panic Attacks
“Stop being so sensitive”

“Get over it”

“Or it’ll pass over eventually”
Youth Involvement
Social media platforms including Instagram, Twitter and TikTok have been crucial tools to inspire and educate others.
Protests

The current round of protests are mainly youth-led
Petitions

NATIONAL ACTION AGAINST POLICE BRUTALITY

Justice for Christopher Josey
Justice for Breonna Taylor
Justice for Sean
Justice for Dion Johnson
Hands Up Act
Ban the use of rubber bullets for crowd control

Julius Jones is innocent. Don’t let him be executed by the state of Oklahoma.

Pardon Black Woman Imprisoned for Voting

Justice for Shukri Abdi
THANK YOU!

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Questions?
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LEADERSHIP FOR TODAY

MELIGHA GARFIELD M.P.A.
DIRECTOR OF THE BLACK CULTURAL CENTER AT THE UNIVERSITY OF UTAH

DIRECTOR, VOICEOVER ARTIST, GRAPHIC DESIGNER, VETERAN, BIG BROTHER, SIGMA, GEEK, SOCIAL ENTREPRENEUR

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Instagram
THANK YOU!

Young leaders already making a difference.

- You are starting and sustaining non-profits
- You are bringing students together in your black student unions across the state
- You are starting businesses
- You are running for office
- You are on the frontlines of protest
TEN TIPS ON LEADERSHIP
1. Know your role:

You are responsible, in your role and as an individual. Ask yourself what this means for you and in your context.
2 KNOW YOUR VALUES:

BE INCLUSIVE. EMBRACE DIFFERENCES AND BUILD ON SIMILARITIES. WHAT ARE YOUR VALUES, E.G. EQUALITY, TEAM SPIRIT, FAIRNESS? WHAT COULD BE THE SPECIFIC VALUES YOU WISH TO STRESS IN THIS PARTICULAR ROLE?
3

KNOW YOUR SKILLS.

The skills you need in crises are not entirely the same ones you normally need as a leader. Some common skills that are needed in times of uncertainty are communication, self-control, emotional intelligence, and conflict management.
Know your team.

How we manage our relationships with our colleagues and teammates is shifting dramatically.
KNOw YOUR INSTITUTION.

In order to change the system, you must understand it first.
Know who administration is and use them as a resource

It is extremely important to build relationships with the faculty and administrators because they are a key resource when it comes to prominent level execution and operations.
GET A MENTOR

A MENTOR IS A TRUSTED ADVISOR WITH MORE EXPERIENCE OR STATUS WHO TEACHES YOU IN A CONSTRUCTIVE PARTNERSHIP. YOU, AS THE PROTÉGÉ, LEARN FROM YOUR MENTOR’S EXPERIENCE, WHILE YOUR MENTOR GROWS AND BENEFITS FROM YOUR FRESH PERSPECTIVE AND KNOWLEDGE.
ENVISION THE TARGETED FUTURE:

HELP ALL INDIVIDUALS AND THE COLLECTIVE TO GROW. IMPROVE THE SYSTEM. WHAT IS YOUR VISION?
COLLABORATE:
10 NEVER ENDING JOURNEY

There will be ups and there will be downs. Think about ways to increase resilience. Remember, you are energy: manage it well. Be a water bear.
THANK YOU!

MELIGHA GARFIELD M.P.A.
DIRECTOR OF THE BLACK CULTURAL CENTER AT THE UNIVERSITY OF UTAH

DIRECTOR, VOICEOVER ARTIST, GRAPHIC DESIGNER, VETERAN, BIG BROTHER, SIGMA, GEEK, SOCIAL ENTREPRENEUR

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Black Community Town Hall

PROTECTING YOUR ENERGY WHILE BATTLING TWO PANDEMICS
General Reminder

Self-care includes accepting your needs and protecting your vulnerabilities. Taking care of yourself is your right!
1. TAKING A BREAK FROM SOCIAL MEDIA

It’s okay to take a break from social media, if it is having a negative impact on your mental health.

2. IMPROVE YOUR MENTAL HEALTH DIET & CULTIVATE JOY IN YOUR LIFE

If your goal is to have a healthier mind, start by removing the junk from your diet. Cultivating joy is self-care.

3. SCHEDULE TIME TO RECHARGE

One of the hardest time commitments to make, but try to stick to it as best as you can.

4. SET BOUNDARIES

Set boundaries when you can no longer discuss what’s happening.
"Reminder: our self care practice can be proactive as opposed to reactive. Burn out doesn't have to be the catalyst to rest. We can rest as a gift to our future selves"

RACHEL CARGLE
Invest In Your Mental Health

YOUR MENTAL HEALTH COMES FIRST
Your mental health is more important than your career, money, other people's opinion, your families wishes, and your friends mood.

IT'S OKAY TO ASK FOR HELP
Growing up most likely you heard, "never let them see you cry or don't ask anyone for anything." However, it's okay to ask for help!

SEEK THERAPY
While therapy may not be for some or too expensive, it can be an incredible resource for others.

Protecting Your Energy | Black Community Town Hall Meeting
"Our ancestors weren't allowed to rest or make space for self-care. We honor them when we put ourselves first. We honor them when we refuse to work ourselves to death to benefit a system created to rise on our labor."

Brown Girl Selfcare
Self-care is vital to our wholeness.

Thank You!

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Questions?
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Thank you!