

# **“SPEAK, MOVE, CHANGE”**

***A Reclamation of Black Reproductive Freedom***



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**CEO**

***The ARIAH Foundation,***  
**Co-Founder**



**Great-Great Grandma Trellis**

## **OPENING RITUAL**



**Permission To Begin  
Land Acknowledgment  
Ancestral Call**

***“We Speak Your Names”***

# *A Holistic Approach To Learning....*

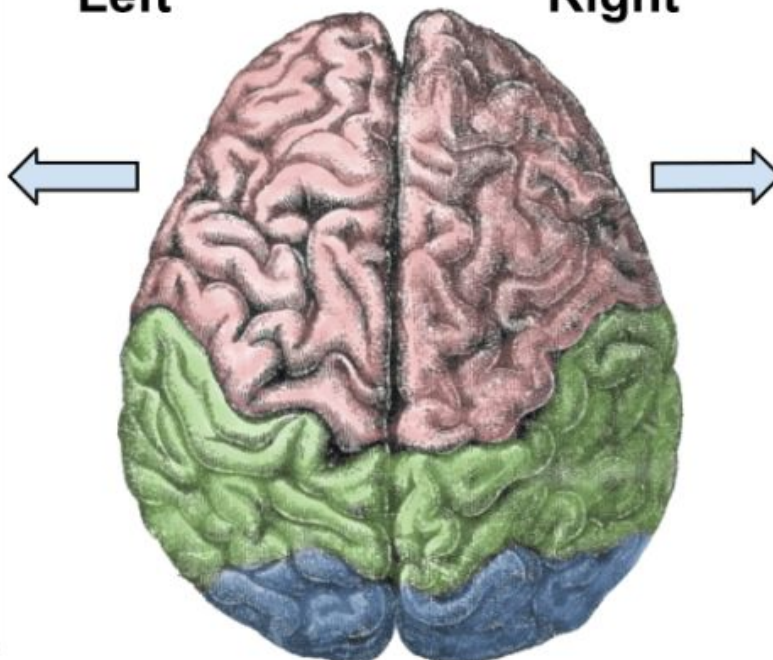
Education, with a holistic perspective, is concerned with the development of every person's intellectual, emotional, social, physical, artistic, creative and spiritual potentials. It seeks to engage participants in the teaching/learning process and encourages personal and collective responsibility. It requires that you bring your **WHOLE SELF** to the learning environment.

- Analytical thought
- Detail Oriented Perception
- Ordered Sequencing
- Rational Thought
- Verbal
- Cautious
- Planning
- Math/Science
- Logic
- Right Field Vision
- Right Side Motor Skills

## Brain Lateralization

Left

Right



- Intuitive Thought,
- Holistic perception
- Random Sequencing
- Emotional Thought
- Non-verbal
- Adventurous
- Impulse
- Creative Writing/Art
- Imagination
- Left Field Vision
- Left Side Motor Skills





**Shamony Makeba Gibson**

**Lived 11, 248 Days**

**Has Been An Ancestor 1,656**

**2x Entrepreneur**

**World Traveler**

**Performance Artist**

**Producer/Director**

**Disruptor**

**Innovator**

**Advocate**

**Youth Specialist**

**SEEKER / RESEARCHER**

# ***WEATHERING THE STORM***

- I. Weathering The Storm* (Navigating Systemic, Institutional & Structural Racism)
- II. Weathering The Storm* (Social Determinants of Health)
- III. Weathering, The Storm* (Dr. Arline T. Geronimus, in her book entitled: ***Weathering: The Extraordinary Stress of Ordinary Life in an Unjust Society*** coined the term “weathering” to describe the effects of systemic oppression—including racism and classism—on the body).

The deterioration of a black woman/birthing person's health as a result of cumulative exposure to experiences of racial, social, economic and political adversities). The health of African-American women may begin to deteriorate in early adulthood as a physical consequence of cumulative socioeconomic disadvantage, racism, sexism, oppression and the day to day rigor that comes with living, breathing, birthing and just BEING Black in this country.

## ***Conflict is UNIVERSAL***

Conflict is a universal phenomenon. It is inevitable, unavoidable and endemic in social, political, economic, religious and industrial society, because of man's unique capability to perceive differences in any given situation.

***"Conflict Is Inevitable But Combat Is Optional"***

- Max Lucado -

# Context Is Decisive...

## **The Story....**

(What's Happening in Real Time)

## **The Lens....**

(How You See & Process What Is Happening)

## **The ACTION....**

(What You DO Based On What You Believe Is Happening)



## THE LEGACY OF THE GRAND MIDWIVES



# *WHITE SUPREMACY CULTURE: THE INVISIBLE POISON*

White Supremacy culture is defined as beliefs and systems that “collectively enable white people to maintain power over people of other races,” white supremacy can show up in organizations in subtle ways. Whether through individual behaviors, group norms, or organizational standards, the cultural characteristics of white supremacy can be hard to see or name. This powerful and damaging form of white supremacy is called “white supremacy culture.”

White supremacy culture impacts everyone – people of color and white people. Without choice or intention, any group can exhibit the invisible attitudes and subtle behaviors of white supremacy culture, including white-led, people of color-led, predominantly white, or predominantly people of color organizations.

**There are 15 characteristics of White Supremacy Culture. Do YOU Know Them?**

## CHARACTERISTICS OF WHITE SUPREMACY CULTURE

- ◆ Perfectionism
- ◆ Either/or thinking
- ◆ Right to comfort
- ◆ A sense of urgency
- ◆ Defensiveness
- ◆ Quantity over quality
- ◆ Worship of the written word
- ◆ Belief in only one right way
- ◆ Paternalism
- ◆ Power hoarding
- ◆ Fear of open conflict
- ◆ Individualism
- ◆ Belief that I’m the only one (who can do this right)
- ◆ Belief that progress is more, bigger
- ◆ Belief in objectivity



As each of us continue to do this **sacred** work, we must adopt anti-racist, anti-patriarchal, equitable and inclusive practices to dismantle the systems and paradigms of oppression that are embedded in **EVERYTHING.**

We must decolonize our policies, practices and mindsets by using frameworks like social and restorative justice that account for the broader societal structures that inhibit BIPOC people from achieving autonomous decision-making as it relates to their individual, collective and communal wellbeings.

**exist&  
resist&  
indigenize&  
decolonize**



# Speak! Move! Change!

A Virtual Series in Celebration of  
Black Maternal Health Week 2024

Presenting:  
"An Ancestral  
Hearing for Truth &  
Reconciliation"

**FOR THE MOTHERS  
OF GYNECOLOGY**

Betsey, Anarcha & Lucy

\*\*\*\*\*  
APRIL 15th & 16th, 2024  
6:00 PM - 9:00 PM EST



Reserve your FREE tickets  
for our Virtual Dramatization  
[bit.ly/speakmovechange24](https://bit.ly/speakmovechange24)

## NATIONAL POSTPARTUM AWARENESS WEEK

*For Black, Indigenous, People of Color*

Sunday, May 5th - Saturday, May 11th, 2024

7:00 PM to 9:30 PM EST

Join the Movement! Register Today!



Register  
Today



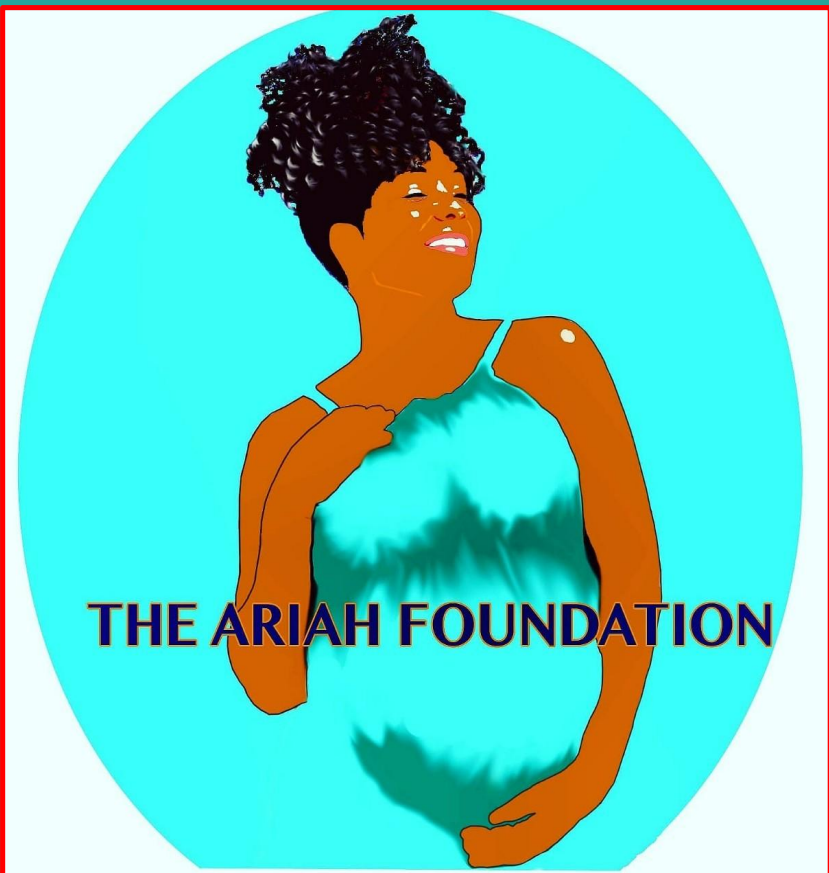
RSVP! Free 7-Day Virtual Series  
[bit.ly/PAWmovement24](https://bit.ly/PAWmovement24)





The master's tools  
will **never** dismantle  
the master's house.

~ Audre Lorde



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