**B.E.A.C.H Activity Intention Statements**

*Maternal, Child, Adolescent Health (MCAH)*

*San Francisco Department of Public Health*

**Brave**

* I will have the courage to admit to and learn from my mistakes
* I am willing to be uncomfortable and engage in constructive conversation about racism.
* I will not rely on people of color to raise white people's awareness.

**Empathetic**

* I will honor and believe the experiences of people from different racial backgrounds, even if they differ from my own reality significantly.
* I will listen to what others have to say before expressing my viewpoint.
* I will strive to remember the real life experience of racism and that this is not just an intellectual exercise.

**Accountable**

* I will avoid assumptions. I ask that I be held accountable for any biases or assumptions I rely upon during this conversation.
* I am willing and open to receive feedback after meetings, events and actions.
* I will involve others in making decisions that will impact them.
* I make sure anti-racism is part of the discussion.

**Contextualized**

* I will have a consciousness of one’s history, socio-economic position and privilege as it relates to ourselves and others
* I will acknowledge that not all racial groups experience the same consequences of racism.
* I will notice who is the center of attention and who is the center of power.

**Humble**

* I will embrace conflict as opportunities for growth.
* When people of color point out racism as it is happening, I will not take it as a personal attack.
* When I have done or said something that offended someone, I will attend to the consequences of my action rather than defend my intentions.
* I will understand my intentions/goals and keep them at the center of my comments.  Ask myself: Am I trying to be right, or am I trying to do better. When I start to feel defensive, stop and ask myself why.