

## AOD REMARKS

One of the take-home messages last week was supposed to be, and still is, the importance of speaking out in the face of racist remarks and actions. However, since that session, I've had to take a hard look at my own hesitations and barriers in this area. One of the things we often say to ourselves – and others – is I didn't know what to say. Dr. Seard, one of our speakers last week, sent me an essay which usefully illuminates this issue. The essay is titled Dear Nice White People, which caught my attention because of course that is how I like to think of myself, a nice white person. I've put the essay in the chat, but the gist of it is that we do not speak up not because we don't know what to say, but because we are afraid – afraid of not being seen as nice, afraid of offending others, afraid as not being seen as a team player, afraid of losing standing and privilege – and lots of other things. I think the point is that until we are honest with ourselves, we cannot move forward. This insight has given me a lot to mull over and I hope it may be helpful to some of you as well.