

THE CLOAK OF SILENCE

MODULE TWO | PART ONE: ADULTS

THIS TRAINING PACK CONTAINS
WORKSHEETS AND RESOURCES
TO COMPLEMENT YOUR LEARNING.



Experiential Exercise: Google Reflection Log

*Notice what comes up in your body, heart and mind
as you google “beauty” and explore what you see*



GOOGLING POST-EXERCISE REFLECTIONS

WHAT CAME UP FOR YOU WHEN THE IMAGES APPEARED?

WHAT DID YOU NOTICE IN YOUR BODY?

WHAT EMOTIONS OR FEELINGS AROSE?

WHAT THOUGHTS DID YOU HAVE AND WERE THEY LINKED TO A FEELING OR BODY SENSATION?

WERE THERE ANY SURPRISES OR DISCOVERIES?

HOW LONG WERE YOU ABLE TO TOLERATE DOING THIS EXERCISE FOR?

Code-Switching & Covering Reflection Log

Code-switching function: increases safety and acceptance

Covering function: decreases negative responses to the parts that might be stigmatised

- **Appearance:** changing appearance to blend into the dominant mainstream.
- **Affiliation:** avoiding behaviours associated with part of their identity.
- **Advocacy:** avoiding supporting or defending their group.
- **Association:** avoiding other members of the same group.

***Defined by Kenji
Yoshino** in *Covering: The
Hidden Assault on
American Civil Rights*



Beacon House

Therapeutic Services and Trauma Team

THE IMPACT OF CODE-SWITCHING AND COVERING ON BLACK AND BROWN WOMEN

- HEIGHTENED OR DAMPENED STRESS RESPONSE
- IDENTITY CONFUSION
- UNDERVALUED
- INVISIBLE
- POOR SENSE OF AUTHENTIC SELF
- EMOTIONAL & PHYSICAL EXHAUSTION
- POOR SELF-ESTEEM
- PHYSICAL PAIN IF A DISABILITY IS BEING HIDDEN
- THOUGHTS AND FEELINGS OF ABANDONMENT OF CULTURE OR HERITAGE
- DEPRESSION
- LOW SELF-CONFIDENCE

On The Inside
On The Outside

- REDUCED SELF-EXPRESSION
- AVOIDS SHARING IDEAS, THOUGHTS AND OPINIONS
- SILENCE
- ANXIETY
- LOSS OF MOTIVATION
- LOSS OF COMMITMENT
- WORKPLACE FATIGUE HINDERING PERFORMANCE
- BURNOUT TO AVOID BEING STEREOTYPED 'LAZY' OR 'INCOMPETENT'
- HEALTH ISSUES LINKED TO STRESS
- REDUCED SELF-EXPRESSION
- LOW MOOD



INVISIBLE VULNERABILITIES & HEALTH IMPLICATIONS FOR BLACK WOMEN: REFLECTION LOG

**WHY ARE BLACK WOMEN 4 TIMES MORE LIKELY TO DIE IN PREGNANCY AND
CHILDBIRTH?**

WHY ARE BLACK WOMEN NOT GIVEN AS MUCH MEDICAL ASSISTANCE?

**WHY ARE EATING DISORDERS NOT AS EASILY RECOGNISED IN BLACK WOMEN
AND GIRLS?**

HOW IS THE MENOPAUSE DIFFERENT FOR BLACK WOMEN?



Black Men Experiential Exercise Log

- *What thoughts and feelings emerge when you look at him?*
 - *What is happening in your body right now?*
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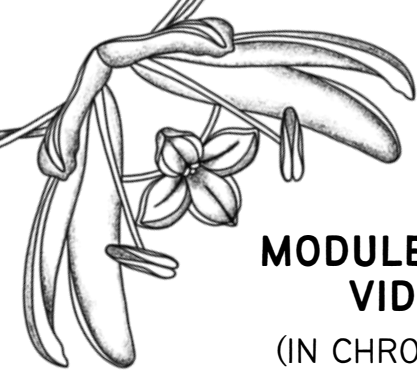


THE IMPACT OF FETISHISATION ON BLACK AND BROWN MEN

On The Inside
On The Outside

- IDENTITY CONFUSION
- POOR SENSE OF AUTHENTIC SELF
- POOR SELF-ESTEEM
- ANXIETY
- DEPRESSION
- LOW SELF-CONFIDENCE
- LOW SELF-WORTH
- LOSS OF TRUST IN SELF AND OTHERS
- SELF-HATRED
- SLEEP ISSUES

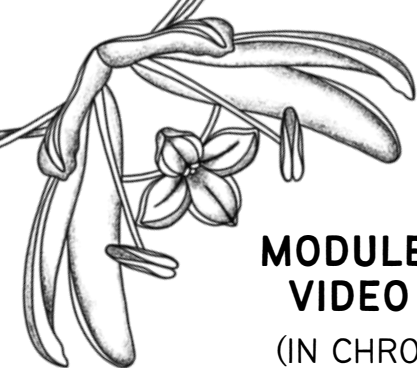
- POOR SELF-EXPRESSION
- HAS A NEGATIVE SELF-IMAGE
- NEGATIVE SELF-TALK
- PRE-OCCUPIED BY APPEARANCE
- POOR OR EXCESSIVE BODY CARE
- SENSITIVE TO CRITICISM
- SOCIAL WITHDRAWAL
- APPEARS ANXIOUS
- LOW MOOD
- UNABLE TO SET HEALTHY BOUNDARIES IN RELATIONSHIPS



MODULE TWO: PART ONE BOOK RECOMMENDATIONS, VIDEO LINKS AND RESEARCH INFORMATION

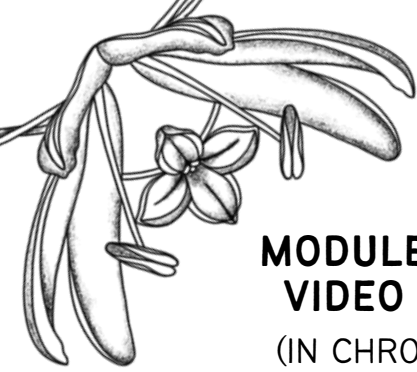
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**MODULE TWO: PART ONE BOOK RECOMMENDATIONS,
VIDEO LINKS AND RESEARCH INFORMATION CONT**
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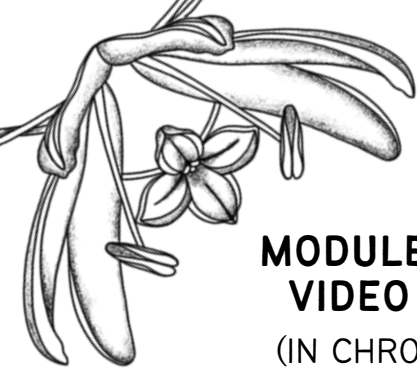
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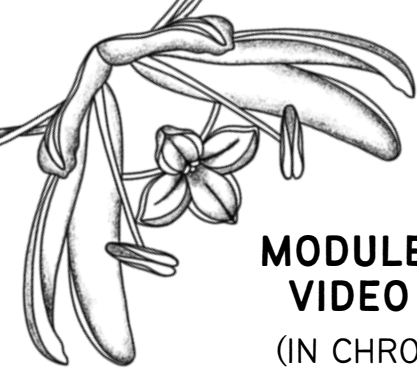
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- BLACK AND MENOPAUSAL INTIMATE STORIES OF NAVIGATING THE CHANGE BY YANSIE ROLSTON AND YVONNE CHRISTIE
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MODULE TWO: PART ONE BOOK RECOMMENDATIONS, VIDEO LINKS AND RESEARCH INFORMATION CONT

(IN CHRONOLOGICAL ORDER AS REFERENCED IN THE TRAINING)

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MODULE TWO: PART ONE BOOK RECOMMENDATIONS, VIDEO LINKS AND RESEARCH INFORMATION CONT

(IN CHRONOLOGICAL ORDER AS REFERENCED IN THE TRAINING)

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- NATIVES: RACE AND CLASS IN THE RUINS OF EMPIRE BY AKALA
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