

**White Fragility** refers to the disbelief and defensiveness exhibited by white people when their ideas about race and racism are challenged (DiAngelo, 2018).

The danger of white fragility is that white progressives (like me), can *cause the most damage to people of color*. Many times, white allies put their energy into making sure that others see and recognize their efforts (DiAngelo, 2018).

It is important to consider the overwhelmingly white teaching force. White people tend to grow up segregated and with other white people. They were never taught or shown to understand the value of other races, and they often do not have relationships across race.

Then consider the schools. The value of schools and neighborhoods are often measured by the *absence* of people of color. This means that our schools were built into systems that were developed through a (singular) white lens.

## Steps to building anti-racist and social justice work:

1. Recognize the fragility around racial issues
2. Change your understanding of what it means to be racist
3. Act on that understanding
4. Build emotional stamina around it (DiAngelo, 2019, as cited in Van der Valk & Malley, 2019).

**If you are white, you don't need to feel guilty about it! Rather, be responsible for what you do with it.**

