



Hello 4-H Community,

It seems I have written more letters like this in recent months than I have in my entire career prior. I want to start by saying I hope you are well. I hope you are safe. I hope you are healthy. Like many of you, I have been watching the news, scouring the social media feeds, and bearing witness to this tumultuous time in our nation's history. My heart and soul are troubled, and I am grieving with our African American community and struggling with my own emotions as I process the death of George Floyd and the events that have followed.

At this time, I think it is even more important that we check in with each other and reach out to those who may need a virtual hug or a long phone call. I am reaching out to you, who have welcomed me and become my new neighbors, as I feel it is very important that we stand together to face these extreme challenges.

I am especially reaching out to our young 4-Hers of color and their families. I cannot pretend to fully understand what you are going through, but I can imagine the anger, the hurt, and the fear. 4-H is special to me because of its commitment to equity and inclusion. It is essential that we reaffirm that commitment in this trying time.

I would like to invite all youth and families who need to talk or who are struggling, to call and/or email me or anyone on the 4-H staff. We are here to listen. I also want to invite you, again, to join us during our [Afternoon Teatime](#), every Monday, Wednesday, and Friday, from 3:30 p.m.-6:30 p.m. If you show up and need to talk, we can break out into a private conversation.

It is important that our Snohomish County 4-H program acknowledges that these are serious and trying times we are facing. But more important, we need to acknowledge that there are systemic and pervasive injustices being faced by our members of color in all aspects of their lives, every single day. We in 4-H stand with you. Our platform is one of learning and growing. How can we learn and grow if we do not acknowledge and respond to the events that are unfolding in our country, in our cities, and for many of us, in our own back yards? But how do we do that? As I wrestle with that question, I offer you the following first step. I invite you to explore the resources below as you talk about current events with your children, your families, and those 4-Hers that you mentor. This first step is just that, a first step. We have dedicated leaders in our county, state, and national organizations who are exploring new ways that 4-H and Extension can provide support to our members as we all work to address racism, injustice, and inequity for all people of color in our communities and beyond.

In addition, I want you to take a moment to slow down and do your best to recognize and process your own emotions. How are you feeling? Are you scared? Are you confused? Are you feeling hopeless? I have been moving through all those emotions, and more, as well. Recognizing our reactions to current events is important as we move forward toward action.

We will keep in touch as the days pass with more information and events – for now, please explore the resources listed below. Stay safe, reach out and support each other, and please take care.

Ashley Hall | 4-H Assistant Professor

And the Snohomish County 4-H Team

Beth Wangen | Volunteer Development Coordinator

Kim Marie Baker | 4-H Program Coordinator

Kristi Boyd | 4-H Administrative Assistant

## Snohomish County 4-H Social Justice Resources

### Talking about racism and current events with youth:

- *These Books Can Help You Explain Racism and Protest to Your Kids* – New York Times: <https://nyti.ms/2ZWMjsm>
- *Table Talk: Family Conversations about Current Events* – Anti-Defamation League: <https://www.adl.org/education/resources/tools-and-strategies/table-talk>
- *Helping Kids Process Violence, Trauma, and Race in a World of Nonstop News* – Conversations with Common Sense: <https://youtu.be/dhjMyOqu2G8>
- *Discussing Difficult Situations With Your Children* – National PTA: <https://www.pta.org/home/family-resources/health/Emotional-Health/Discussing-Difficult-Situations-With-Your-Children>
- *Talking to youth about racism and violence* – Sprockets: <https://www.sprocketssaintpaul.org/news-and-media/talking-youth-about-racism-and-violence>

### Online Educational Resources

- *Black Lives Matter*. <https://library.law.howard.edu/civilrightshistory/BLM>
- *The First Time I Realized I was Black*. CNN. <https://www.cnn.com/interactive/2017/02/us/first-time-i-realized-i-was-black/>
- Equal Justice Initiative: <https://eji.org/>
- *New Era of Public Safety: An advocacy toolkit for fair, safe, and effective community policing*. The Leadership Conference on Civil and Human Rights. <https://www.obama.org/wp-content/uploads/Toolkit.pdf>

### Books (please contact Ashley Hall if you would like one of these books and cannot purchase/find one. We will do what we can to get it to you)

- *White Fragility: Why it's so hard for white people to talk about racism*. By Robin Diangelo. <https://robindiangelo.com/publications/>
- *Privilege, Power, and Difference*. By Allan Johnson. <https://www.mheducation.com/highered/product/privilege-power-difference-johnson/M9780073404226.html>
- Coretta Scott King Book Award Winners: <https://www.common sense media.org/lists/coretta-scott-king-book-award-winners>

### Resources for Action

- *How to Make This Moment the Turning Point for Real Change*. Barak Obama. <https://medium.com/@BarackObama/how-to-make-this-moment-the-turning-point-for-real-change-9fa209806067>
- *Statement by President George W. Bush*. <https://www.bushcenter.org/about-the-center/newsroom/press-releases/2020/06/statement-by-president-george-w-bush.html>
- *Brené Brown on Empathy*: <https://www.youtube.com/watch?v=1Evwgu369Jw>
- NAACP: <https://www.naacp.org/>

### Messages from Our Partners and Parent Organizations

- WSU President Schulz: <https://from.wsu.edu/president/2020/recent-tragedies-self-examination/email.html>
- National 4-H Council President & CEO Jennifer Sirangelo: <https://4-h.org/about/blog/the-voices-we-need-to-hear-right-now/>

### Self-Care

- *Self-Care Tips for Black People Who Are Struggling With This Very Painful Week* – ACEs Connection: <https://www.acesconnection.com/blog/self-care-tips-for-black-people-who-are-struggling-with-this-very-painful-week-vice>

HEAD

HEART

HANDS

HEALTH