



Context:

- **#BlackLivesMatter Era and police brutality.**
- **Methods of organizing/activism.**
- **This not about the promotion of violence or condemning violence; this is about understanding violence.**
- **Black/African and POC centered.**
- **Topics may be triggering:**
rape, police brutality, war, white supremacy, structural violence, suicide, abuse, and language

Goals:

- **Expanding the definition and exploring the complexity of violence.**
- **Understanding that violence is a verb not a noun.**
- **Knowing the importance of cognitive dissonance.**
- **Violence can be exploitive, controlling and dangerous; and can be liberating, healing and humanizing.**
- **Movement building: be more preventative, active, and promote solidarity and healing; be less reactionary, apathetic, apologetic and counterproductive.**

Ground Rules:

- **Respect pronouns (ex: he/his/him, she/her/hers, they/them/their, etc.)**
- **Step up, step back**
- **Personal disclosure stays in the room “Las Vegas Rules”**
- **No talking out of turn**
- **Cursing is fine (try to keep it PG)**
- **No personal attacks or name calling**
- **One minute sharing -- before you share please state your name and pronouns**

Trauma & Effects

- Trauma is universal! Regardless...
 - Age
 - Race and ethnicity
 - Gender and sex
 - Class
- ...determined by physically or psychologically stressful events. Resilience differs from person to person
- **Complex Trauma - exposure to multiple traumatic events which are usually prolonged, invasive and personal**
- **Cortisol - the primary stress hormone, increases sugars (glucose) in the bloodstream, enhances your brain's use of glucose and increases the availability of substances that repair tissues.**



TED-ed: How stress affects your brain - Madhumita

“...a traumatic event or situation creates psychological trauma when it overwhelms the individual’s ability to cope [...] The individual may feel emotionally, cognitively, and physically overwhelmed. The circumstances of the event commonly include abuse of power, betrayal of trust, entrapment, helplessness, pain, confusion, and/or loss.”

Source: What is Psychological Trauma?,
sidran.org

Trauma Informed Care Principles:

- **Safety**
- **Collaboration**
- **Choice**
- **Trust**
- **Empowerment**

EX: “If someone comes in high to a medical appointment, don’t scold them. The weed smoking is serving a purpose...self medication or just helping them stay calm enough to access services.

Always let the person lead their own treatment plan, no matter the circumstances”

Interaction // Organizing // Liberation

TURTLE ISLAND



Turtle Island is the original name and creation story of what we know as “North America,” which spans from sub arctic Inuit territories (Canada) to Kuna/Guna territories (Panama and Columbia) .



North America Before Colonization

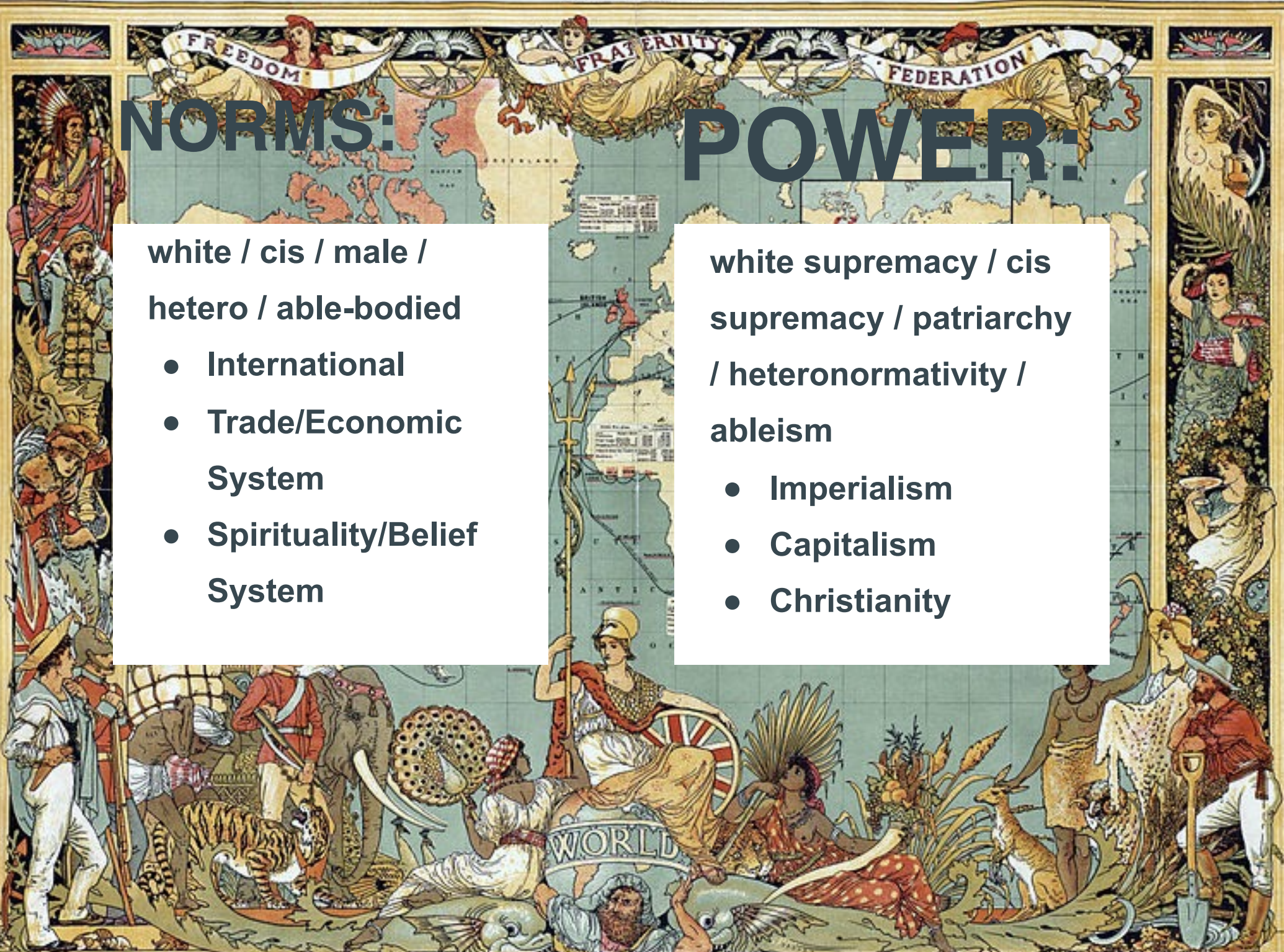
<http://nativesofnorthamerica.org/>

Amerigo Vespucci and the Present



An Italian explorer who sailed for the Spanish in 1499 until 1503. Vespucci had 4 voyages, traveling the Caribbean down to southern Argentina.

THE NAME: “America” came about from German mapmaker (cartographer) Martin Waldseemüller who named the north and south territories after Vespucci by feminizing “Amerigo” into “America.” His “New World” maps were dedicated to Vespucci and became popular in Europe.



NORMS:

POWER:

white / cis / male /
hetero / able-bodied

- International
- Trade/Economic System
- Spirituality/Belief System

white supremacy / cis
supremacy / patriarchy
/ heteronormativity /
ableism

- Imperialism
- Capitalism
- Christianity

IMPERIAL FEDERATION: MAP OF THE WORLD SHOWING THE EXTENT OF THE BRITISH EMPIRE IN 1886.
STATISTICAL INFORMATION FURNISHED BY CAPTAIN J. C. R. COLVILLE, R.N.A. BRITISH TERRITORIES COLOURED RED.

Scientific White Supremacy

Carl Linnaeus (1707-1778)

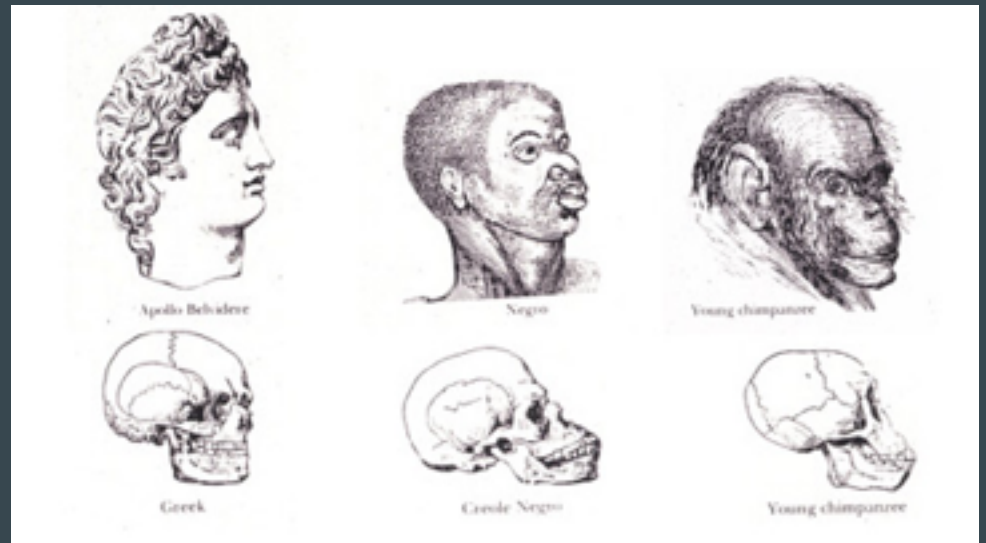
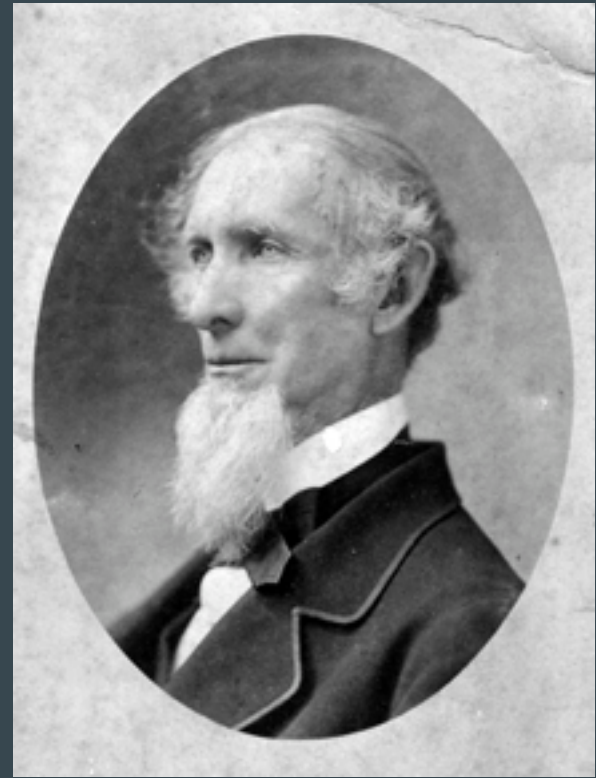
- ***Systema Naturae*** (1761)
- Varieties:
 - The *Americanus*: red, choleraic, righteous...painting himself with red lines, and regulated by customs.
 - The *Europeanus*: white, sanguine ...gentle, acute, inventive; covered with close vestments; and regulated by customs.
 - The *Asiaticus*: yellow, melancholic, stiff;...severe, haughty, greedy... and regulated by opinions.
 - The *Afer* or *Africanus*: black, phlegmatic, relaxed...females without shame... crafty, sly, careless; anoints himself with grease; and regulated by will.

Josiah Clark Nott (1804-1873)

- *An Essay on the Natural History of Mankind* (1851)
- Presented the concept of “biological racism”
- Correlated larger brains and skulls with race, and placed black people between man and apes due to having similar brains.

“Nott, the owner of nine slaves, "used his influence and his science to defend the subjugation of blacks through slavery". He claimed that "the negro achieves his greatest perfection, physical and moral, and also greatest longevity, in a state of slavery"”

- Dewbury, Adam, "The American School and Scientific Racism in Early American Anthropology"



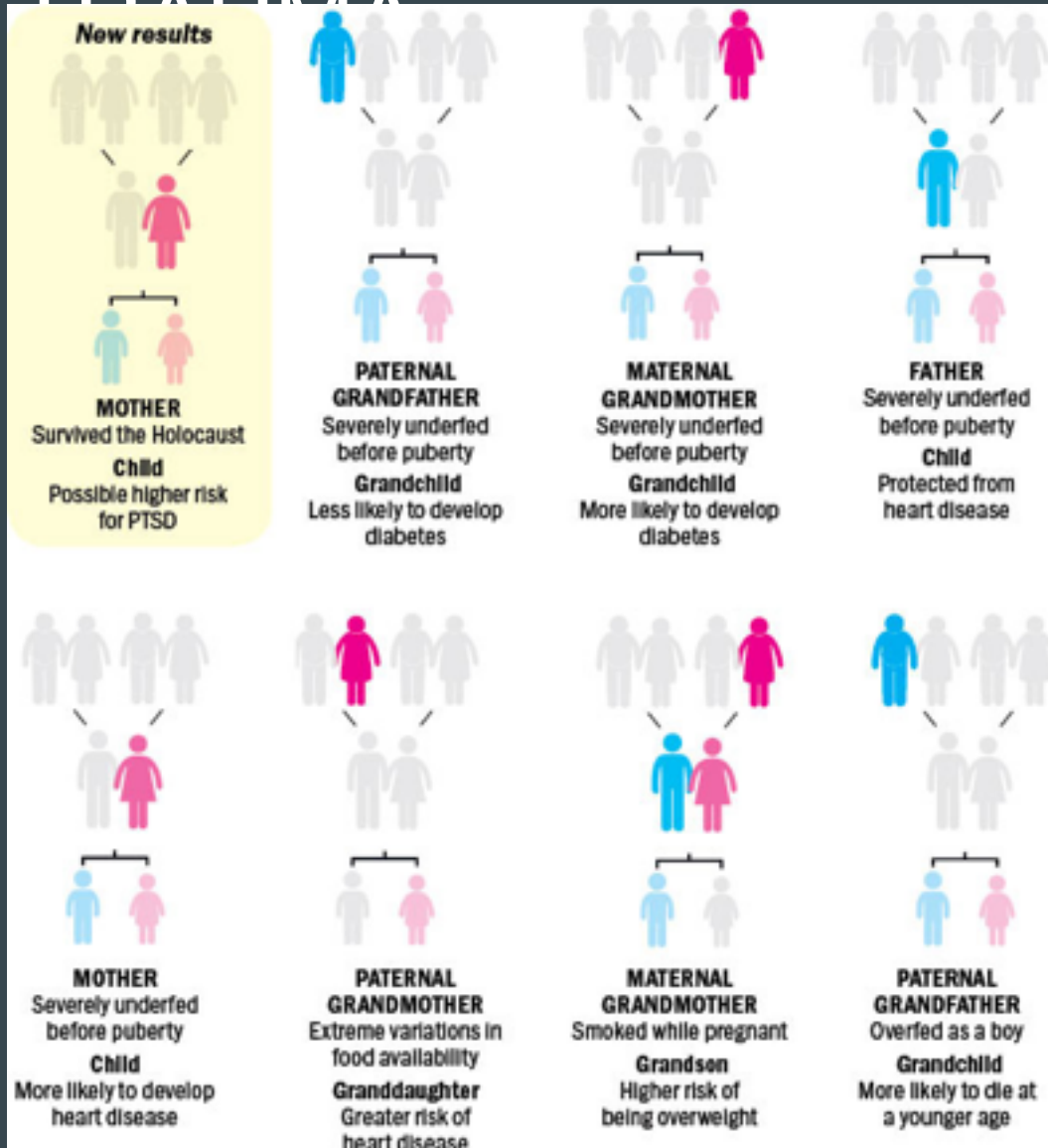
“Why not retain and incorporate the blacks into the state, and thus save the expence of supplying, by importation of white settlers, the vacancies they will leave? Deep rooted prejudices entertained by the whites; ten thousand recollections, by the blacks, of the injuries they have sustained; [...] real distinctions which nature has made [between whites and blacks]; and many other circumstances, will divide us into parties...which will probably never end but in the extermination of the one or the other race. - To these objections, which are political...physical and moral [...]

[Black people] secrete...more by the glands of the skin, which gives them a very strong and disagreeable odour...They seem to require less sleep. A black after hard labour through the day, will be induced by the slightest amusements...though knowing he must be out with the first dawn...They are more ardent after their female: but love seems with them to be more an eager desire, than a tender delicate mixture of sentiment and sensation. Their griefs are transient (short-lived)...Comparing them by their faculties of memory, reason, and imagination, it appears to me that in memory they are equal to the whites; in reason much inferior...and that in imagination they are dull, tasteless, and anomalous.”

- Thomas Jefferson, *Notes on the State of Virginia* (1785)

GENERATIONAL AND HISTORICAL

TRAUMA



- Descendents from traumatized peoples have higher levels of cortisol
 - Katrina, 9/11, Syrian War, Israeli and Palestinian War(s), the Holocaust, Chattel Slavery, colonialism, etc.
- PTSD is more likely to be passed through the mother via high levels of cortisol in the placenta
- Risks:
 - PTSD
 - anxiety and depression
 - behavior
 - obesity
 - hypertension
 - insulin resistance
- Systematic violence retraumatize communities and traumatized peoples can continue, even subconsciously, violent behaviors.
 - Ex: In the 80s and 90s the LAPD would report cases involving black people and/or sex workers by using the term “N.H.I.” meaning “No Human Involved.”

Post Traumatic Slave Syndrome (PTSS)

- **Adaptive behavior** - conceptual, social, and practical skills that all people learn in order to function in their daily lives; including but not limited to literacy; self-direction; and the concept of numbers, money, and time. Skills for daily navigation.
 - Paranoia of: police, healthcare systems and social workers
 - Parenting / Interpersonal relations
 - Emotional neglect, lack of self-determination and abundant criticism
 - Dr. DeGury conducted a study with 200 young black men within the same neighborhood (half have been incarcerated, the other have not) and found that the most significant predictor of violence was NOT witnessing violence, but was the lack of respect.
- **Learned Helplessness** - the feeling of loss of control or autonomy in one's life.
 - Belief in not achieving adulthood or short life expectancy
 - High levels of depression
 - Loss of hope
- **Internalized Oppression** - oppressed group that believes and acts out the stereotypes created about their group.
 - Colorism
 - Intellectualism is closer to whiteness
 - Self-hate
- **Horizontal Oppression** - oppression that occurs within a specific group by some members towards people who lack the same or similar privileges.
 - Anti-blackness and respectability politics in the black community
 - Other examples: Femmephobia and homophobia LGBTQ+ communities; Trans communities oppressing non-binary trans people

Game: Violence Meter

SELF

**INTERPERSONAL +
INTRACOMMUNAL**



CULTURAL

SYSTEMATIC



Power and Control

1 in 3 College men said they would rape or force a woman into sex if they wouldn't get caught or face consequences.

Denying Rape but Endorsing Forceful Intercourse: Exploring Differences Among Responders (2014)

Gender Oppression x Racial Oppression

- **INCITE! Women of Color Against Violence:**

- Denial
- Minimizing
- Victim Blaming
- Counter Organizing

- **Domestic Violence (DV) Chart:**

- Intimidation
- Emotional Abuse
- Isolation
- Using Children
- Economic Abuse
- Male Privilege

- **dR (Dismantling Racism) - dismantlingracism.org:**

- Self Hate
- Violence Threat or Violence
- Blame/Victim Blaming
- Lying (the oppressor / supporters)
- Division, Separation, and Isolation
- Destruction of Culture
- Erasure/Appropriation
- White Privilege

Cognitive Dissonance

- Inconsistency -

Cognitive dissonance refers to a situation involving conflicting attitudes, beliefs or behaviors. This produces a feeling of discomfort leading to an alteration in one of the attitudes, beliefs or behaviors to reduce the discomfort and restore balance etc.

Source: simplypsychology.org



Change your
thought



Change your
behavior



Add a
thought(s)

Oversimplify:
ignoring, dismissing and erasure

Conflicting thoughts and behaviors:

**Smoking cigarettes are
unhealthy**

You smoke cigarettes

**I hate people who abuse
women**

**My best friend hits their
girlfriend**

“...land of the free...”

**The USA is globally #1 in
incarceration**

Women should be safe

Participates in catcalling





Trudy 
@thetrudz

 Follow

When "morality," "beauty," "non-violence,"
"humanity" for Whites require anti-Blackness,
doesn't matter if *individual* one isn't racist.

RETWEETS 36
LIKES 34



3:26 PM - 7 Dec 2014

  36  34 



Trudy 
@thetrudz

So much of White supremacy is
performing morality, for the largest
possible audience, versus actually
being humane.

10/16/16, 11:10 PM



Imani Gandy 

@AngryBlackLady

 **Follow**

Ryan Lochte is 32 years old but he's a kid. Tamir Rice was 12 but he was "big for his age" and "could have easily passed for someone older."

3:14 PM - 18 Aug 2016

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Do Two Wrongs
Make a Right...

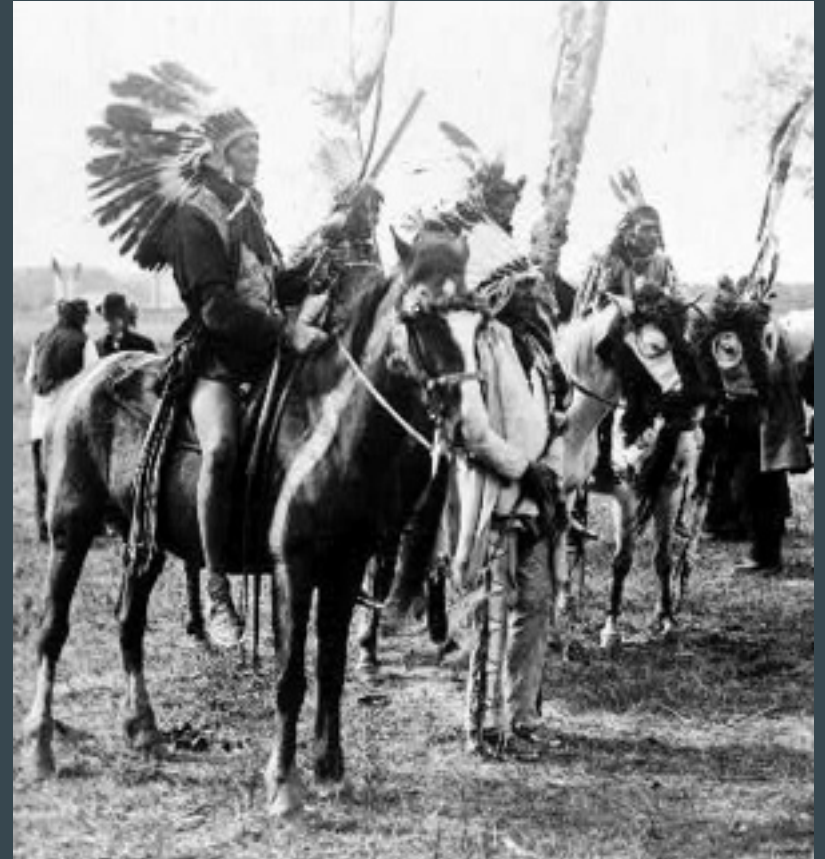
Combating Violence and Organizing

...if one wrong helps you survive?

Using violence to end a system of oppression

The Sioux of the Great Plains:

- They went to war with the United States from 1851-1890
- The U.S. government was encroaching on sovereign Sioux land. This was a fight of survival and liberation from U.S. conquest and colonialism. For the Sioux people if they did not enact violence they would have been massacred.



Decolonization & Phases of Decolonization

“Decolonization is the ending of colonialism and the liberation of the colonized. This requires the dismantling of the colonial government and its entire social system upon which control & exploitation are based. Decolonization, then, is a revolutionary struggle aimed at transforming the entire social system and reestablishing the sovereignty of tribal peoples, in political terms, this means a radical de-centralization of national power (i.e., the dismantling of the nation-state) and the establishment of local autonomy (community and region, traditionally the village and tribal nation).”

“Colonization and Decolonization: A Manual for Indigenous Liberation in the 21st Century” by Zig-Zag

1. Recovery -

reconnecting with one's history, culture and people. Ex: returning to one's community, re-establishing family relations, re-learning culture (art, language, songs, ceremonies, hunting, fishing, dancing, etc.)

2. Mourning -

a time when a people are able to lament their victimization which can be expressed through deep sadness and anger. "The abuse of the mourning phase can continue in mourning, anger, hate and the division of people; getting stuck in victimhood.

3. Dreaming/Reconstruction -

THE MOST CRUCIAL; restructuring involves reassessment of existing institutional power structures and expanding our worldviews and shifting our paradigms to make a better world for all nations. Those who ridicule the dreaming phase usually have short-sighted goals which measured by material gains.

4. Commitment -

committing to your dreams and making the decision to make them reality; combined voices and clear direction.

5. Action -

MUST be done after commitment to be the true will/decision of the people; political/ social change.

“While [recovery] is a crucial first step in any decolonization process, without the infusion of radical & revolutionary analysis...the focus on cultural identity in and of itself does not necessarily lead to anti-colonial consciousness. In fact, this focus on 'culture' alone can easily lead to conservative and even pro-colonial sentiments.”

“Colonization and Decolonization: A Manual for Indigenous Liberation in the 21st Century” by Zig-Zag

Guinea-Bissau War of Independence



“The secret sphere in undeveloped countries is a collective sphere that falls exclusively within the realm of magic. By entangling me in this inextricable web where gestures are repeated with a secular, my very own world, our very own world, thus perpetuates ourselves [...]

In liberation struggle, however, this people who were once relegated to the realm of the imagination, victims of unspeakable terrors, but content to lose themselves in hallucinatory dreams, are thrown into disarray, re-form, and amid blood and tears give birth to very real and urgent issues.”

**Franz Fanon Passages from the *“Damned (Wretched) of the Earth”*
pp18-19 essays on violence**

Amilcar Lopes da Costa Cabral (1924 - 1973)

- Amilcar Cabral united , citizens to effectively communicate with one another and with chiefs to gain allies
- Charismatic, Pan-Africanist leader, who united chiefs, and local leaders in Guinea-Bissau, in order to liberate his people from colonialism.
- Pan-Africanism Is a social, and political ideology, that supports the idea of uniting all African descended people within the diaspora -- using Socialism, and intersectionality .





Cape Verde Country in West Africa



Portuguese Colonialism

- **Guinea Bissau , and Cape-Verde were colonies of Portugal.**
 - **Portugal colonized the land that would become Guinea -Bissau in 1474 CE.**
 - **Portugal Colonized the Island of Cape Verde in 1462 CE.**
- **In August 1959 the Portuguese colonial police, shot at organized nonviolent dock workers who were striking, for better wages.**
 - **This Strike organized by Amilcar Cabral, after witnessing over 50 protesters killed in this strike. He realised the only way to gain independence, was through an Armed Struggle**



Response



- The party was established in Bissau on 19 September 1956 as the African Party of Independence (*Partido Africano da Independência*) by Henri Labéry and Amílcar Cabral
- Grassroots struggle
 - Teaches people how to grow food
 - Trained people in guerrilla warfare
 - A resurgence of African folk music, Funana (fu-nah-nah) and Batuque (ba-too-ck)
 - **Africanisation - has been applied in various contexts, notably in geographic and personal naming and in the composition of the civil service e.g. via processes such as indigenization.**
- Allies
 - Relationships with Sweden in 1960's
 - Carbal impresses Fidel at the Conferencia Tricontinental Enero (1966) and Cuba becomes an arms supplier
 - Fighting camps are setup in Ghana
 - USSR, Kalashnikovs, and Chinese allies_
 - Guerilla warfare 1961-1974 and gains independence



1. Recovery

- a. Amilcar Cabral united citizens to effectively communicate with one another and with chiefs to gain allies
- b. Teaches people how to grow food
- c. Trained people in guerrilla warfare
- d. A resurgence of African folk, Funana (fu-nah-nah) and Batuque (ba-too-ck)

2. Mourning

- a. Docker strike ends in a massacre, Pidjiguiti massacre (1959)

3. Dreaming

- a. Africanisation
- b. Movement influenced by pan africanism, communism, marxism and socialism

4. Commitment

- a. Relationships with Sweden in 1960's
- b. Cabral impresses Fidel at the Conferencia Tricontinental Enero (1966) and Cuba becomes an arms supplier
- c. Fighting camps are setup in Ghana
- d. USSR, Kalashnikovs, and Chinese allies

5. Revolution

- a. Guerilla warfare 1961-1974 and gains independence

“All the guiding principles of military operations grow out of the one basic principle: to strive to the utmost to preserve one's own strength and destroy that of the enemy... How then do we justify the encouragement of heroic sacrifice in war? Every war exacts a price, sometimes an extremely high one. Is this not in contradiction with "preserving oneself"?

In fact, there is no contradiction at all; to put it more exactly, sacrifice and self-preservation are both opposite and complementary to each other. For such sacrifice is essential not only for destroying the enemy but also for preserving oneself - partial and temporary "non-preservation" (sacrifice, or paying the price) is necessary for the sake of general and permanent preservation. From this basic principle stems the series of principles guiding military operations, all of which - from the principles of shooting (taking cover to preserve oneself, and making full use of fire-power to destroy the enemy) to the principles of strategy - are permeated with the spirit of this basic principle. All technical principles and all principles concerning tactics, campaigns and strategy represent applications of this basic principle. The principle of preserving oneself and destroying the enemy is the basis of all military principles. “



**- Mao Tse Tung on a
People's War
problems and
strategy of guerilla
war against Japan**

pp 81-82



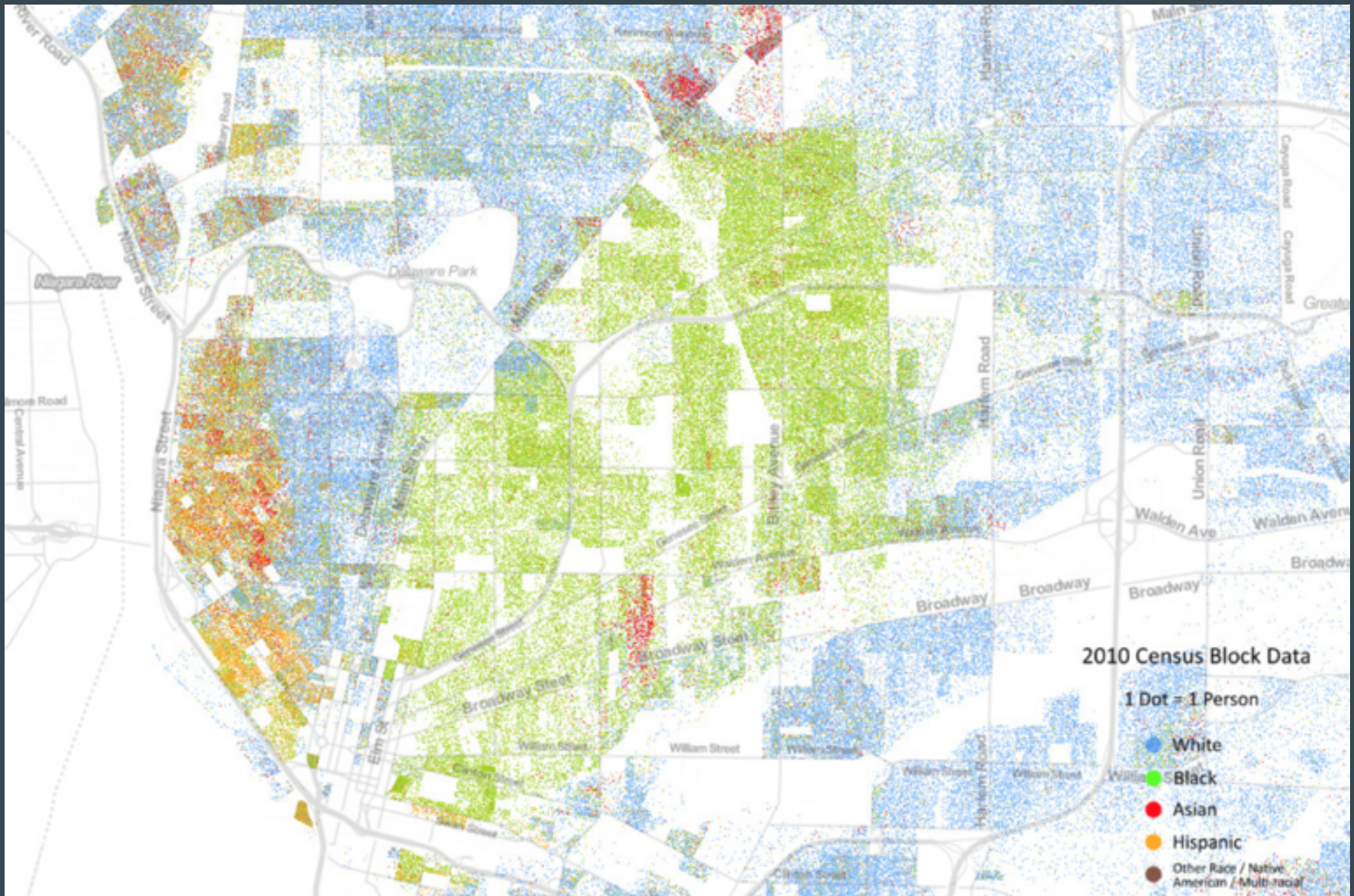
-716 Or 416-

**The only difference is a number
(Trigger warnings: there will be an image of brutalization)**

FAST FACTS ABOUT BUFFALO

In order to understand why violence grips Buffalo the way it has, we need to keep a few things in mind:

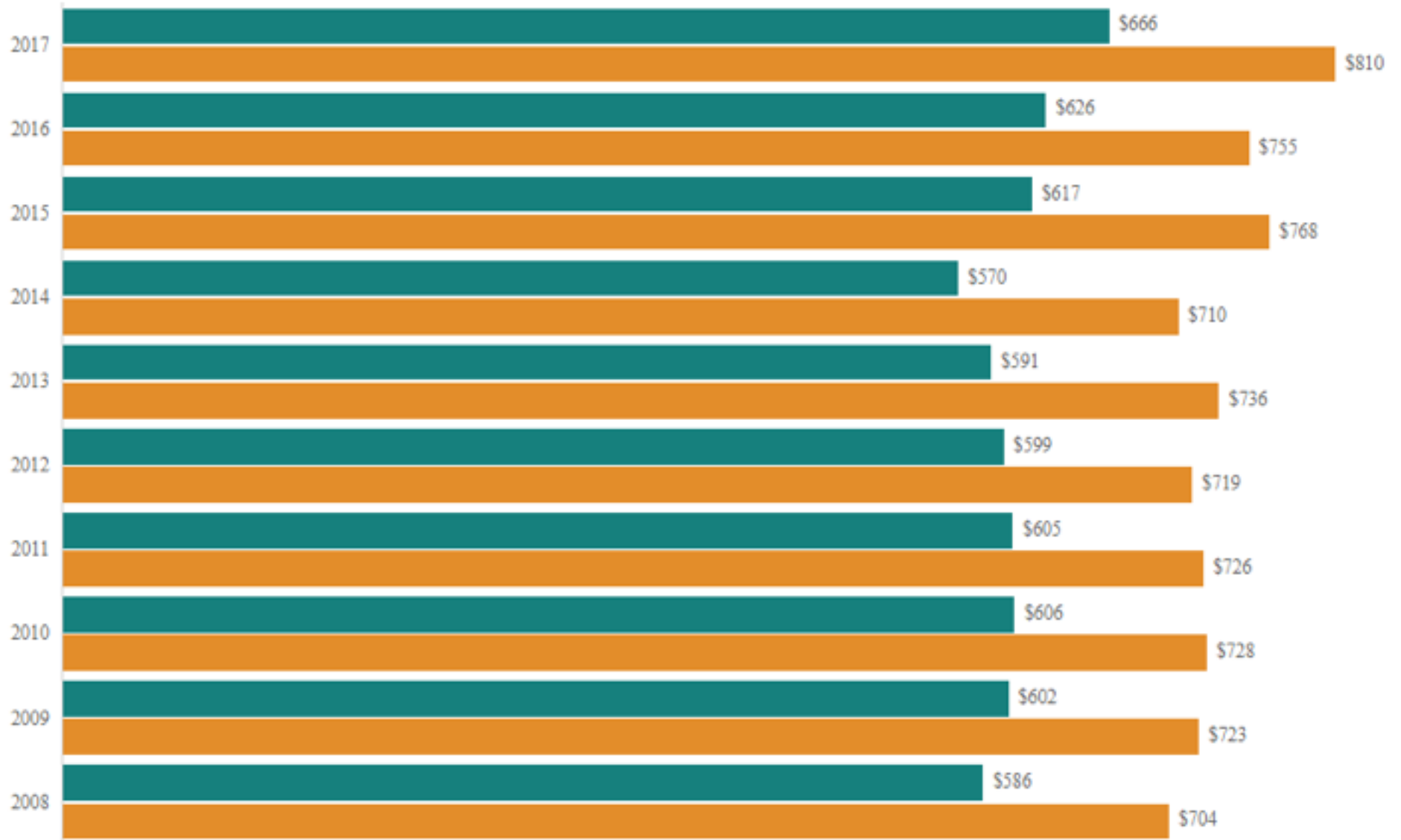
- Buffalo, NY is the 6th most segregated metropolitan area in the US.
- In 2012 70% of schools were segregated by race which the same percentage in 1972.
- 54% of Buffalo's children are living in poverty
- "...more lower-income people in Buffalo – which has a \$31,918 median household income – are being priced out of market-rate housing, increasing demand for government-subsidized, low-income housing..."
- In May 2017 Mayor Byron Brown increased the Buffalo Police Department budget to \$500,000 after the police already had 27.8% of the city's budget -- which is \$133 million.



Cost of rentals is going up

Market rate in Buffalo SMSA

● 1-bedroom ● 2-bedroom



THE BUFFALO NEWS » SOURCE: U.S. DEPT. OF HOUSING AND URBAN DEVELOPMENT

DATA

State Violence in Buffalo, NY



Sheriff Howard



Carl Paladino

India Cummings

- **India Cummings was a resident of Rochester New York Who moved to Lackawanna NY(City outside of Buffalo) in November of 2015**
- **On February 1st of 2016 She was arrested by Lackawanna PD for Rash behaviors triggered by K2 (Synthetic Marijuana)**
- **On February 26 she was pronounced dead, due to mysterious circumstances**
- **It was reported that when she went into the Holding center she was healthy. As time went on her health deteriorated.**
- **India Cummings had a history of mental health issues.**



India Cummings cont'd

- **Oppose to sending her to a mental health clinic, she was left in Police custody**
- **There are rumors that say that she refused food from the guards in the Erie County (The Municipality that Buffalo is in) Holding Center.**
- **The holding center in itself has a history of suicides that don't get resolved with the public.**
- **India's case is apart of a long going battle, for answers of what goes on in the holding center.**

CHECKPOINTS TS

Operation Strikeforce Roadblock Locations, Buffalo, NY



Arthur Jordan

- **Arthur Jordan is a resident of Buffalo, New York**
- **On July 7th of 2016 after the deaths of Alton Sterling and Philando Castle, AJ made a FB post**
- **The post in regards to the murders of Sterling, and Castle states “Let’s start killing them, and see how they like it.”**
- **On the city’s east side on July 14th 2016, AJ was stopped by police by a Metro PCS (cell phone) store, By BPD officers Aquino, and Hamilton**
- **When he was stopped by Buffalo police officer, Officer Aquino he was illegally searched, and asked if he was carrying a weapon, he says “no.”**



Arthur Jordan Cont'd

- He gets pepper sprayed, punched in the back of the head, searched again no weapon found, and then searched another time -- eventually a gun was found.
- Arthur Jordan has been held in custody at the Holding Center since July 2016
- While he was there they want to charge Arthur Jordan with a illegal firearm, and for acts of terrorist (his FB post).
- He was labeled a “Gangbanger”, and a “thug” by officers, though there is no evidence, that he has partaken into any Gang activity.
- His parents has stated that his interactions with police have been positive.

Arthur Jordan cont'd

- **Even Officer Aquino and Officer Hamilton who has had prior interactions with AJ have stated, that their interactions were cordial.**
- **As of now in regards to his case, and local Buffalo Activists (Just Resisting), who have been working with his parents on his case. The gun charge has been thrown away, due to the gun being found in an illegal search. Even though he already plead guilty.**
- **He still awaiting a full trial, as he is being held in police custody**

Wardell “Meech” Davis

- On Tuesday February 7th 2017 Wardell Davis, died of asphyxiation while in police custody.
- Davis, was stopped by BPD Officers Todd C. McAlister, and Nicholas J. Parisi on Hoyt St near W. Ferry (the city’s West Side)
- He fled the officer who pursued him on presumption that he had illegal substances on him.
- When he was stopped and eventually handcuffed Davis appeared to be under medical distress, and was struggling with breathing.
- Opposed to taking Meech into lock up or better yet the hospital he died in police custody



Wardell Davis Cont'd

- It should be noted that officers Parisi and McAlister were in districts that were not assigned to them, when they chased Meech and apprehended him
- Following his death there were demonstrations throughout the city of Buffalo's west side, and downtown Area.
- On Friday February 17th 2017 there was a major event held by The Mayor of Buffalo Byron Brown, and many major City Officials, socialites , and entrepreneurs known as the "State of the city address."
- A local POC centered activists organization known as "Just Resisting" associated with the M4BL (Movement for Black Lives), staged a protest where they went into the Buffalo Convention Center and started recording and demonstrating at the State of the city Address.
- Five protesters who were blocking the road were arrested for disruption by BPD.



Wardell Davis Cont'd

- **The Demonstration was one of many actions, and form of community/ political engagement in regards to police, and political corruption in the city of Buffalo.**
- **Recently the BPD has stated that mentions Meech's death is considered a Homicide due to "Respiratory distress"(Side FU#@!ng eye).**
- **The Fight for Meech's name, and justice for his family is still on.**

“And while I’m watching this, although I can empathize with [their pain], who empathizes [for us] -- where are the tears? Where are the tears? Where is the empathy of America? And that to me is part of the problem why we’re seeing a society of people who are *done!*”

“Healing must occur on multiple levels, because the injury occurred on multiple levels. We begin, by simply telling the truth.”

Closing:

1. Name an internal conflict (cognitive dissonance), is it resolved?
2. Was there something new you learned about violence?

“It is our duty to fight for our freedom.

It is our duty to win.

We must love each other and support each other.