Racial Encounters of the Personal Kind

*What Now? What’s Next?*

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October 16th, 2019
Introduction: Where do these messages come from?

*Fresh of the Boat*, www.abc.com
Introduction: Where do these messages come from?

Blackish, www.abc.com
Media Stereotypes

• Media images of diverse people are based on common stereotypes that are easily accessible from our memory (Adams-Bass & Henrici, 2019).

• When we view these stereotypes we may laugh, cry, curse or quickly turn the channel, radio station or surf to another page. We may even choose to share our opinions on social media.

  • Racial hierarchies are often embedded in media.
Racial Literacy

Racial Literacy is the ability to read, recast, and resolve racially stressful encounters. This literacy can be increased via racial socialization strategies repeatedly practiced within a safe context (affection, protection, and corrections) utilizing intellectual, emotional and behavioral skills that protect and affirm racial self-efficacy (RSE), recast racial stress, and negotiate racial conflicts (Stevenson, 2014).
Racial Socialization

Racial Socialization is the practice of sharing explicit and implicit messages about one’s group role, strengths, culture and historical legacy in larger society as preparation for managing racialized encounters (Stevenson, 2014).
What is RECAST Theory?

Racial Encounter Coping Appraisal and Socialization Theory (RECAST) – RECAST proposes that racial socialization is most effective in that it buffers the negative influence between racial stress and racial coping by bolstering racial encounter self-efficacy or confidence (Stevenson, 2014).
Read

• Decoding racial subtexts, subcodes and scripts
• Accurately interpreting the meaning making (trauma, triumph, transcendence) of actors and actions in RSE
• In written texts, social discourse and social interactions

https://www.recastingrace.com

Blackish, www.abc.com
Read

• Learning to decode [racial] media messages is a racial literacy skill (Adams-Bass & Henrici, 2019)
  – Awareness of the messages presented, reinforced and introduced
  – Origins of racial messages
  – Relationship to interpersonal encounters
    • i.e. adultification of Black adolescent girls
Recast

• Reducing stress in RSE using racial mindfulness
• Racial socialization reduces/recasts/reframes the negative meaning of racial stress in RSE (from overwhelming to navigable).
• Racial socialization builds racial self-efficacy (confidence).

https://www.recastingrace.com
Resolve

• Negotiating RSE toward healthy conclusion
• Assertively communicating affection, protection, correction, and connection during RSE
• Requires preparation and practice for Racial Self-Efficacy
  – Relaxation, storytelling, journaling, debating, role-playing

https://www.recastingrace.com
Telling Your Story

1. Close your eyes
2. Think about the first time you had a personal encounter that was about your racial/ethnic identity
   • What happened?
   • Who was involved?
   • What did you do?
Telling Your Story
Thank You - *Keep in Touch*

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