

AKA LIFE COACHING : IMPACT OF SLAVERY

Not everything that is faced can be changed, but nothing can be changed until it is faced #James Baldwin.

1619 SLAVERY STARTS

1619

1793
Slave based
cotton
industry begins

1793

1831 Abolition
movement begins

1861

1831

240 YEARS OF SLAVERY

1961 SEGREGATION STARTS

1861

2020 HOW CAN WE MAKE A DIFFERENCE ?

1954 De-Segregation
of schools begin

1964

The Civil Rights Act signed

1978

2015 England stopped
paying slave owners
Reparations

2020

1861 Emancipation of Slaves

No jobs, no education, not allowed bank loans, not allowed to vote, often killed if they looked at white women/ men. Lynching, accused of crimes they didn't commit, no mental health support, low self esteem, not allowed to live in most areas had to go back to work for slave owners, PTSD. No reparations like other communities inflicted by trauma.

1954

1978 Affirmative action

2008 Barack Obama Elected President

Unequal opportunities and resources: Schooling, education, health, legal representation, arrested, imprisonment unconscious biases, fear, mental health, financial difficulties unable to vote, intergenerational trauma, killed when unarmed, seen as a threat, voter suppression ETC.

100 YEARS OF SEGREGATION

1619 First African slaves brought to America

Killed, beaten, raped, chained, limbs removed, children taken away, culture removed, medically tested on often killed as a result, no anesthesia when operated on, no literacy as slaves were not allowed to read, no home, often given no food starved to death, taken away from family, made to change name. Achievements not given to them, Trauma, had to work for free.