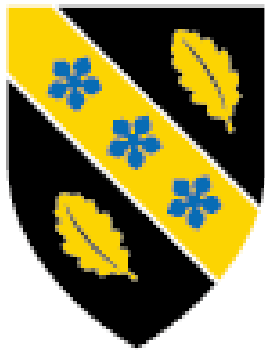


University of Wales Trinity Saint David

Introduction to Race Equity Programme

Keeping Safe



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David

Keeping Safe

Working on issues of race and racism can be challenging. Many of us already know of the personal toll this work can exact as we engage with the subject matter. We carry our own experiences of living in a racially unjust society into our work, and we take on the risk that the work may cause us anxiety or pain.

This programme is designed to deepen our understanding of race and of the actions, we can take to address racism. The units use a range of video clips and activities to explore the issues and provide us with the opportunity to hear about the racism experienced by our Black, Asian and Minority Ethnic students and staff. The subject matter is not easy to engage with and might trigger a range of intellectual, physical and emotional reactions including discomfort, sadness, anger or distress. As we work through the e-learning units we need to be prepared for those reactions and ready to manage them. The following suggestions might be of use:

- 1) Wherever you are when you undertake this training, it is important, if possible, to create a safe and quiet space where you feel comfortable and able to deal with your reactions. If you are sharing space with other people then you might want to complete the training when they are not likely to disturb you, or to use headphones so that they cannot overhear the soundtrack.
- 2) Paying attention to your physical and mental well-being is important whether you are engaging with the modules or using the journal for further reflection. Allow yourself time to acknowledge how you feel and to look after yourself. Take time out during the training if you should need to. Please do schedule a break before your next meeting or engagement.

You might find it useful to talk about your experience of undertaking the training, perhaps with a colleague or someone else you trust. Make sure they understand that you want to talk about issues of race and racism and that they are happy to support you.

We welcome your feedback and suggestions about tackling racial inequity and you can contact race.equality@uwtsd.ac.uk to freely share any feedback you have.