

Discussion Questions

What have you come to believe or been taught about the following?:

- Chapter 1: The meaning of race
- Chapter 2: How Africans and African Americans have been viewed or perceived
- Chapter 3: The traumas associated with American chattel slavery
- Chapter 4: The nature of multigenerational trauma
- Chapter 5: The progress and struggles of African Americans
- Chapter 6: What is necessary for the survival and success of African Americans

Questions relating to the following:

- What did your family teach you?
- What did you learn from your community? (Friends, teachers, colleagues etc.)
- What has the society taught you?

Implications for moving forward

- What changes can you make?
- What will you now teach your children or others?