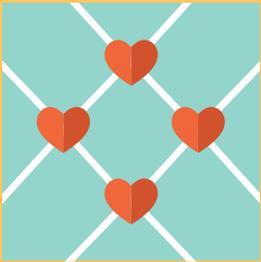


## UNIT 13

# Establish Networks of Care



You have likely received crucial support at a pivotal moment in your life, perhaps from unexpected people or occurrences. Pay it forward by proactively building Networks of Care. Here are a few ideas on how to get started:



## TOOL 1

**Examine Yourself Before  
Jumping Into Action**

**You are an agent of  
change from any social  
position and identity.**



You may play different roles in your social networks based on your skills, interests, identities, current learning, and vantage point.

**Take a moment to reflect on the social roles with which you most frequently identify, bearing in mind that we all take different roles in different contexts.**



Reflect on the Following Questions



**Which role(s) did you choose that you felt most comfortable and natural playing, and why?**



**What is the impact of playing the roles that you do on both you and the community around you? Are the roles draining or nourishing?**



**Which roles do you feel you have the most confidence and power in? Which roles do you want to challenge yourself to take on more often?**





## TOOL 2

## Engage as an Agent of Change at the **Interpersonal Level**

### Take the opportunity to broaden your social roles.

Do you have a new friend whose ethnicity or identity may be different than your own? Would you like to know more about them?



#### ✔ Start a conversation about your favorite song.

Ask them for theirs. Find out why it's important to them. When you listen to the song, notice your own cultural filters. Start a conversation to bridge to their perspective. Leading with open questions instead of strong opinions.

#### ✔ Start a study group for a class of your choice.

Check any tendency you may have to gravitate to people who share similar backgrounds, identities, and values.



## TOOL 3

## Engage as an Agent of Change at the **Structural and Communal Level**

#### ✔ Start by thoughtfully examining your rights, responsibilities, and privileges in the communities you inhabit.



#### ✔ Take a small portion of your time and capacity to make a difference for others.



- Connect with elders experiencing isolation
- Mentor someone younger than you
- Volunteer at an animal sanctuary or shelter
- Join a community cleanup
- Shovel snow for a neighbor experiencing impact to their mobility
- Tutor a student struggling with online learning
- Identify additional ways you can contribute



 **Initiate conversations with leaders about how the communities you are in could do a better job of supporting marginalized or disenfranchised identities.**

Keep the conversation going about creating systems, policies, and practices that fortify compassionate actions. Make an offering of potential actions to community leaders:

**Create incident plans**

Ensure that your communities have an incident response plan for cultural collisions. This might include conversations about classrooms, departments, residence halls, families, friend groups, etc.

**Make support plans**

Ensure that your communities have a plan in place for how to support victims of illness and aggression (meal trainings, phone calls, other actions of care).

**Organize community trainings to combat bystander tendencies**

Review Tool #12 **Move Beyond Bystander** for ideas.

**Build community**

**conversation groups**

Make a goal to read/watch/engage with material on Covid-19 safety, anti-racism, or social justice work and engage with community conversations each week or each month.

**Contribute to conversations**

Make a goal to speak up and share what you have learned in this course or from other sources. Generate more conversations in your communities about anti-racism work.

**REFLECTION QUESTIONS**



Which of the Establish Networks of Care tools did you use this week? How did it go?



Did you notice any challenges when practicing with the Establish Networks of Care Tools this week? If so, what thoughts, emotions, or sensations did you notice?



Are you interested in building one of the practices into your daily life?