

## Letter in Solidarity and Support for Black Communities within and Beyond SF State

(**TW:** language: Police brutality and murder, *skip to second paragraph to avoid*)

***\*Resources are listed at the end of the Document\****

The Associated Students Board of Directors at San Francisco State University wrote this letter to confront an irreversibly traumatic collection of actions that continues to infiltrate the lives and safety of Black communities in this country. It will always be inexcusable to see how the criminal “justice” system thrives off oppressing and murdering Black communities. We recognize this faulty system and the lives lost at the hands of legalized murder which is veiled under the term “police brutality”. We stand against a system which allows these actions to occur and oppresses members of our community.

May George Floyd, Breonna Taylor, Ahmaud Arbery and the long list of Black individuals, many of whose stories we do not hear, rest in power. The Associated Students Board of Directors at San Francisco State University stands in solidarity with Black students, staff and faculty on our campus and beyond SF State. We stand in solidarity with Black women, Black trans communities, queer Black communities, disabled Black communities, and Black men. We support the Black Lives Matter Movement, co-founded by SF State alumna Alicia Garza, and their mission, “to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities..” As student representatives of a University with colleges built by activism, we also support our students who choose to protest alongside the Black Lives Matter movement and justice for Black Lives.

We must not forget San Francisco State is home of the longest student-led strike in the country due to the Black Student Union and Third World Liberation Front strikes of 1968 which demanded racial justice in student’s education. We must continue this legacy of activism and fight for racial justice today by following in the footsteps of those before us in the 1968 Strikes. We must listen to Black leaders and continue the protests and activism our Ethnic Students College was founded on. We must center Black voices in these conversations. Similarly in 2016, the graduate students from our Master of Public Health program fought and advocated to

address police brutality as a public health issue which led to the issue being addressed as a national policy from the American Public Health Association in 2018. San Francisco State must uphold this legacy and stand in solidarity with Black students and stand against police violence.

San Francisco State University needs to do better to support Black students; those of us in privileged positions need to do better to support Black communities. It is imperative as student representatives and the voice of 30,000 students, we recognize the privilege and power that comes with these positions. As this new Board steps into our positions, we use this privilege to ensure our work this upcoming year will prioritize Black lives and rigorous anti-racism, the way it always should. San Francisco State University and this country would not exist without Black communities. We see you. We support you. We stand with you.

Associated Students' acknowledge feelings of anger and frustration that many people are feeling and would like to provide resources to support at this time.

Here is a list of resources and Safe Spaces for Black Students on Campus (and virtually):

- ❑ Black Unity Center
  - ❑ Website: <https://equity.sfsu.edu/blackunitycenter>
  - ❑ Phone: (415) 405-4442
  - ❑ Email: [blackunitycenter@sfsu.edu](mailto:blackunitycenter@sfsu.edu)
  
- ❑ Counseling & Psychological Services
  - ❑ <https://caps.sfsu.edu>
  - ❑ Phone: (415)-338-2208 to schedule appointment
  
- ❑ Black Student Union
  - ❑ Instagram: sfsuBSU
  
- ❑ African Student Association
  - ❑ Instagram: sfstateasa
  
- ❑ Reach out to Associated Students to see what other Student Orgs can support you at this time

Practical Ways to Manage the Impact of Racial Trauma (for Black communities):

Via Dr. Ebony (email: [info@drebony.com](mailto:info@drebony.com))

provided is Dr.Ebonys words via her instagram post (@drebonyonline)

***This is not an exhaustive list, if you are feeling distressed or in crisis please call emergency services***

- ❑ Don't apologize for being impacted/affected
  - ❑ *You do not need to apologize or minimize the impact that racial trauma is impacting you*
- ❑ Honour your emotions
  - ❑ *Many of us have learned to stuff and avoid feeling our emotions as a means of survival*
- ❑ Take slow, deep breathes
  - ❑ *Trauma, of any kind, activates your nervous system's fight, flight, or freeze response. Slow, deep breaths can help to press the breaks on your nervous system to help you regain control of your body*
- ❑ Limit exposure and engagement, as needed
  - ❑ *Know your limits! Repeated Trauma exposure can severely impact your mood, mental health, and emotional stability. Take breaks from activities (i.e. activism, advocacy, news, social media ect) that can repeatedly expose you to traumatizing content, info, images.*
- ❑ Choose safe ways to become involved
  - ❑ *If you can manage it emotionally, mentally, and physically, it might be helpful to work through race-related stress by becoming involved in activism, advocacy, and healing efforts, But, know your limits!*

Those of you who will/have participated in protests:

- ❑ Know your rights
  - ❑ [https://www.aclu.org/know-your-rights/protesters-rights/#i-want-to-take-pictures-or-shoot-video-at-a-protest?initms\\_aff=nat&initms\\_chan=soc&utm\\_medium=soc&initms=200529\\_protestrights\\_kyr\\_fb&utm\\_source=fb&utm\\_campaign=protestrights&utm\\_content=200529\\_freespeech\\_kyr&ms\\_aff=nat&ms\\_chan=soc&ms=200529\\_protestrights\\_kyr\\_fb](https://www.aclu.org/know-your-rights/protesters-rights/#i-want-to-take-pictures-or-shoot-video-at-a-protest?initms_aff=nat&initms_chan=soc&utm_medium=soc&initms=200529_protestrights_kyr_fb&utm_source=fb&utm_campaign=protestrights&utm_content=200529_freespeech_kyr&ms_aff=nat&ms_chan=soc&ms=200529_protestrights_kyr_fb)
- ❑ Ways to find COVID-19 testing for those in San Francisco at least a week after protesting:
  - ❑ <https://sf.gov/find-out-how-get-tested-coronavirus>

For non black students- ways to support black communities during this time:

- ❑ Donate to:

- ❑ George Floyd Go Fund Me
  - ❑ <https://www.gofundme.com/f/georgefloyd>
- ❑ Minneapolis Protesters Bail out Fund Organisation which pays cash bail for those imprisoned for criminal or immigration offences (including protestors)
  - ❑ <https://minnesotafreedomfund.org>
- ❑ Black, Trans, and Queer led organization based in the Twin Cities (Minneapolis and Saint Paul), Minnesota organising to dismantle systems of oppression and violence
  - ❑ <https://secure.everyaction.com/4omQDAR0oUiUagTu0EG-lg2>
- ❑ A coalition to demand that Minneapolis divest from policing and invest in long-term alternatives
  - ❑ <https://www.reclaimtheblock.org>
- ❑ Northern California/ Bail Fund (San Francisco, Oakland, San Jose, Vallejo, Santa Rosa, Santa Cruz, Sacramento, Oakley)
  - ❑ <https://actionnetwork.org/fundraising/ncrbailfund>
  - ❑ <https://rally.org/ARCbailfund>

#### Educate Yourself:

- ❑ [Anti-racism resources](#)
- ❑ [Learn about Black history and activism](#)
- ❑ [Learn about Black Lives Matter](#)
- ❑ Learn more about Structural Change
- ❑ Addressing Police Violence as a Public Health Issue

#### Sign petitions:

- ❑ George Floyd
  - ❑ <https://www.change.org/p/mayor-jacob-frey-justice-for-george-floyd>
- ❑ Breanna Taylor
  - ❑ <https://www.change.org/p/andy-beshear-justice-for-breonna-taylor> :
- ❑ Ahmaud Arbery
  - ❑ <https://www.runwithmaud.com/>
- ❑ Pass Georgia Hate Crime Bill
  - ❑ <https://www.change.org/p/governor-brian-kemp-justice-for-ahmaud-arbery>
- ❑ Send an email to your local Representative (Less than a minute)
  - ❑ [bit.ly/wearedonedying](http://bit.ly/wearedonedying)

#### **Comprehensive page with many resources in one place:**

- ❑ <https://linktr.ee/acab>

*It is important to remember new resources including petitions, places to donate, and specific actions needed are being added everyday so, if you have the ability to, please continue doing research on how to support the community even outside this resource sheet.*

In Solidarity,

Your Associated Students Board of Directors

Andrew Carrillo, President

Brittnay Nguyen, Graduate Representative

Zoram Tomas Ruiz-Mercado, VP of Internal Affairs

Jainam Shah, Science & Engineering Representative

Joshua Ochoa, VP of External Affairs

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Vanessa Miller, Education Representative

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Ja'Corey Bowens, Ethnic Studies Representative

Alondra Esquivel Garcia, VP of Facilities & Services

Tatiana Madison, Health & Social Science Representative

Tyler Lewis, Chief of Staff