

Layla Saad's "Me and White Supremacy" Book Group 10-week Outline

Group meet-ups

- Via Zoom
- Confidential space
- Once a week for 10 weeks
- 1.5-2 hours each group meeting
- Includes large and small group sharing on previous week's journaling prompts

Journaling aspect

This book guides the readers to journal on 28 topics. Although Layla Saad originally released it as a 28-day Instagram challenge, the outline below is our suggested timeline, based on what we have found in the past 7 seasons of experimenting. Journaling on three prompts per week (not including the alternating "review" prompts) is a pace that is supportive for integrating the depth of this work.

If you feel stuck in the journaling process, remember to give yourself some grace and flexibility. Part of the conditioning we inherit from white supremacy instills unconscious values about being a "good" student, including rigidity, rules, perfectionism, and binary notions of success/failure-- it is easy to apply all of that to the process of journaling in a setting with group-accountability.

We encourage you to notice what comes up for you around HOW you are doing it, to lean into the discomfort and get curious about the practices that are truly most generative for you. For example, you might be someone who is very kinesthetic and needs to move to make sense of things, so perhaps reading the prompt before running, hiking, or dancing, and then journaling afterwards will be best for you. If writing is not your favorite tool of expression, how can you free yourself from any notion of not "doing it right" and find what works for you best? Allow yourself to draw if you need to, record yourself talking, or meditate first. Maybe you find yourself procrastinating a lot, and need to create a ritual that supports your sense of structure, or perhaps connects you to the sacred.

Week 1 Introduction and Group Culture-building

Reflect on:

- Excitements/fears
- Call-out/in culture; shame spirals (good/bad binary)
- Group agreements (including confidentiality)
- Time for questions and concerns

Suggested homework:

- Read introductory pages of book (pages 1-26, an easy read)
- Read /journal on White Privilege, White Fragility, and Tone Policing

Week 2

Reflect on:

- White privilege
- White fragility
- Tone policing

Suggested homework:

- Read/journal on White Silence, White Superiority, White Exceptionalism, and Review
- **Watch accompanying video for section 1 prompts:** <https://youtu.be/0mY3IPOewhg>

Week 3

Reflect on:

- White silence
- White superiority
- White exceptionalism (and Review)

Suggested homework:

- Read/journal on Color blindness, Anti-blackness against Black Women, and Anti-blackness against Black Men

Week 4

Reflect on:

- Color blindness
- Anti-blackness against Black Women
- Anti-blackness against Black Men

Suggested homework:

- Read/journal on Anti-blackness against Black Children, Racist stereotypes, Cultural appropriation, and Review
- **Watch accompanying video for section 2 prompts:** <https://youtu.be/nfqnoJbce-U>

Week 5

Reflect on:

- Anti-blackness against Black Children
- Racist stereotypes
- Cultural appropriation (and Review)

Suggested homework:

- Read/journal on White apathy, White centering, and Tokenism

Week 6

Reflect on:

- White apathy
- White centering
- Tokenism

Suggested homework:

- Read/journal on White saviorism, Optical allyship, Being called out/called in, and Review
- **Watch accompanying video for section 3 prompts:** <https://youtu.be/49B7PTuPkks>

Week 7

Reflect on:

- White saviorism
- Optical allyship
- Being called out/called in (and Review)
- Suggested homework: Read/journal on White feminism, White leaders, and Your friends

Week 8

Reflect on:

- White feminism
- White leaders
- Your friends

Suggested homework:

- Read/journal on Your family, Your values, and Losing privilege
- **Watch accompanying video for section 4 prompts:** https://youtu.be/Rs4q0zzz_14

Week 9

Reflect on:

- Your family
- Your values
- Losing privilege

Suggested homework:

- Read/journal on Your Commitments

Week 10:

Conclusion

Reflect on:

- Your commitments
- Closing thoughts