

RACIAL TRIGGERS FOR WHITE PEOPLE

1. Discuss the social taboos mentioned on p. 100. Give examples of each from your own life.
2. Explain the triggers listed in this chapter in your own words and share examples of each in daily life.
3. The author writes that white people have limited information about what racism is and how it works, while at the same time they have very strong opinions about racism. Explain how both of these can be true at the same time. In your own words, practice stating the difference between having information about what racism is and having opinions about what racism is.
4. The author shares the story of Mr. Roberts and lists the ways that the two teachers in the story dismissed what they did not understand. Discuss this example. How have you seen or participated in these forms of dismissal?
5. How does the author challenge the idea that our *intentions* are “what count”?
6. Discuss Bourdieu’s concept of *habitus* as a way to understand the racial disequilibrium that leads to white fragility. In what ways is this concept helpful in explaining how racial disequilibrium works?