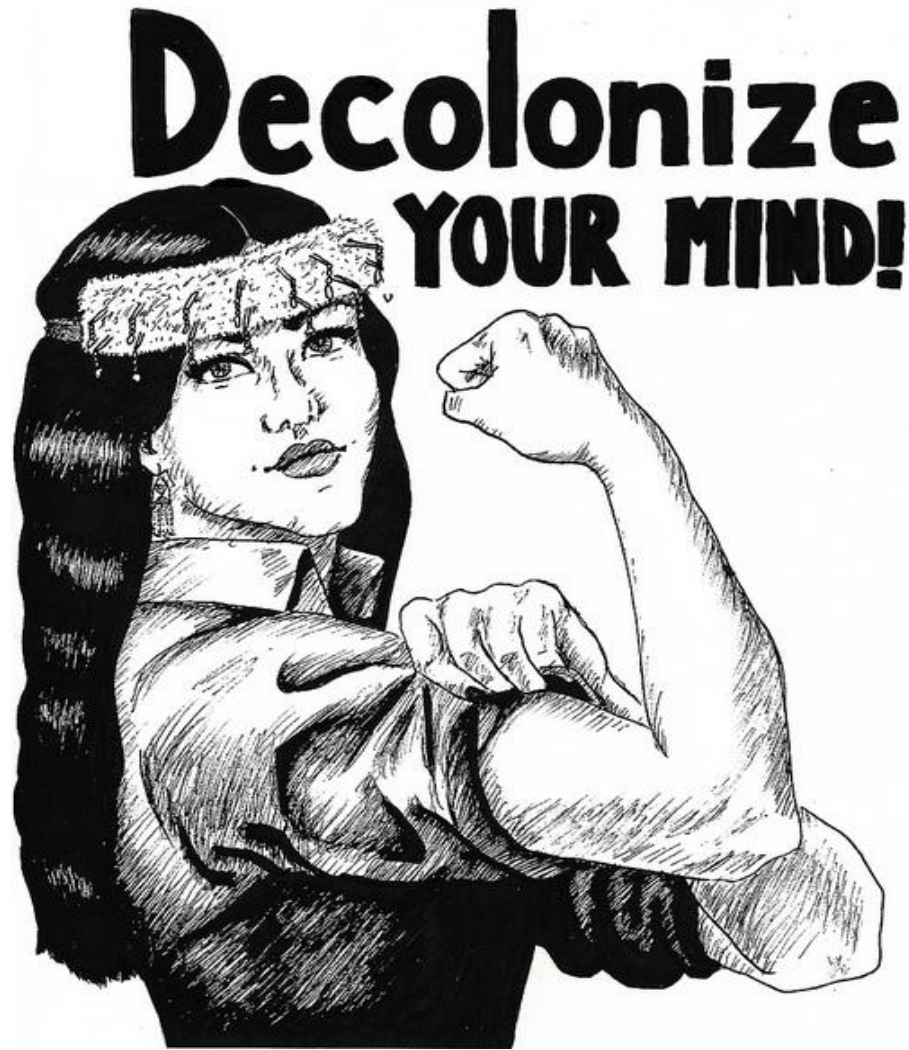


Decolonize Your Mind



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Latino Commission on AIDS



- A Non-for Profit organization founded in 1990 to fight HIV/AIDS in at-risk communities nationwide.
- Services in more than 40 States, Puerto Rico & the Virgin Islands.
- Long demonstrated history of building national, regional and local coalition.

Five core areas:

- Hispanic Behavioral Research Center
- HIV Prevention & Health Promotion
- Capacity Building Assistance (CHANGE approach)
- HIV Testing and Access to Care
- Health Policy & Community Mobilization



Foto por: bleacher + everard

NATIONAL HIV/AIDS STRATEGY for the UNITED STATES:

UPDATED TO 2020

JULY 2015



- Goal 1: Reducing new HIV infections.
- Goal 2: Increasing access to care and improving health outcomes for people living with HIV.
- Goal 3: Reducing HIV-related disparities and health inequities.
- Goal 4: Achieving a more coordinated national response to the HIV epidemic.

RIGHT **PEOPLE**, RIGHT **PLACES**, RIGHT **PRACTICES**

GOAL 1: REDUCING NEW HIV INFECTIONS

HIV does not impact all Americans equally. While anyone can become infected, the HIV epidemic is concentrated in key populations and geographic areas. In 2010, the Strategy called for a path that followed epidemiological data. This Update continues along that path by calling for Federal agencies to ensure that funding is allocated according to the current epidemiological profile of each jurisdiction, and that cost-effective, scalable interventions are prioritized in the communities where HIV is most concentrated for the following groups:

- **Gay, bisexual, and other men who have sex with men of *all races and ethnicities***
(noting the particularly high burden of HIV among Black gay and bisexual men)
- **Black women and men**
- **Latino men and women**
- **People who inject drugs**
- **Youth aged 13 to 24 years**
(noting the particularly high burden of HIV among young Black gay and bisexual men)
- **People in the Southern United States**
- **Transgender women**
(noting the particularly high burden of HIV among Black transgender women)

Objectives:

To discuss decolonization as a framework that is an ongoing process.

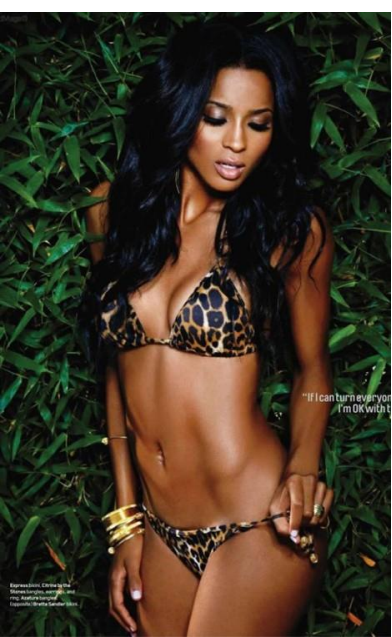
- Learn about colonization and view modern examples of how colonization affects current culture,
- Explore how concepts of categorical thinking and perceptions affect our thought processes,
- Discuss decolonization as an event and a process, and how it effects our ability to provide services
- Discuss how decolonization can help us in our day to day contact with others, its relationship to women's health, and engagement to care for clients

What is colonization?

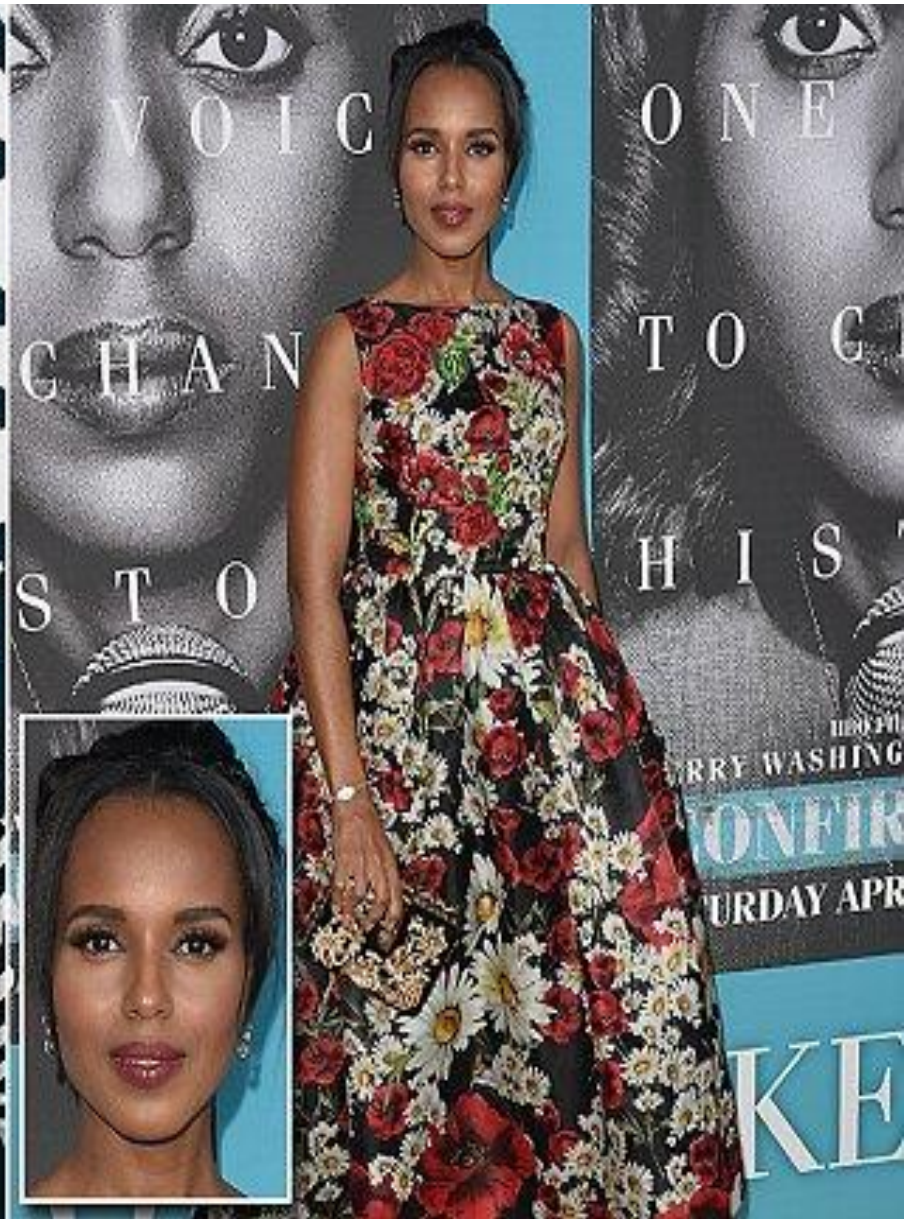
colonize

verb col·o·nize \ 'kă-lə-, nīz \

- : to create a colony in or on (a place)
- : to take control of (an area) and send people to live there
- : to move into and live in (a place) as a new type of plant or animal



Results of a google image search on 4/8/2016



What reinforces the idea that those images are beautiful?

The Cultural Iceberg

Surface Culture

Food
Flags Festivals
Fashion Holidays Music
Performances Dances Games
Arts & Crafts Literature Language

Deep Culture

Communication Styles and Rules
facial expressions gestures eye contact
personal space touching
body language tone of voice
handling and displaying of emotion
conversational patterns in different social situations

Notions of:
courtesy and manners
friendship leadership
cleanliness modesty beauty

Concepts of:
self time past and future
fairness and justice
roles related to age, sex, class, family, etc.

Attitudes toward:
elders adolescents dependents
rule expectations work authority
cooperation vs. competition
relationships with animals age sin death

Approaches to:
religion courtship marriage raising children
decision-making problem-solving

WHAT IS CULTURE?

IT IS
COMPLEX!



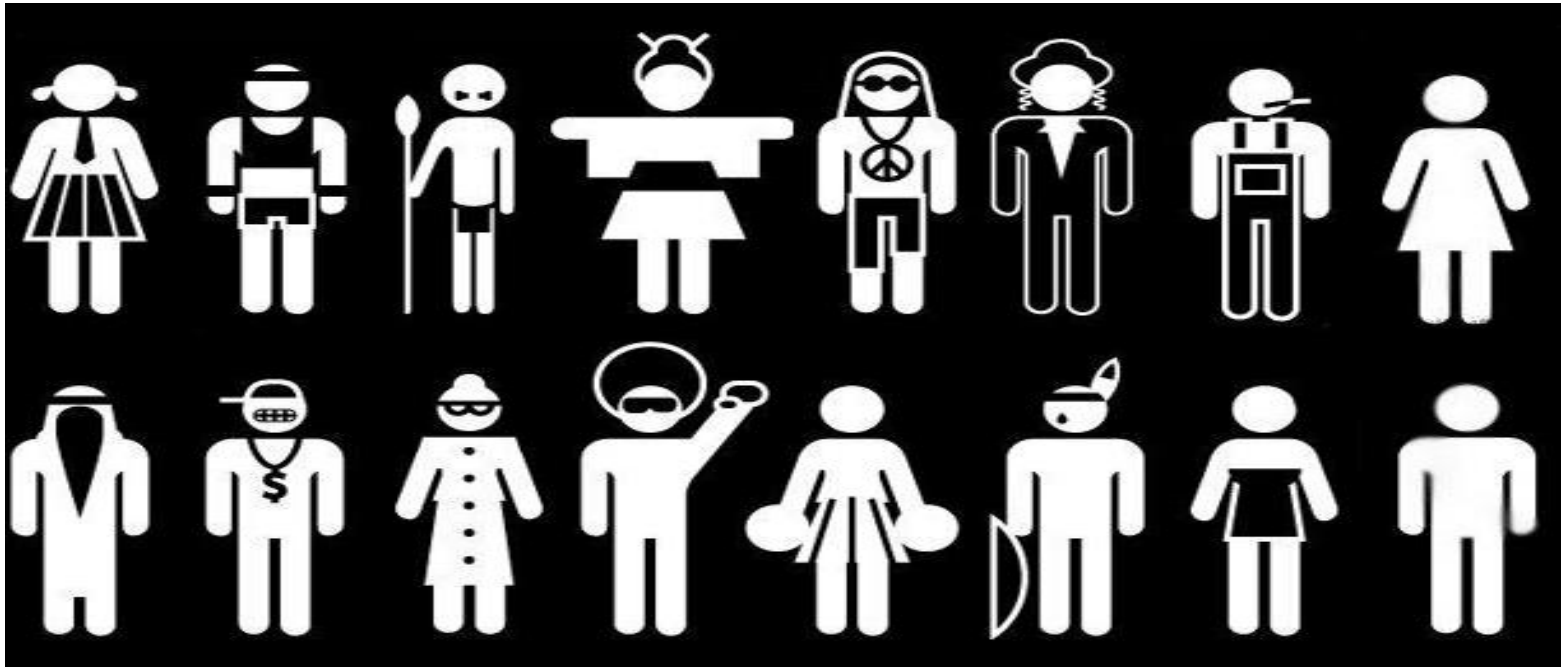
How can my mind be colonized?

Grouping Activity

- Each group of participants will get a stack of cards.
- Each group of participants will have time to put the cards into groups.

Perceptions:

THE STEREOTYPES



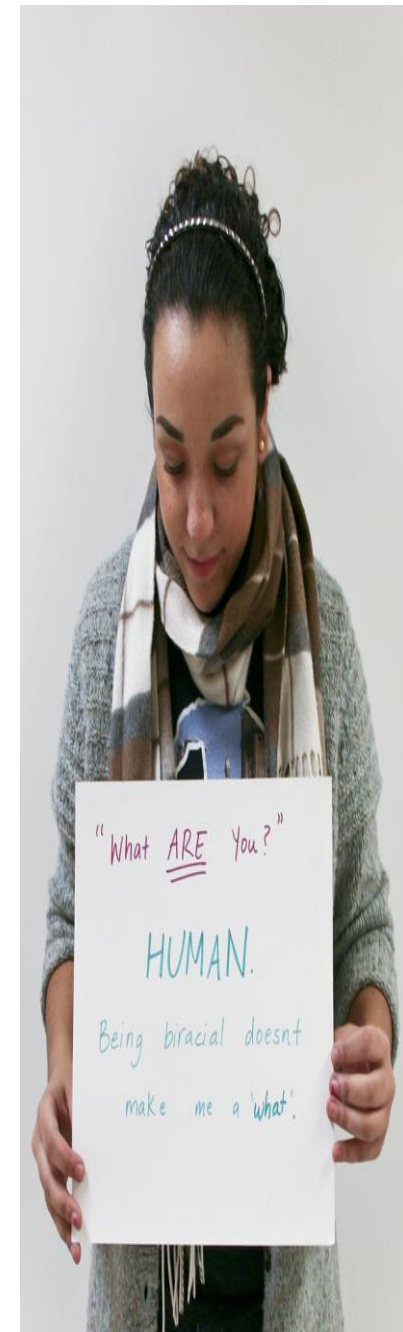
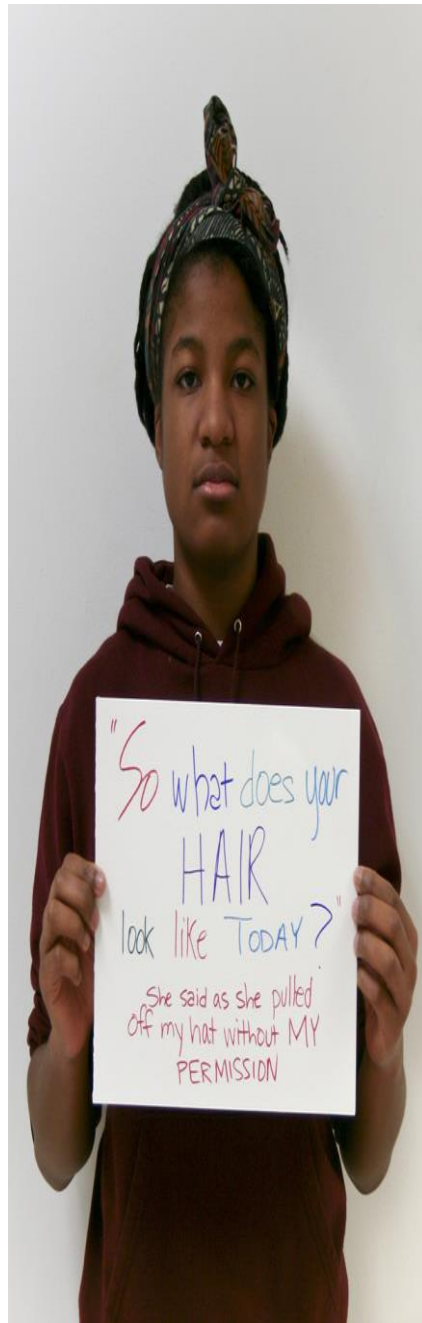
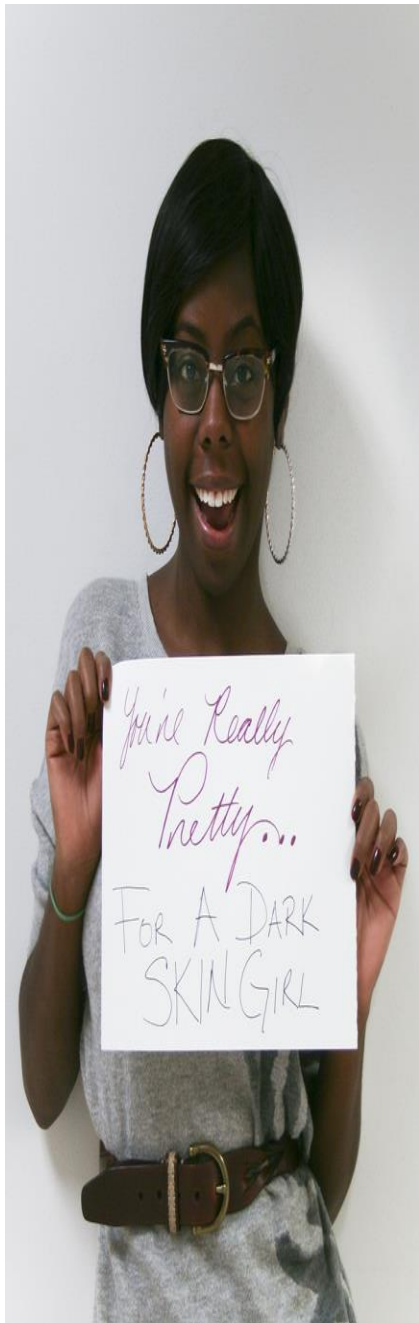
Perceptions and stereotypes can lead to...

MICROAGGRESSIONS

Microaggressions are brief and commonplace daily verbal, behavioral, or environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory, or negative racial slights and insults toward people of color.

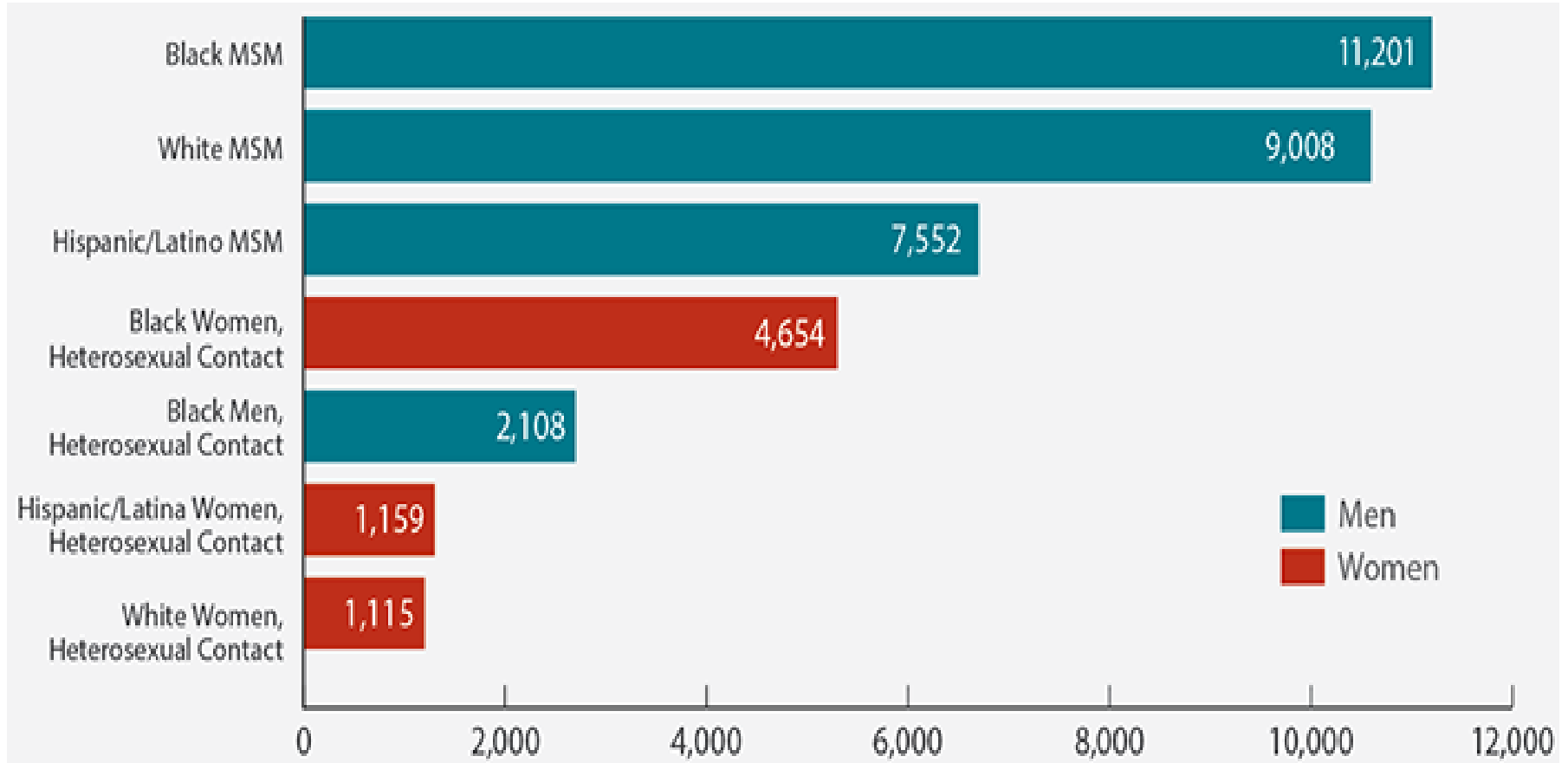
Forms of Microaggressions

- Microassault – verbal or nonverbal attack meant to hurt the intended victim through name calling
- Microinsult – communications that convey rudeness and insensitivity and demean a person's racial heritage or identity
- Microinvalidation – communications that exclude, negate, or nullify the psychological thoughts, feelings, or experiential reality of a person of color

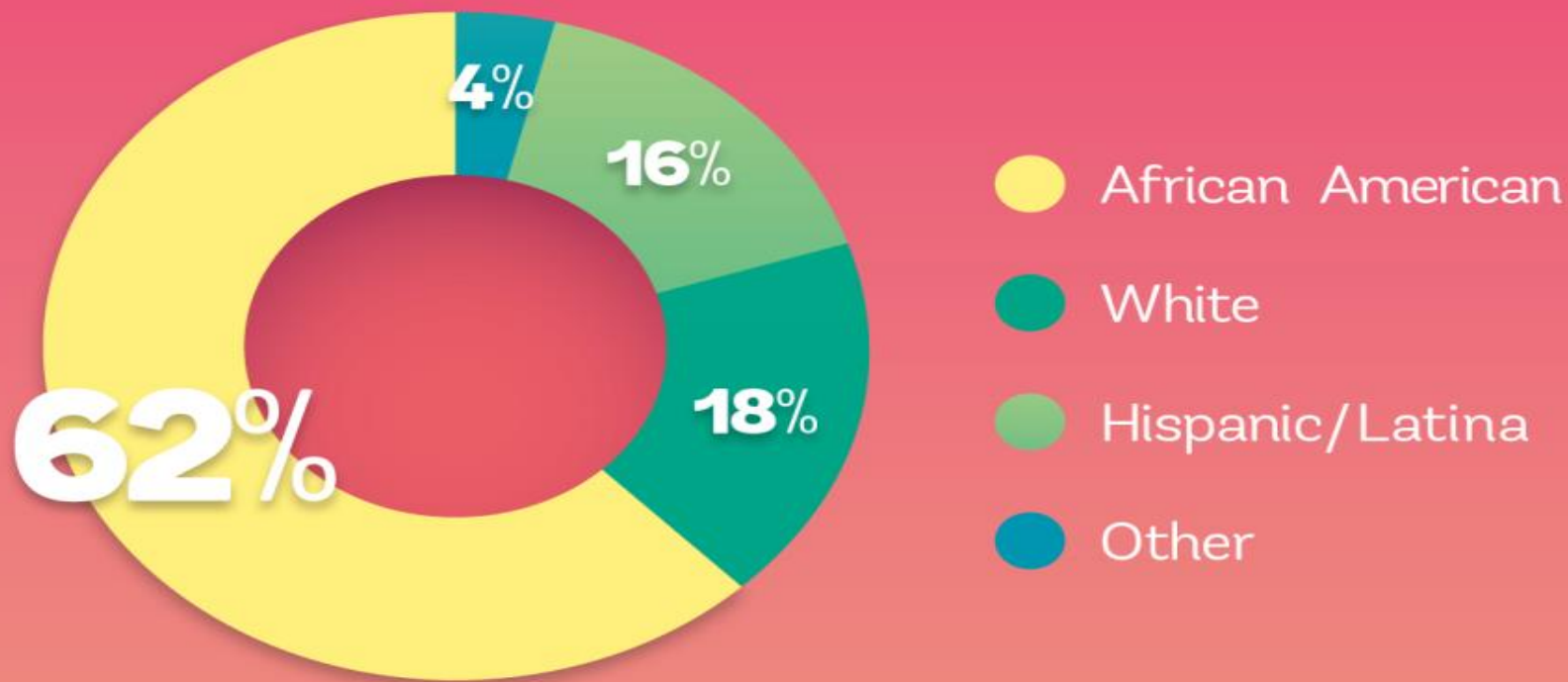


How does this effect women's
health?

Estimates of New HIV Diagnoses in the United States for the Most-Affected Subpopulations, 2014



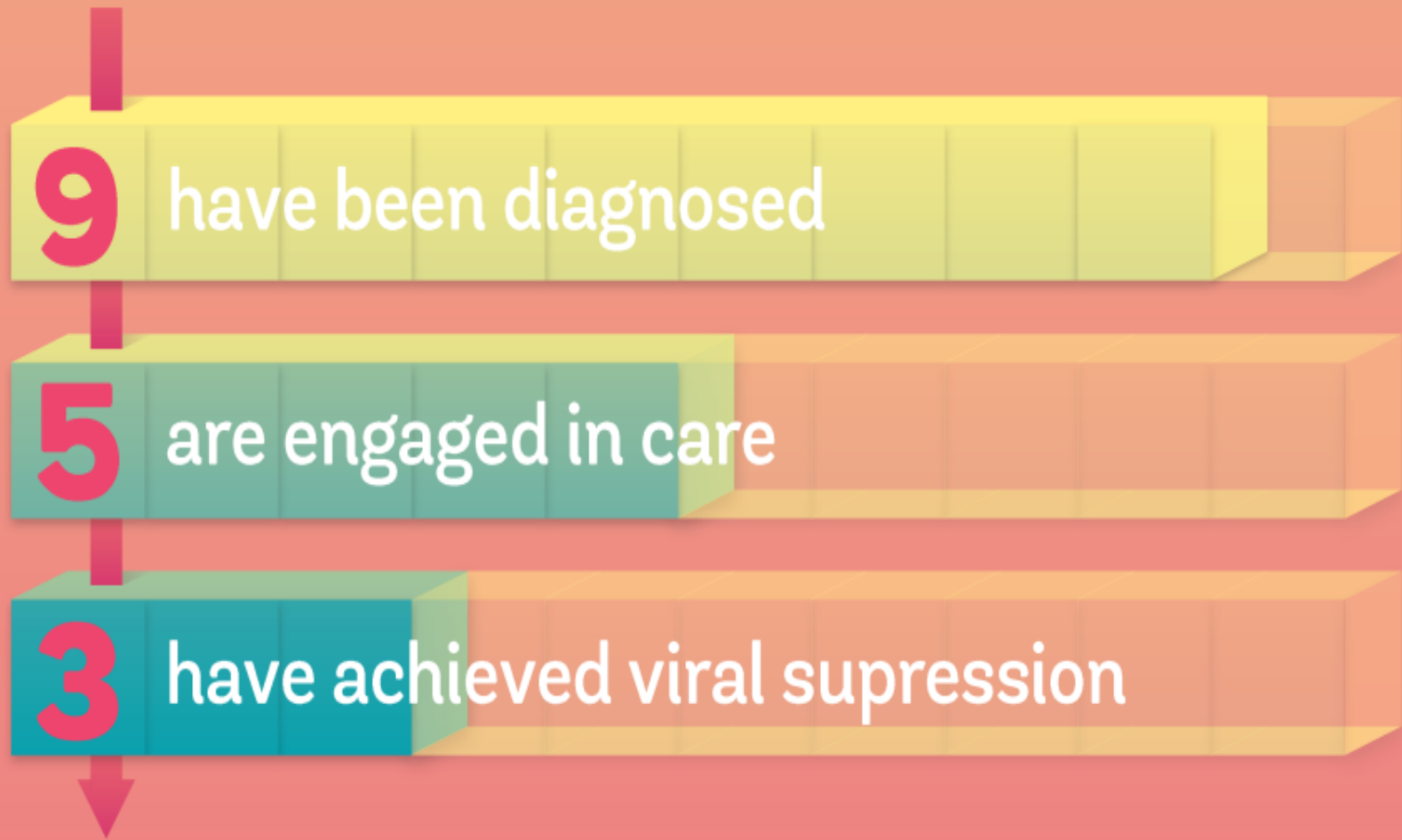
Source: CDC. [Diagnoses of HIV infection in the United States and dependent areas, 2014](#). *HIV Surveillance Report* 2015;26.



African American women
continue to bear the
heaviest burden of new
HIV diagnoses

How does this effect the work you do as service providers or the way you access services?

Out of every **10** women living with HIV:



What does “woke” mean?

Woke means being aware. Knowing what’s going on in the community.

(Relating to Racism and Social Injustice)

Decolonization

decolonize

verb de·col·o·nize \ (,)dē-'kă-lə-,nīz\

: to free from colonial status

- Event – reaching a level of critical consciousness
- Process – engaging in activities of creating, restoring and birthing strategies to liberate oneself

Decolonization Movements

BLACK
GIRLS
ROCK!



BLACK LIVES

MATTER

What does Black Girl Magic mean?



Steps Towards Decolonization

- Changing our thinking patterns to be more critical thinkers
- Considering the impact vs intent behind what we say and our actions
- Address structural issues via liberation movements

Action Steps

- Creating safe spaces like this to have honest conversations about the last effects of colonization
- Being an ally
- Seek further training like cultural humility

FRANTZ FANON - WRETCHED OF THE EARTH

LEE MARACLE - I AM WOMAN

LINDA SMITH - DECOLONIZING METHODOLOGIES

TAIAIAKE ALFRED - WASASE

DECOLONIZE YOUR MIND



ANDREA SMITH - CONQUEST

HAUNANI-KAY TRASK - NOTES FROM A NATIVE DAUGHTER

NGUGI WA THIONGO - DECOLONIZING THE MIND

Resources

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Thank you!



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