

June 6, 2020

Working as a free ass muhfucka: authenticity as a revolutionary act for social change

La Loria Konata



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CARL 2020

Virtual Conference

June 4-5, 2020



Code of Conduct

We expect all participants in CARL-related spaces, including guests and vendors, to behave in ways that support the dignity and well-being of everyone present. This includes formal and informal CARL-related spaces, including digital communication, social media, and in-person interactions. We acknowledge that mistakes will be made, but we also expect all participants in CARL-related spaces to be humble, be comfortable with being uncomfortable, acknowledge the mistake, and commit to continuous learning and improvement.

For the full code of conduct and to report violations, please visit bit.ly/carlcode2020



Land Acknowledgement

We acknowledge that we are on the traditional territory and homelands of the Mvskoke (Muscogee / Creek)/ᏍᏏᏉᏃᏍᏔᏅᏍᏔᏅᏍᏔᏅ
Tsalaguwetiyi (Cherokee, East) people.

We are guests on this land and have committed ourselves to listening to and supporting indigenous people.



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*I consider myself to be a free-ass
motherfucker. Janelle Monae*

DIRTY COMPIUSER

Working as a “free ass muhfucka”: authenticity as a revolutionary act for social change
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Picture it. Atlanta. 1991

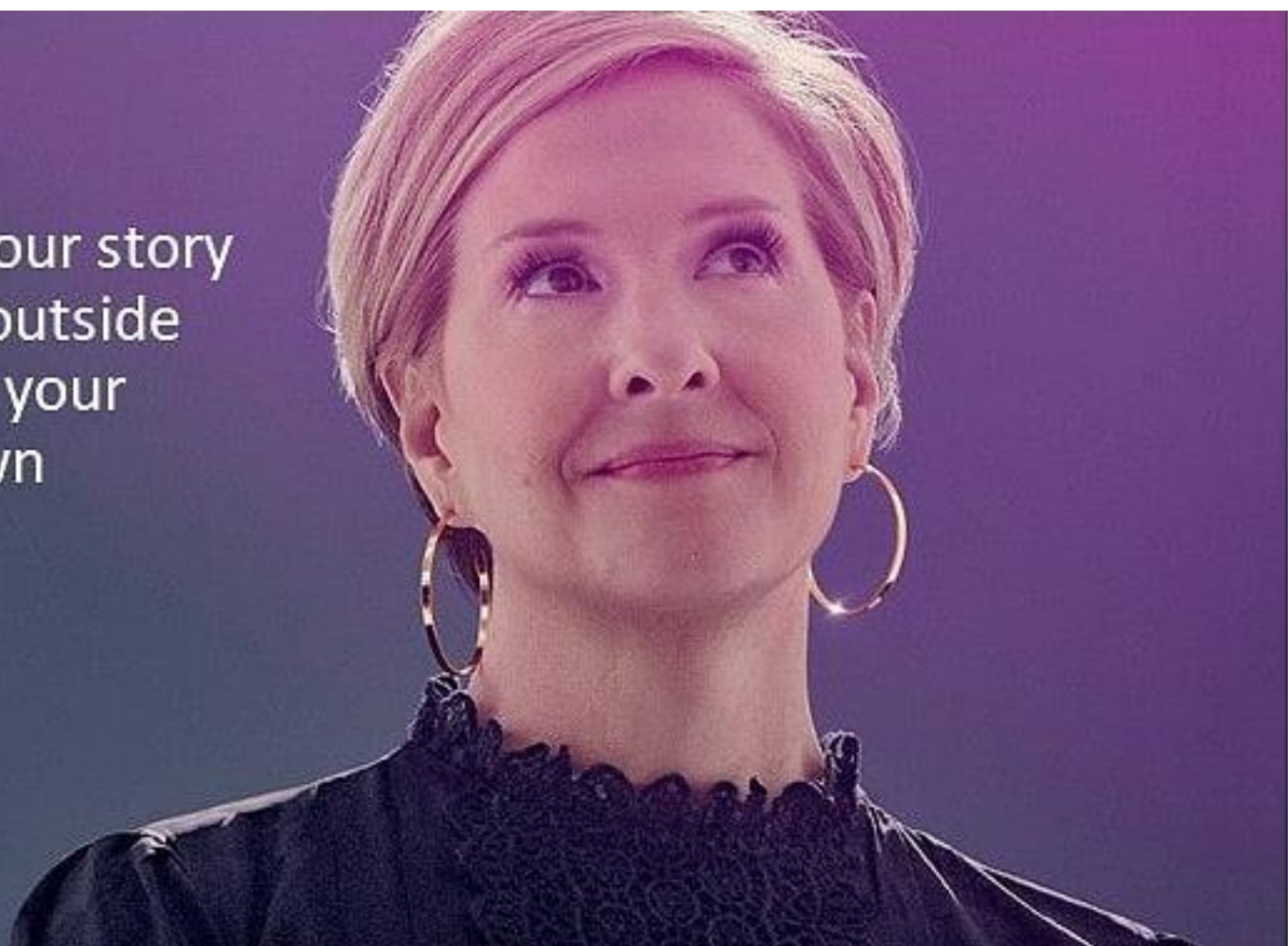




Subjecting people to stops and searches because they live in “high crime” ghettos cannot be said to be truly race-neutral, given that the ghetto itself was constricted to contain and control groups of people defined by race. – Michelle Alexander, *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*



“You either walk inside your story
and own it or you stand outside
your story and hustle for your
worthiness.” Brene’ Brown



**You may not control all the events that
happen to you, but you can decide not to be
reduced by them.**

Maya Angelou

The background of the slide features three large, overlapping circles in a medium blue color, set against a dark gray background. The circles are arranged horizontally, with the middle circle slightly offset from the other two, creating a Venn diagram-like pattern. A white horizontal band runs across the center of the image, containing the text.

“I think the reward for conformity is that everyone likes you except yourself.”

Rita Mae Brown

The Journey



**The Breaking – stage of conforming;
breaking of spirit**



**The Break Up – stage of letting go of
conforming**



**The Breakthrough – state of recovery
and rediscovering the real you**

"An educator in a system
of oppression is either a
revolutionary or an
oppressor."

— Lerone Bennett, Jr.

The Breaking

The Break Up

“You wanna fly, you got
to give up the shit that
weighs you down.”

- Toni Morrison



sisters of the yam

black women and self-recovery

bell hooks



It is practically impossible to maintain a spirit of emotional well-being if one is daily doing work that is unsatisfying, that causes intense stress, and that gives little satisfaction.

Free your mind and your ass will follow.



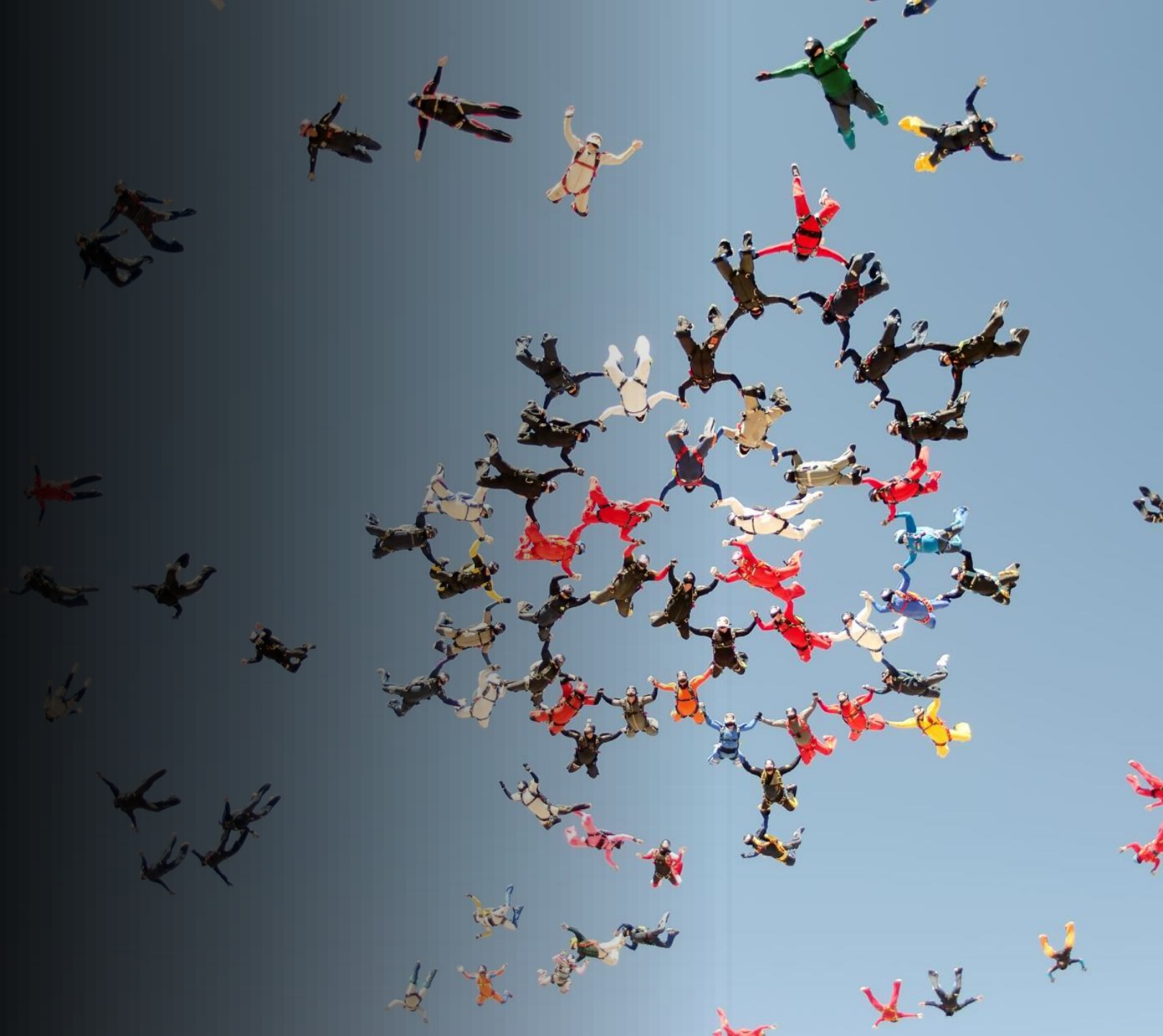
The Breakthrough

George Clinton



**Authenticity and self-care are revolutionary
acts, political resistance for black women.
Bell Hooks**

Authenticity is the daily
practice of letting go of
who we think we're
supposed to be and
embracing who we are.
Brene' Brown



Vulnerability is not winning or losing; it's having the courage to show up and be seen when we have no control over the outcome.”
Brene' Brown





*To be authentic
is the highest
form of praise.
You're fulfilling
your mission
and purpose on
earth when you
honor the real
you. Oprah
Winfrey*

If you are **silent** about your
pain, they'll **kill** you and
say you **enjoyed** it.

— Zora Neale Hurston





**"The function of
FREEDOM
is to free
someone else."**

- Toni Morrison



Self preservation: tools required for survival and deflection of acts of workplace abuse and neglect at the time the events occur.

- Kaetrena Davis Kendrick



Be A King 

@BerniceKing

Follow



Social justice is LOVE applied to systems, policies and cultures.

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**“RIOT IS THE
LANGUAGE OF
THE UNHEARD.”**

-REV. DR. MARTIN LUTHER KING, JR.

All we say to America is, "Be true to what you said on paper...." But somewhere I read of the freedom of assembly. Somewhere I read of the freedom of speech. Somewhere I read of the freedom of press. Somewhere I read that the greatness of America is the right to protest for right.



Thank you for listening. Questions?



LaKo's Lessons from Sports

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Special thanks to the planning committee:

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