

Tangible Ways to be a Champion for Sisters

The past few weeks have been incredibly challenging amid an already tough time. The 24/7 news cycle and daily updates on the most recent mass shootings in Georgia, Colorado, California, and Indiana, the weeks-long trial of Derek Chauvin for the killing of George Floyd and the killings of Daunte Wright and Adam Toledo have been overwhelming to process. But this is especially painful and retraumatizing for Black, Indigenous, People of Color (BIPOC), those with roots in these communities, individuals who have lost loved ones too soon, and those who are first responders or know someone who is. **As sisters, we are called to champion and support one another.** We must continue to show our love for sisters who are hurting.

We ask you to **reflect and review actions you can take to extend a hand in support to sisters and friends who are in pain.** Here are a few support options:

- Send a text, email or social media message to people you are close with. Don't ask for or expect a response; simply let them know you are thinking about them or offer to show up in a compassionate way if/when they have that need.
- Listen and allow them to process their feelings and experiences. Their journey is not up for debate.
- Audit your social media and consider what you are sharing. If you've shared a post or opinion lately that may cause harm to others or inflict emotional pain, consider removing it from your page.
- Educate yourself on the experiences of other humans. There are several resources to help you get started on the journey of self-reflection on our website.
- Remember that the work of creating supportive and productive spaces is ongoing. We must continue working together to create a more just society.

Note: Any response to this statement of care which intentionally or unintentionally inflicts harm upon another individual or conflicts with Article II, our Culture of Care or Positional Statement on Inclusivity may be subject to a member accountability process.