



21 of Anti-Racism
DAYS CHALLENGE
There's always more to learn.

eliminating racism
empowering women
ywca
Nashville & Middle Tennessee

Presented by

theHF

SAMPLE REFLECTION QUESTIONS:

- 1. HOW DID TODAY'S CHALLENGE MAKE ME FEEL?**
- 2. WHAT IS SOMETHING NEW I LEARNED BY TAKING TODAY'S CHALLENGE?**
- 3. DID I NOTICE ANYTHING ABOUT MYSELF AFTER TAKING TODAY'S CHALLENGE?**

WEEK 1 - DISABILITY

DAY 1 - What is Eugenics?

MY CHALLENGE WAS:

REFLECTION:

DAY 2 - Disability Rights Movement

MY CHALLENGE WAS:

REFLECTION:

DAY 3 - Sexual Violence & Disability

MY CHALLENGE WAS:

REFLECTION:

DAY 4 - Intersection of Race & Disability

MY CHALLENGE WAS:

REFLECTION:

DAY 5 - COVID & Accessibility

MY CHALLENGE WAS:

REFLECTION:

WEEK 2 - HOUSING

DAY 6 - What is Redlining?

MY CHALLENGE WAS:

REFLECTION:

DAY 7 - Racism & Homelessness

MY CHALLENGE WAS:

REFLECTION:

DAY 8 - Criminalization of Homelessness

MY CHALLENGE WAS:

REFLECTION:

DAY 9 - The LGBTQ+ Community, Homelessness, & Housing

MY CHALLENGE WAS:

REFLECTION:

DAY 10 - Access to Housing

MY CHALLENGE WAS:

REFLECTION:

WEEK 3 - MUSIC

DAY 11 - Music & the Legacy of People of Color Creators

MY CHALLENGE WAS:

REFLECTION:

DAY 12 - Racism & the Music Industry

MY CHALLENGE WAS:

REFLECTION:

DAY 13 - Cultural Appropriation & Reparations

MY CHALLENGE WAS:

REFLECTION:

DAY 14 - Gender, Sexuality, & Power in Music

MY CHALLENGE WAS:

REFLECTION:

DAY 15 - Music Education Access & Curriculum

MY CHALLENGE WAS:

REFLECTION:

WEEK 4 - MENTAL HEALTH

DAY 16 - History of Othering & Mental Health Stigma

MY CHALLENGE WAS:

REFLECTION:

DAY 17 - Discrimination's Impact on Mental Health

MY CHALLENGE WAS:

REFLECTION:

DAY 18 - Race & Access to Mental Healthcare

MY CHALLENGE WAS:

REFLECTION:

DAY 19 - Mental Health in the Classroom

MY CHALLENGE WAS:

REFLECTION:

DAY 20 - Mental Health & the Transgender Community

MY CHALLENGE WAS:

REFLECTION:

DAY 21-CONGRATULATIONS

We appreciate the time you have taken to be a part of YWCA Nashville & Middle Tennessee's 21 Days of Anti-Racism Challenge, presented by The Harnisch Foundation. While these conversations are not always easy or comfortable, they are necessary. We are so impressed by our community's response to The 21 Day Challenge and commitment to staying aware, informed, and involved.

POST CHALLENGE SURVEY

Share your parting thoughts with us by filling out our post-challenge survey, which will be distributed in our final challenge email. This will tell us what content you connected with most and what we can do to improve The Challenge in the future. We appreciate any feedback you can give us.

KEEP THE MOMENTUM GOING

Although The 21 Day Challenge has come to an end, we challenge you to keep the momentum going. Here are a few action items:

- 1- Follow us on social media and subscribe to our newsletter.**
- 2- Donate to help us continue our mission of eliminating racism and promoting dignity for all. www.ywcanashville.com/donate**
- 3-Visit our website to pledge to stand against racism and make your voice heard.**

Contact us with any questions or further thoughts on The Challenge at stephen.watts@ywcanashville.com