

# YES,

## YOU CAN STILL SUPPORT

# BLM

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# BLACK LIVES MATTER

## WITHOUT ATTENDING A PROTEST

Attending local protests may not be feasible for all families right now, especially in the midst of an ongoing pandemic. Health and safety risks are still present and so are social-distancing protocols.

Although rallies and marches against racism and police brutality have garnered a substantial amount of media coverage over the past month, there are still ways for parents and children to get involved in the Black Lives Matter movement without protesting.

“Activism has more than one lane,” says Karsonya (Kaye) Wise Whitehead, associate professor at Loyola University Maryland. She’s also the author of “RaceBrave: New and Selected Works,” a book about her experience raising two black sons in “post-racial America.”

Here, Whitehead shares some easy but meaningful ways that families can take a stand against racism from home.