

# JUST DINNER.



*Breading Bread to Counter Hatred*

In an effort to build relationships and continue the conversation around race, the Your Neighbor's Hood podcast created Just Dinner. Just Dinner is exactly what it sounds like— just dinner. It encourages people to break bread to counter hatred. Now, they want you to do the same. Bring your people together or sit with strangers to engage in a meaningful and dynamic conversation about race and social justice.

## CONVERSATION GUIDE

### MEMORIES

Think of the first memory of realizing your race--what was that experience like for you?

### THOUGHTS

How much do you think about race in your day-to-day life? What do you think prompts this thinking?

### MISCONCEPTIONS

What misconceptions have people made about you because of your appearance?

### SPACES

How often are you the minority in the room? If not often, why?

### DEFINITIONS

How would you personally define 'racism', and why?

### PERCEPTIONS

Do you think their perception would change if you were of a different race or culture?

### INTERVENTION

What do you think stops people from intervening when they see racial injustice or discrimination?

### COMFORTS

Where do you feel most comfortable talking about racism?

Where do you feel least comfortable talking about racism? Why?

### EQUITY

What does equity look like to you?

### PRIORITIES

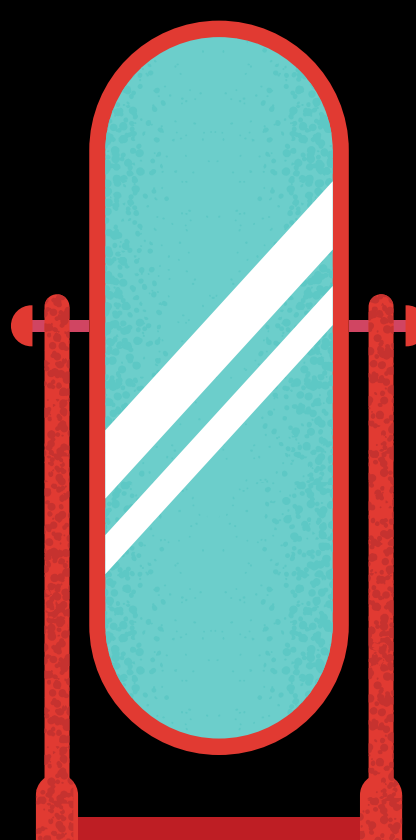
What are your priorities in equity going forward?

## REFLECTION



- Now that it's over, what are my first thoughts about the conversation?
- Are my thoughts mostly positive or negative? What comes to mind specifically?
- What were some of the most interesting discoveries I made while working through the conversation guide? About racism? About myself? About others?
- What were some of my most challenging moments and what made them so?
- What were some of my most powerful learning moments and what made them so?
- What's the one thing about myself above all others I would like to work to improve?
- How will I use what I've learned in the future?

Tell us more about your experience at [yourneighborhood.com](http://yourneighborhood.com)



# @LABELSPROJECT

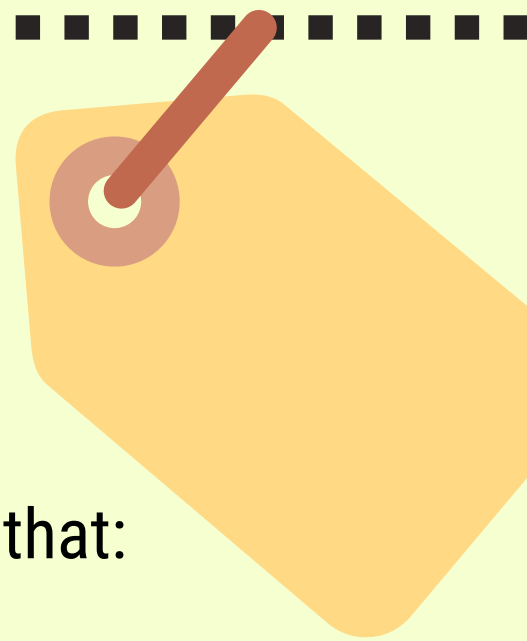
By Samantha Wegener



CLICK

## Take a Selfie

LABEL  
YOURSELF



Create FOUR Labels about yourself that:

- 1) You are **Proud** of.
- 2) Presents a **Challenge** for you.
- 3) Is **Biological** or that you were born with.
- 4) Was **Designated** to you by someone else.

You can make a sign to take with your selfie, or put the labels in the captions. (ex-Mom/Artist/Short/Redhead)

TALK



Talk about your labels with a stranger or, ask a stranger about their labels.

INSTAGRAM



Post to Instagram

**@labelsproject**

