

on the bill.

- Korean boy band BTS and its record label donated \$1 million to Black Lives Matter, **Variety reported**, stating "we stand together" against racial discrimination.



Conversation Starters

Rising Up to Face Racism

Kimberly Coleman (**Mom in the City**), who is an author, content creator, African American Studies historian, and mom of two wrote a powerful post titled "**DO Justice.**"

We talked to Coleman the day after she had pulled an all-nighter helping author a community presentation on the history of African Americans and the police in the U.S. A video of our interview can be found by [clicking here](#).

Coleman: Right now, we're in the midst of COVID-19, people have been at home for months, they've lost jobs, and they're in this distress. There's already a frustration in society. And George Floyd's murder at the hands of a police officer was the match that lit it all. Before, people could turn away and occupy themselves with something else—there's sports, there's this, there's that. But none that is happening, so people are being forced to deal with what is going on. This is the first time that there have been protests in all 50 states for an issue with police brutality. And it's not just in America. There have been peaceful protests regarding the murder of George Floyd internationally.

It was a perfect storm. But there have been other perfect storms in history. Bloody Sunday is one example. This was a time when many white people were introduced to what was going on racially. And, there was change and legislation that came out of that. I do believe that there will be change from this.

PIP Cheat Sheet: How do we best navigate this with our kids?

Coleman: Just like every adult is different, every child is different. It's knowing your child and having conversations with your child, I have two sons, but they're both very different. They have different natures, and they need to be addressed in different ways about this situation. One has a soft, tender heart. And it's, "in our house, we don't fear any man. So, you do what's right, because it's right." And that's it. Then, we have another son who would be on the front line of the protest if he could be.



He's more of a firebrand and it's more teaching him to guard his heart and not let other people's hate and prejudice make him want to retaliate in an evil way. I also teach them that it's okay to be hurt and it's okay to be angry. But, in our anger, we're not going to lose our control.

PIP Cheat Sheet: Let's create three takeaways for our readers on how to be with their kids who are 12–18. What do we do next?

Coleman: First, I will say, **read my blog post**. I'm not saying it because I've created it, but because it is a comprehensive history of racism in America with links to important resources on the history of civil rights and police brutality against African Americans. **Knowledge is powerful**. It's hard to change in history that you don't know. Philosopher George Santayana said, "those who don't learn from history are doomed to repeat it." It's important that we teach our kids a more comprehensive history. So educate yourself first, then educate your children.

After you educate yourself and your kids, talk as a family. What part of this history stands out most to you? What stories speak to you? How has racism been allowed to thrive in our country and how might this moment be a catalyst to change?

Then after the education, and the discussion, ask what can we do individually and as a family to fight injustice, racism, and oppression. Once you've seen and once you've decided to do something, you need to act. Remember, that action will look different for every person and every family so you need to find what is right for you.

Coleman ended her conversation with *Plugged-In Parent Cheat Sheet* with this: "The one thing that I've heard, especially from my white friends this week, is that some of them are apprehensive to say or do anything because they're afraid that they're going to do the wrong thing, or say the wrong thing. And I've encouraged them, and your readers, to give yourselves permission and not to be afraid of speaking out against racism, police aggression, and oppression. Don't let fear stop you from being part of the change we so badly need."

And we thank our friend **Beth Feldman** (known in the parenting blog world as founder of Role Mommy) for introducing us to Coleman.

Lessons Learned

Fumbled Apologies from the NFL

NFL commissioner Roger Goodell and New Orleans' Saints quarterback Drew Brees fumbled the ball when they offered apologies this week in the wake of the Floyd murder at the hands of the police and the civil protests that have followed. It is easy to be critical of both men.

The head guy fumbles: Goodell's mea culpa came four years after Colin Kaepernick took a knee during the national anthem to draw attention to the injustices Black people suffer at the hands of police. This kneeling action caused an uproar, cost him his football career, and led to the NFL—lead by Goodell—to require that all players stand during the national anthem or not play. And, while Goodell did say he was sorry, he mentioned neither Kaepernick's name nor the national anthem. That's an incomplete pass if we've ever seen one.

Then, Drew: In a staggering moment of tone deafness, Brees told Yahoo! Finance that he was against anyone being disrespectful of the American flag and taking a knee. Brees continued his star-spangled sanctimony with, "Let me just tell you what I...feel when the national anthem is played, and when I look at the flag of the United States. I envision my two grandfathers, who fought for this country during World War II, one in the Army and one in the Marine Corps. Both risking their lives to protect our country and to try to make our country and this world a better place."