Supplemental Material

Community Definition of Racial Trauma

Racial trauma sticks with you for a long time, affecting how you think and how you feel emotionally and physically if you ignore it. It causes you to suffer, and this can be based on whether the racist experience was one severe experience, like an intense police encounter, repetitive regular experiences, like microaggressions, or both. Not every racist thing leads to racial trauma, because how you deal with it as an individual or group can help you heal. Everything doesn’t affect everyone the same way. You didn’t cause racial trauma, and it isn’t solely your responsibility to fix racism, but resistance and healing work can help you feel well again. Having many ways to deal with it, rather than just one you use all the time, is necessary for us to survive and thrive.