

Cultivating Resilience...

Youth Wellbeing in the Face of Racism

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What Makes Racism A Threat to Well-Being?



Understanding Racism in its Multiple Forms

- Individual Racial Events
- Microaggressions
- Vicarious Discrimination
- Institutional Racism
- Cultural Racism
- Transgenerational
Transmission

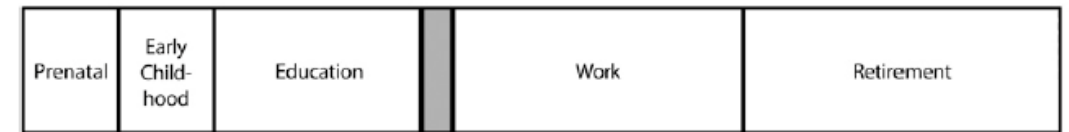
The Ecological Reach of Racism

- For youth, racism can show up in a number of contexts:
 - School
 - Teachers & Admin
 - Peers
 - Policies
 - Neighborhood
 - Access
 - Policing
 - Gentrification
 - Social Media
 - Online victimization
 - Auto Play
 - Erasure on platforms (e.g., Tik Tok)
 - Juvenile Justice System

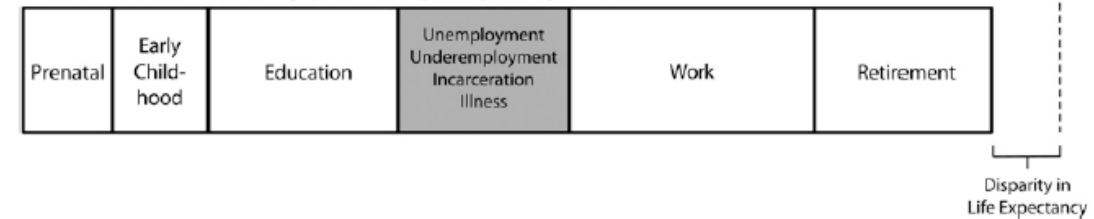
Just How Existential is the Threat?

- Racial Stress & Trauma
 - Dangerous or frightening race-based events, stressors, or discrimination that “overwhelm one’s coping capacity and impacts quality of life and/or cause fear, helplessness, & horror...” (Carter, 2007)
- Racism As a Virus
 - Racism can also destroy its hosts and those around them, which may manifest as interpersonal racism (e.g., direct and vicarious). More commonly, however, racism allows the host to live and mutates in the host, incorporating its parts within our “social DNA” and within the fabric of our society (e.g., systemic, institutional, and structural racism).

1. General life course trajectory



2. Life course trajectory potentially shaped by racism





How Can Youth Be Resilient Against Racism?

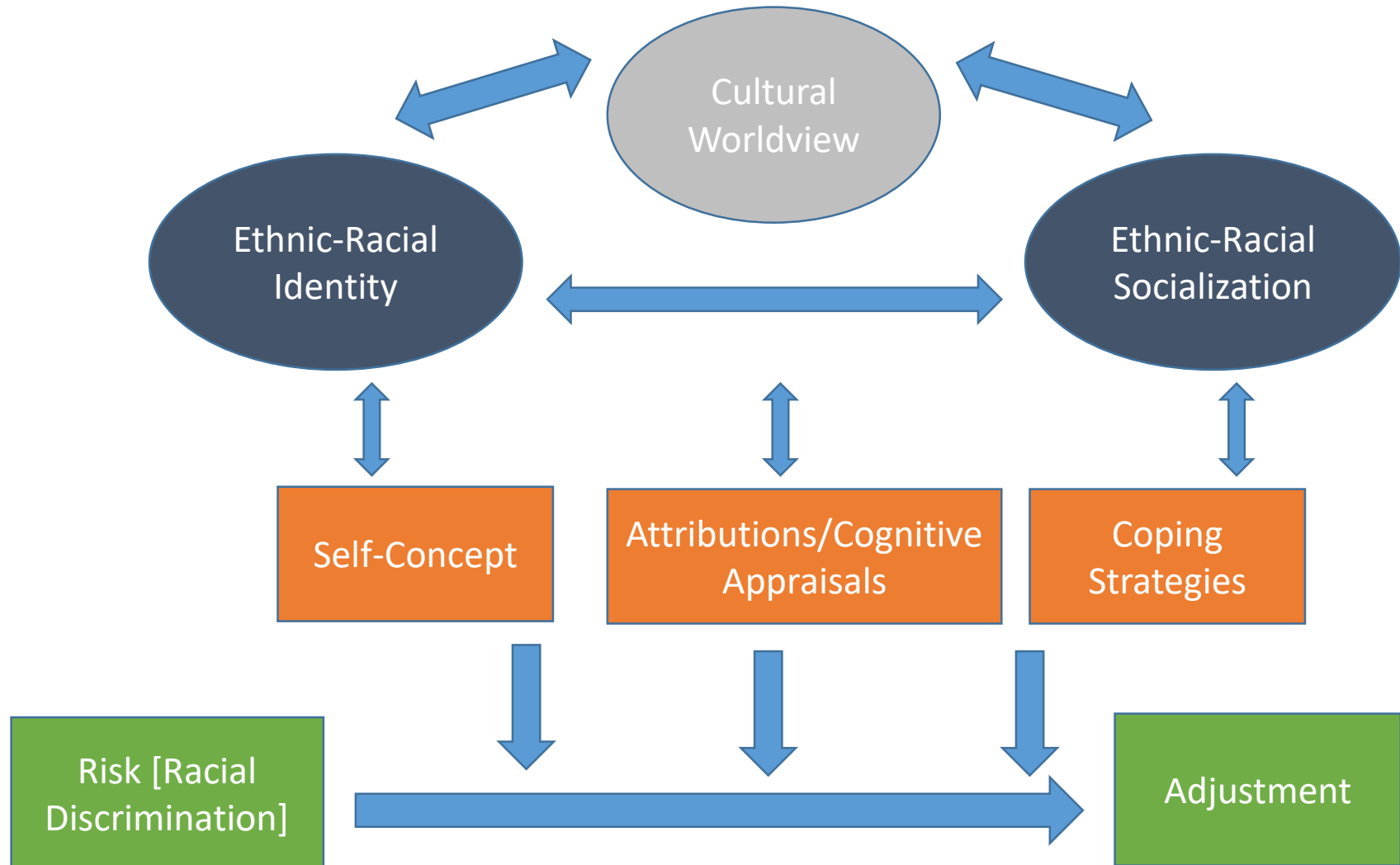
RESILIENCE (Psychologically Defined; Luthar et al. 2000)

Dynamic process encompassing positive adaptation within the context of significant adversity

The Promise of Racial-Ethnic Protective Factors

- Three factors that have received particular attention:
 - **Ethnic-Racial Identity:** Significance, meaning, and positive feelings regarding racial or ethnic group
 - **Ethnic-Racial Socialization:** Communication between parent(s) and child(ren) about race and racism
 - **Cultural Orientation/Worldview:** Set of values for how to engage in world
- Factors related to positive outcomes, including:
 - Self-esteem & Self-concept
 - Academic engagement & achievement
 - Psychological adjustment & well-being

Mechanisms of Protection: From Factors to Processes



RESILIENCE (Ecologically Defined; Holling, 1973)

The ability and rate of an ecosystem to recover from a disturbance and return to its pre-disturbed state

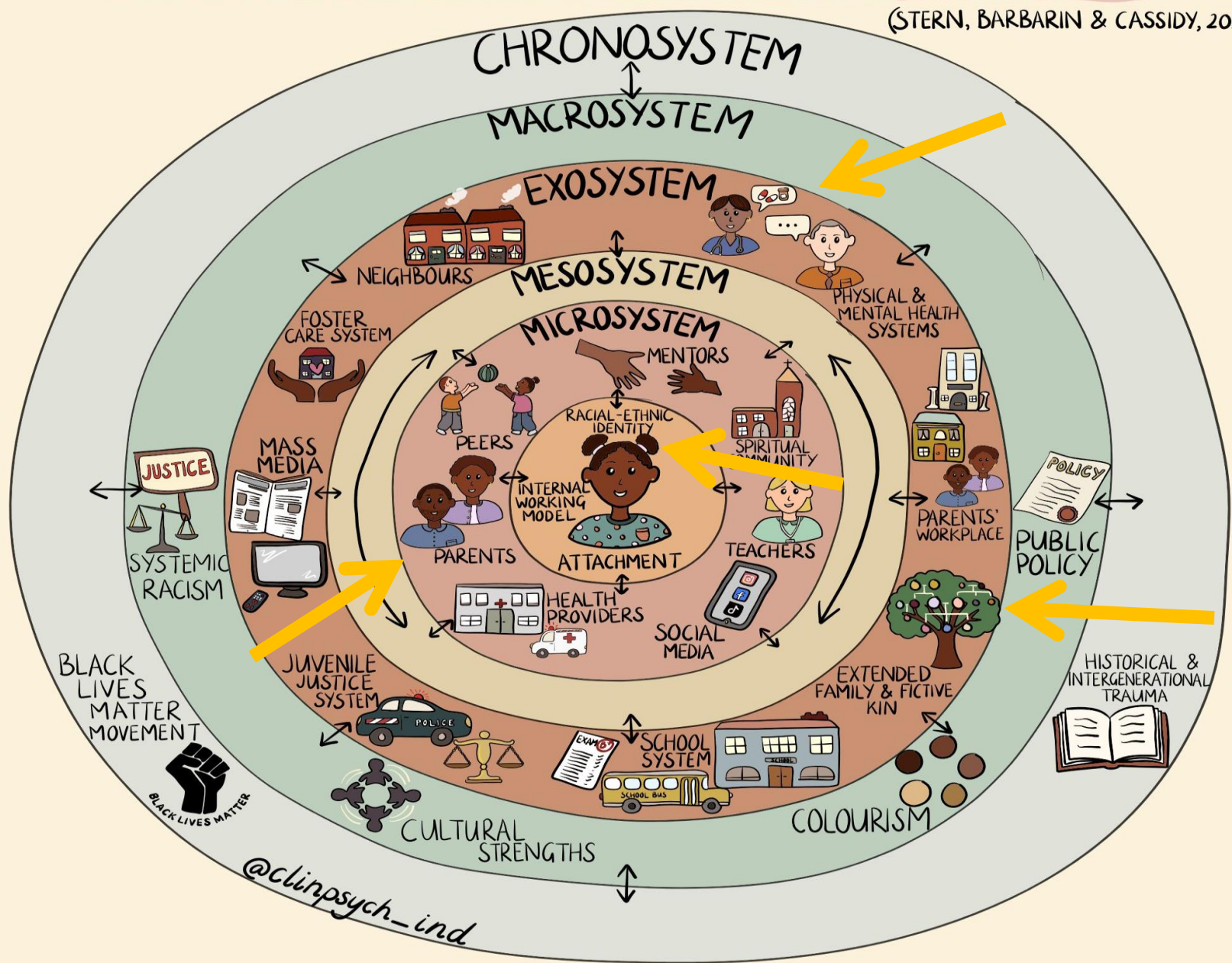
Cultivating
Resilience...

“Bouncing
Back”

BRONFENBRENNER'S ECOLOGICAL SYSTEMS MODEL (1974)

ADAPTED TO FOCUS ON BLACK YOUTH DEVELOPMENT & ATTACHMENT PROCESSES IN CONTEXT

(STERN, BARBARIN & CASSIDY, 2021)



What does collective resilience in the form of racism look like?

- Familial Processes (e.g., racial socialization)
- School Processes
- Neighborhood Processes
- Community Processes



one man. This is
about **STRUCTURAL**
Racism in a country
built on
BLACK SLAVERY

— NO —
JUSTICE
— NO —
BE

**Do Youth Deserve
Better Than Resilience?**

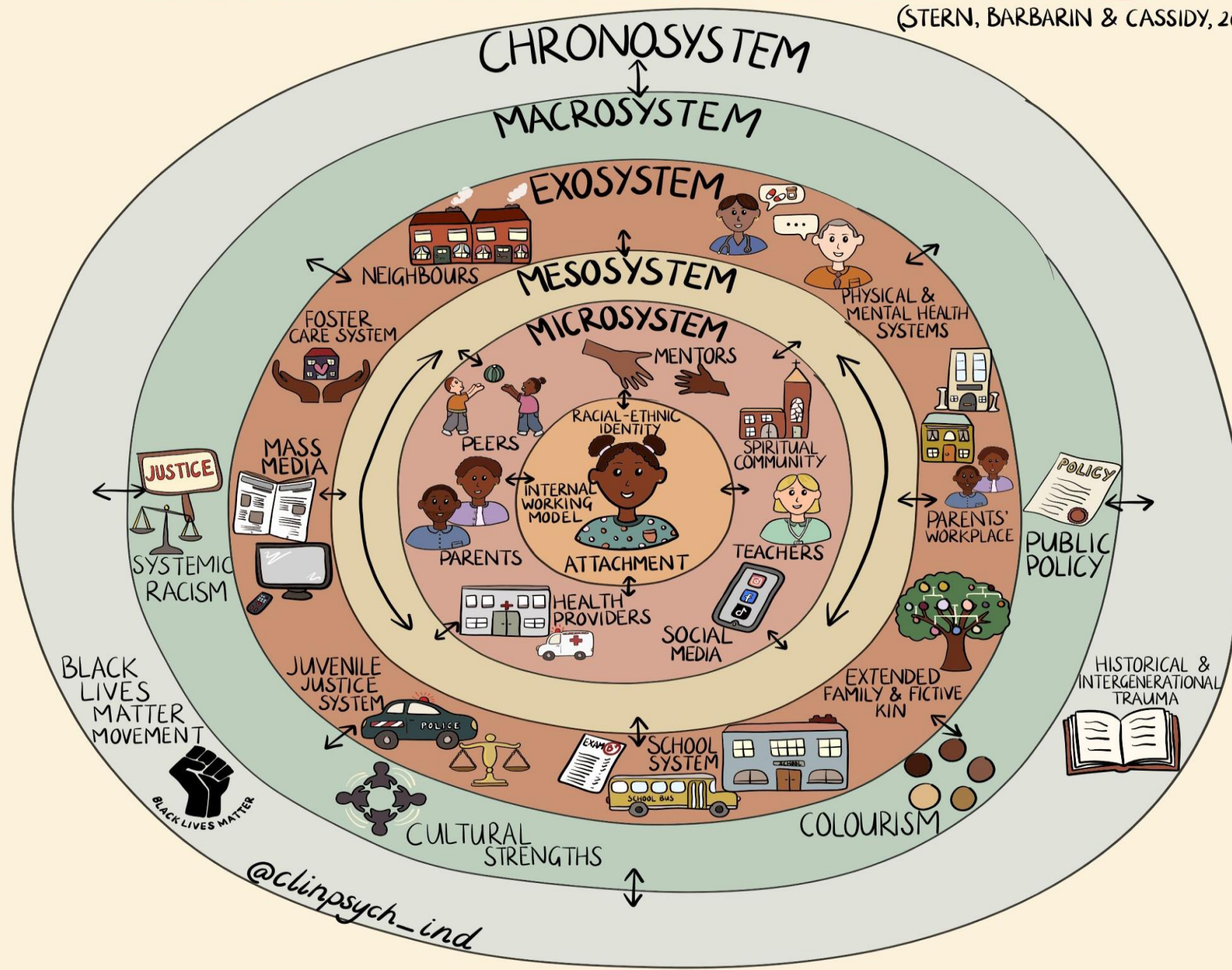
RESISTANCE (Ecologically Defined; Lake, 2013)

The ability for an ecosystem to remain unchanged when being subjected to a disturbance or disturbances.

BRONFENBRENNER'S ECOLOGICAL SYSTEMS MODEL (1974)

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...Creating
Resistance

“Pushing
Back”

Thank You For Your Time!

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