

# QUESTION BRIDGE

## QUESTION BRIDGE CURRICULAR TOOLS FOR GRADES 9-12

### MODULE 6 – Finding Peace Amidst Evil

*“I WANT TO KNOW WHAT I CAN DO TO LIVE PEACEFUL, SURROUNDED BY ALL EVIL?”*

## THE TEACHER’S GUIDE

**Question Bridge: Black Males** was conceived by Chris Johnson. The project was created by Chris Johnson and Hank Willis Thomas, in collaboration with Bayete Ross-Smith and Kamal Sinclair. The Executive Producers are Delroy Lindo, Jesse Williams and Deborah Willis.

**Question Bridge Curriculum** written by Kamal Sinclair in consultation with Question Bridge Collaborators, Education Consultant Jinan Sumler, and scholarship advisors Dr. Joy Angela DeGruy, Dr. Deborah Willis.

The **Question Bridge Curricular Tools** were updated by Chris Johnson and James E. Ford.

**Question Bridge: Black Males** is a fiscally sponsored project of the Bay Area Video Coalition and supported in part by a grant from the Open Society Institute: Campaign for Black Male Achievement, the Tribeca Film Institute, the LEF Foundation, the Center for Cultural Innovation, and the California College of the Arts.

**Note:** If you encounter a broken link in our suggested readings you may still be able to find those resources by searching for the relevant titles with your internet browser.

**Important:** Your feedback on these materials is essential. Please forward comments and suggestions to the appropriate designated administrators of your school and directly to the Question Bridge Education Initiative at the following email address: [feedback@questionbridge.com](mailto:feedback@questionbridge.com)

## MODULE 6: FINDING PEACE

ART PROJECT QUESTION: *"I WANT TO KNOW WHAT I CAN DO TO LIVE PEACEFUL, SURROUNDED BY ALL EVIL?"*

### ESSENTIAL QUESTION

"How black men confront toxic stress in order to live more health and productive lives?"

### LEARNING GOALS

- Students will assess the impact of community violence, abuse and negativity on behaviors.
- Students will debate the influence of environment on mental health and how to respond to stressors.

### LEARNING OBJECTIVES

- Respond to question prompts based on Module content
- Engage in discussion regarding finding peace
- Participate in four corner debate activity.

### REQUIRED MATERIALS

- Composition notebook for journaling
- A Module 6 print out for each student
- Computer projector with the ability to: play video from a video file downloaded or played from the "Question Bridge Curricular Tools" Dropbox Folder : QBCT Module 6,

Use either of these links to access all of the Question Bridge Modules:

<https://showcase.dropbox.com/doc/Question-Bridge-Curricular-Modules-Y05lKDxi4ct9AchAmC9OL>

<https://showcase.dropbox.com/doc/Question-Bridge-Curricular-Modules-Y05lKDxi4ct9AchAmC9OL>

## PRE-WORK FOR EDUCATORS

- View recommended videos:
- View recommended visualart:

## ACTIVITIES

**Activity 1** (Observe) – Share [Module 6 Video: Finding Peace](#)

**Activity 2** (Reflect/Discuss) – Engage in dialogue about the video

What seems to be the primary dilemma of the young man asking the question?

In your own words, tell us what does he seem to be seeking?

What sort of impact do you believe being exposed to community violence and abuse has on young black men?

One respondent said, “You always have a choice”.

How can social pressures encourage black men to make positive and/or negative choices?

How can you become “contagious” with your behavior and spread a more positive example of black men, even if you may only see the opposite?

Which one of the respondents gave the best answer to the question? Explain why you feel this way.

### Activity 3

Four-Corner Discussion

1. Provide a statement dealing directly with the content of the module, drafted to elicit a response.

For example: “Everyone has the power to make good decisions, regardless of their environment.”

---

---

---

---

---

2. Have participants choose ONE of the following responses with which they most agree and explain their reasoning in writing. Have participants use the following response stems:

- I strongly agree because...
- I somewhat agree because...
- I strongly disagree because...
- I somewhat disagree because...

3. Ask participants to go to the corner of the room where a placard matching their response is located. (i.e. Strongly Agree, Somewhat Agree, Strongly Disagree, and Somewhat Disagree)

4. Once in the appropriate corner, have participants share their opinions and come up with a position statement to present to the entire group. One person in the group records that position statement.

5. Each corner's position statement is shared with the entire group without comments. Participants are then allowed to change corners if their opinion has changed.

6. Allow for discussion between the various corners allowing for participants to question and engage in debate.

7. Conclude by debriefing and reviewing major themes.

#### POTENTIAL PROVOCATIVE STATEMENTS:

- People are who they are, no matter their environment
- Once someone has a tremendously traumatic experience it changes their behavior
- One positive example can completely change a person's outlook on life
- Even adults still exhibit behaviors from experiences in their childhood
- Thinking positive thoughts will lead to internal peace

*DEEP DIVE DIALOGUE*

A. Do you think a person's behavior is the result of how they were born or how they grew up (nature or nurture)?

---

---

---

---

---

B. If a person is the victim of abuse or has witnessed death, do you think it will have any effect on their emotional state or behavior?

---

---

---

---

---

*DEEP DIVE DIALOGUE*

C. Prisons are filled with brilliant black minds who possess amazing gifts and talents. What sort of creative outlets are needed to help black men avoid incarceration?

---

---

---

---

---

D. One of the respondents refers to the community as a "jungle". In order to survive, what animal would you most want to imitate in order to survive?

---

---

---

---

---

Have participants read the article, Black America's Invisible Crisis  
<https://www.essence.com/2014/09/05/propublica-post-traumatic-stress-disorder>

1. What do you think causes black people to suffer from PTSD?
2. In what ways is life for many black people similar to that of a war veteran?
3. What sort of resources are available for black people dealing with PTSD?

#### ACTIVITY EXTRA

Have students read the article, Black America's Invisible Crisis

<http://www.essence.com/2014/09/05/propublica-post-traumatic-stress-disorder>

1. What do you think causes black people to suffer from PTSD?
2. In what ways is life for many black people similar to that of a war veteran?
3. What sort of resources are available for black people dealing with PTSD?

## MODULE 6 RESEARCH RESOURCE LIST

### MUSIC

- Poe Man's Dreams (His Vice) – Kendrick Lamar
- <https://genius.com/Kendrick-lamar-poe-mans-dreams-his-vice-lyrics>
- Window Pain (Outro) – J. Cole
- <https://genius.com/Kendrick-lamar-poe-mans-dreams-his-vice-lyrics>
- Allure – Jay-Z
- <https://genius.com/Jay-z-allure-lyrics>

## PODCAST

Mindful While Black BY PAUL SINGLETON

<https://onbeing.org/blog/mindful-while-black/>

## FILMS

- THE PATH OF FREEDOM: The Prison Mindfulness Institute  
How Prisoners Practice Mindfulness Amidst Chaos

<https://www.prisonmindfulness.org/projects/path-of-freedom/>

## BOOKS

The Little Book of Mindfulness: 10 minutes a day to less stress, more peace  
By Patrizia Collard

[https://www.amazon.co.uk/Little-Book-Mindfulness-minutes-stress/dp/1856753530/ref=pd\\_lpo\\_sbs\\_14\\_t\\_0/262-7370281-0820663?\\_encoding=UTF8&psc=1&refRID=4PBPZV0G9EACA1D2KMW1](https://www.amazon.co.uk/Little-Book-Mindfulness-minutes-stress/dp/1856753530/ref=pd_lpo_sbs_14_t_0/262-7370281-0820663?_encoding=UTF8&psc=1&refRID=4PBPZV0G9EACA1D2KMW1)

## ARTICLES

- Take The ACE Quiz — And Learn What It Does And Doesn't Mean (Evil World)
- <https://www.npr.org/sections/health-shots/2015/03/02/387007941/take-the-ace-quiz-and-learn-what-it-does-and-doesnt-mean>
- Black America's Invisible Crisis
- <https://www.essence.com/2014/09/05/propublica-post-traumatic-stress-disorder>
- Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults. The Adverse Childhood Experiences (ACE) Study.  
<https://www.ncbi.nlm.nih.gov/pubmed/9635069>
- The Problem of Othering: Towards Inclusiveness and Belonging
- <http://www.otheringandbelonging.org/the-problem-of-othering/>
- On 'Mindfulness and Black America' with Dr. Charles Johnson
- <https://www.mindful.org/prisoners-practice-mindfulness-amidst-chaos/>

## MODULE 6 GLOSSARY

**PTSD (posttraumatic stress disorder)** is a mental health problem that some people develop after experiencing or witnessing a life-threatening event, like combat, a natural disaster, a car accident, or sexual assault.

**Othering (noun)** By “othering”, we mean any action by which an individual or group becomes mentally classified in somebody’s mind as “not one of us”. Rather than always remembering that every person is a complex bundle of emotions, ideas, motivations, reflexes, priorities, and many other subtle aspects, it’s sometimes easier to dismiss them as being in some way less human, and less worthy of respect and dignity, than we are.

**Mindfulness (noun)** - a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

[www.QuestionBridge.com](http://www.QuestionBridge.com)

Question Bridge Education Initiative  
LLC - Copyright 2011