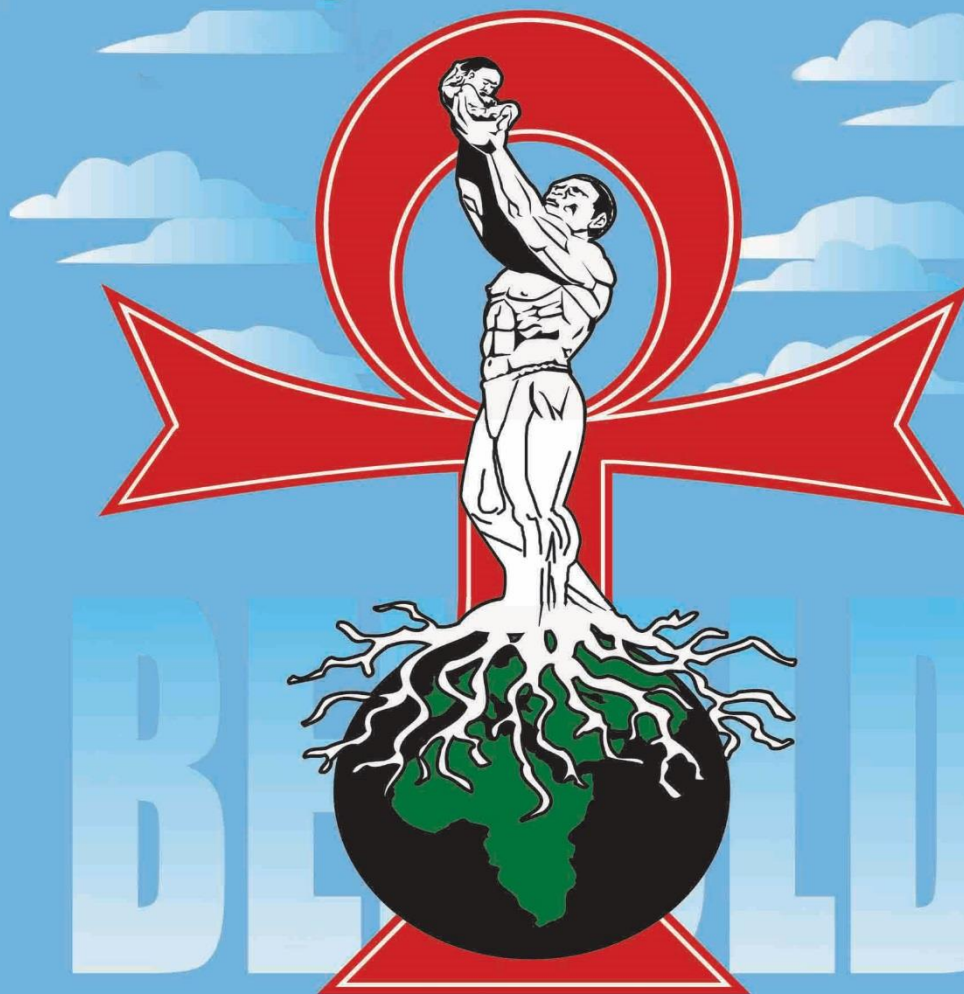


Let Us Make Man

The Gathering to Reclaim Black Manhood



“Behold, the only thing greater than yourself!”

Making the Modern Family

Married, Single and Blended Family Restoration

www.letusmakeman.net

RESTORING THE BLACK FAMILY: Virtual Workshop

**DEVELOPED BY:
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**LET US MAKE MAN
THE GATHERING TO RECLAIM BLACK MANHOOD**

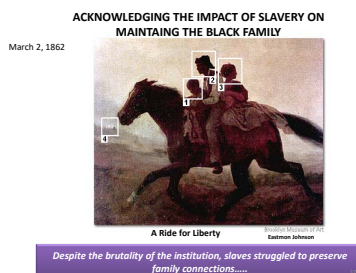
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Introduction

Restoring the Black Family virtual workshop is intended to provide perspective, clarity and concrete recommendations for strengthening the Black Family. Restoration means to “put back or bring back into existence.” Other definitions describe restoration as “returning to its former or original state-to renew.” Therefore, restoring the Black Family means to transform or return the family to its original state. The concept of family restoration may appear ambiguous without a clear understanding of what constitutes an “original state.” For the Black Family, this is particularly challenging when television, social media and to some degree, community experiences paint a dismal picture of the family. Such assumptions receive even greater attention through textbooks, research and political messaging. Therefore, during this workshop the following will be presented: (1) Establishing the original state of the Black Family And debunking common myths; (2) briefly explore the evolution of Black Family images in TV and media; (3) begin restoration by addressing family secrets-and how to begin the conversation within the family., (4) understanding the power of anger and emotions as inhibitors of healing, and (5) 10 Restoration Recommendations



The Black Family: Myths vs Facts

Historically, the black family has been the most tested, evaluated, examined, and critiqued group in American history. Interpretations of their experiences have consistently painted a dismal picture of broken, disrupted, pathological unit marked by absent fathers, culture of poverty, intergenerational

welfare dependence, etc. Slavery has served as the baseline to explain what is believed to be the absence of cultural tradition and family values within the African American Community. Several common myths and misconceptions have distorted and oversimplified our understanding of Black Family wellbeing. These are some of the myths that have risen to what is believed to be common knowledge about black families:

Myth #1: Black Fathers as absent, deadbeat and disconnected

Fact: According to a study by the *Centers for Disease Control*, black fathers were the most involved with children no matter if they lived with them or not. A greater percentage of black fathers, when compared with white and Hispanic fathers, fed or ate meals with children daily, bathed, diapered or dressed children daily, played with children daily, and read to children daily

Myth #2: Black Women have children to exploit the welfare system (“welfare queens”) The term, introduced in the 1970s by Ronald Reagan, refers to women who allegedly misuse or collect excessive welfare payments.

Fact: Most recipients of public assistance are not Black;

Myth #3: Black folks don’t value nor care for marriage

Facts: Significant value is placed on marriage. According to the National Marriage Resource Center (2014). Black men and women place significant value on family and marriage life. Although the rates of marriage have declined, these figures do not deter their belief in the value of union.

Myth #4: Black families do not place value on education

The college enrollment rate for African American students who enter immediately after completing high school (GED recipients included) was 62% in 2018, about the same as it was in 2000. Between 2000 and 2010, African American undergraduate enrollment increased by 73% (from 1.5 million students to 2.7 million).

Media Images of the Black Family

What images do you see of Black Families today compared to? What stereotypes of black males and females are considered common in movies and television? Have these images and message changed over the past 30 years? This section exams these images and messages.



CONNECTING YOUR FAMILY TO THE TREE

Due to the impact of our captivity and oppression, many emancipated Africans (formally enslaved) were never able to locate their loved ones. A result of this systematic displacement and attempts by White oppressors to obliterate the African Family, Americans of African descent

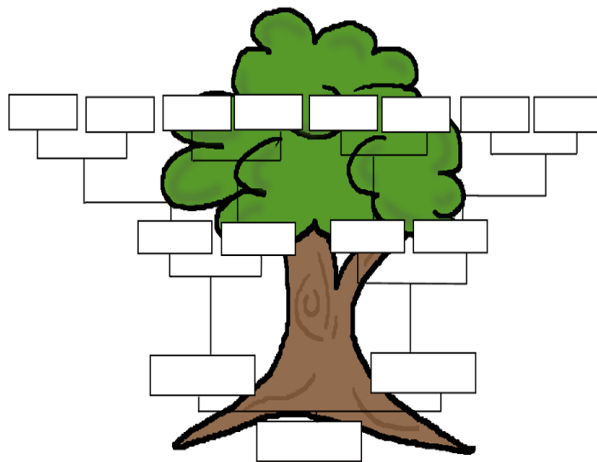
have continued to this date in search of their roots and family tree. While our ability to locate the original tribe of our ancestors can now only be closely approximated through use of DNA, YOU can begin this journey by connecting with your current family.

There is so much to learn from your family and particularly the elders. By taking the time to learn about your family history, you will discover more about yourself and family relationships. Contained within the elders are family secrets and great accomplishments. Much of our family history continues to be shared through the oral tradition, and this method of sharing should continue. However, through technology, other forms of media and by simply taking notes, these stories and experiences can be captured, retold and shared with our children.

Goal: To understand the context to which African American families exist today and to begin the effort of repairing and connecting our Family Tree

STEPS: (1) begin in bottom box (enter your name), (2) on left, enter father's name and on right, you mothers, (3) with each level, when boxes are split, the left side will be the father/grandfather and the right will be the mother/grandmother. How far can you climb?

MY FAMILY TREE



Vertical journey: travel up your family tree as far as you can go. You may need to talk with your parents and other family members to move further up the tree. Create your only family tree online for FREE www.geni.com

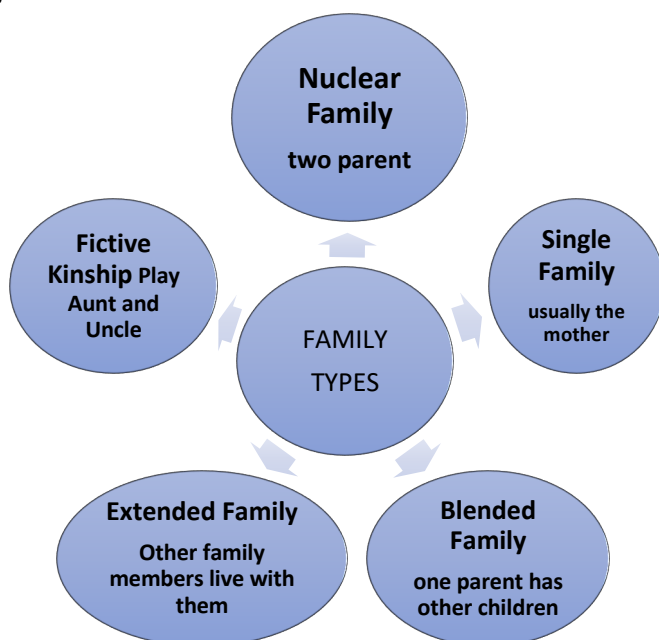
REFLECTION

- How difficult or easy was it to complete the family tree?
- Where there are gaps, who is likely to possess this information within the family?

UNDERSTANDING YOUR FAMILY TYPES

All in the Family is a discussion about African American Families; from our enslavement and life within the community to the evolution of Black Family television images. Yet, our family types and traditions have remained steady. Understanding the context to which African American families exist today is critical. Historically, our family structures and connections have been fluid and often challenge the traditional views of family. This section will examine the various family types and invite participants to examine which structure best describes their family or family for which they were raised.

Family Constellations



- **Nuclear Family:** Two parent home with children
- **Single Family:** usually the mother. The other parent does not live in the home
- **Blended Family:** When one or both parents have other children with other partner(s).
- **Extended Family:** When other family members have moved in or are highly involved in the decision-making process. Usually, this is the child's grandparent.
- **Fictive Kinship:** The care giving and mutual relationship among nonrelated blacks because of their common ancestry, history or social plight: "Play Aunt", Fraternity or lodge member, Gang members.

Mapping Family Relationships

When it comes to managing family relationships differences between parents or conflicts with siblings can complicate family dynamics. Reaching agreement or consensus is driven by additional factors such as past relationships, upbringing, exposure to conflict and degree of emotional investment. Understanding historical patterns in family relationships provides valuable insight into how you choose to interact with others within your current family or relationship. Mapping these patterns provide a visual depiction of the strengths and weaknesses of your family. One way to understand family dynamics is through diagrams. Genogram is one way to bring the family tree to life by including relationships among individuals across at least three generations. It is also within the family tree that family secrets are also uncovered. In this activity, participants will learn how to explore family relationships and identify what, if any, attributes of their family history are played out in their own relationships

Activity

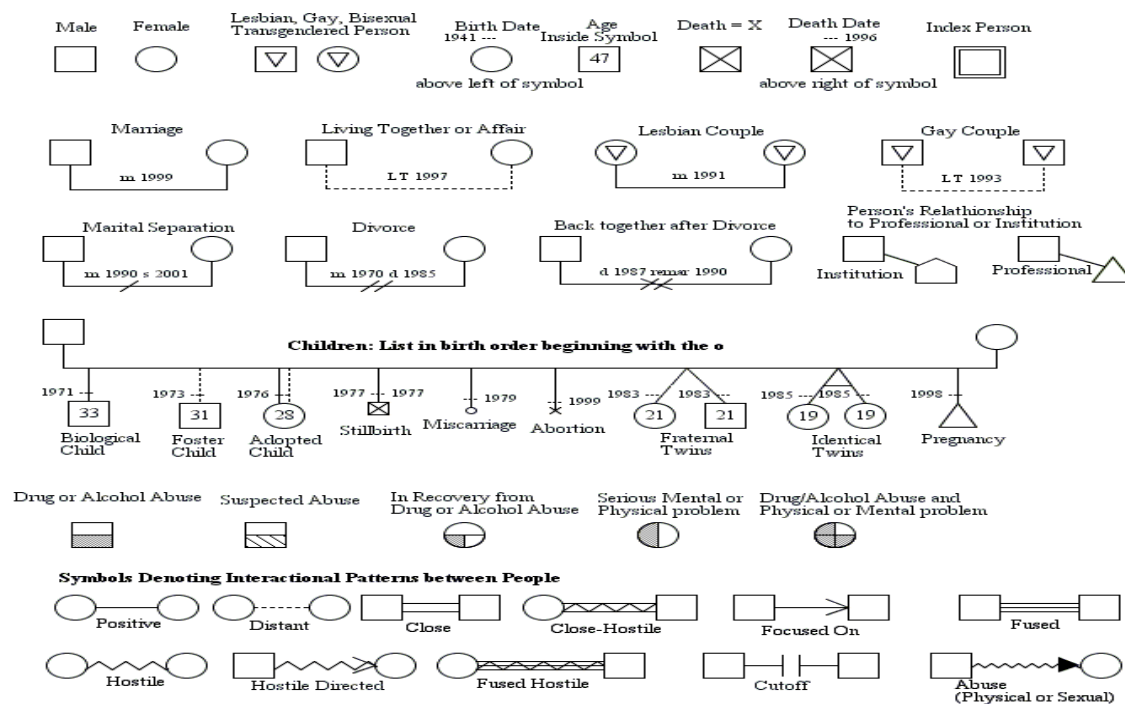
- Step 1. Begin by filling in the as much of the family tree as complete as possible.
- Step 2. Using the symbols, identifying the types of relationships (married, divorced, etc.)

Step 3. Next using the symbols, describe the family patters (positive, distant, close, hostile, etc.)
 Step 3: Describe your current relationships

Questions to task participants?

- What does your genogram tell you about family relationships?
- Are there any common themes you noticed across generations?
- What healthy/unhealthy family patterns have you noticed across the family?
- Any of these patterns found in your current or past relationships?
- What are you teaching your children or experiencing as children in your current family?

Standard Symbols for Genograms



Considering your own family based on the family tree, can you describe the relationships within your family? Are there relationships or individuals that you learned never to ask questions about? Use the figure above and discuss these relationships with your family.

Anger and Emotions

One of the greatest roadblocks to family restoration involve dealing anger, emotions and unresolved issues within the family. These conflicts have caused families to go without speaking for years. Often the conflict is rooted in misunderstanding, unfair treatment or violations of some family value. But understanding the intersection between anger and emotion is critical to improving emotional intelligence. Emotional intelligence simply means understanding,

EXTERNAL ANGER

Body Talk
Shaking, Blood Pressure, get hot, tears, body gets tense, head aches, loss of hearing, dry mouth

INTERNAL

EMOTIONS

You give no thought to:

- Freedom, family
- Finances, yourself
- Family, your job

20

Logical _____ Illogical

Reasonable _____ Unreasonable

Rational _____ Irrational

Responsive _____ Reactionary

Active Listening _____ Deflective Listening

Marked By Significant Language Change

What are signs you are becoming emotional?




LIST OF EMOTIONS

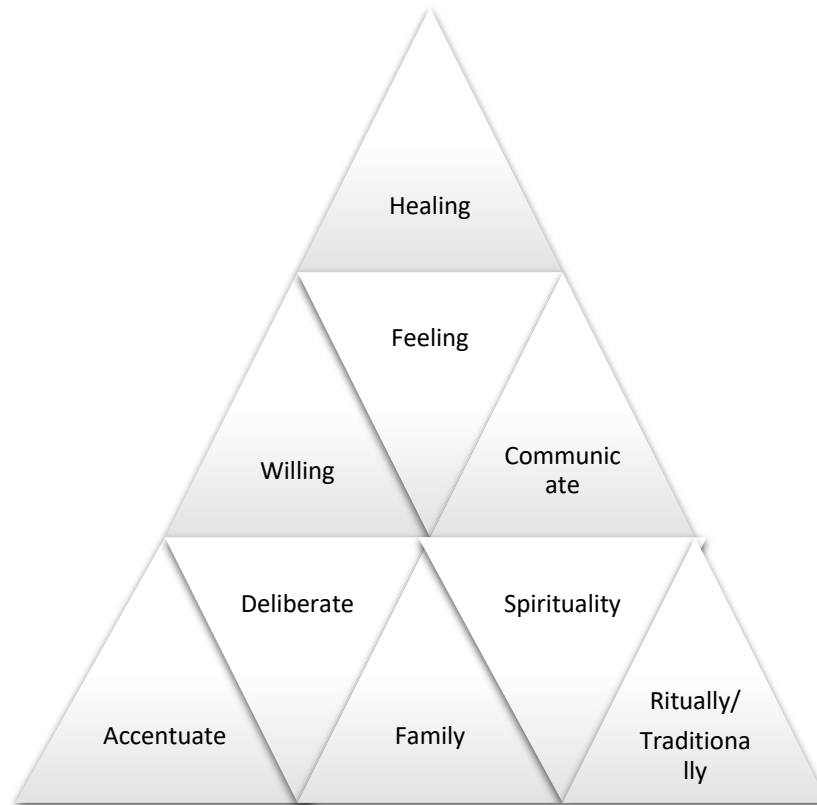



SAD	HAPPY	HURT	CONFIDENT	ENERGIZED
<ul style="list-style-type: none"> Depressed Desperate Dejected Heavy Crushed Disgusted Upset Sorrowful Weepy Frustrated Dismayed 	<ul style="list-style-type: none"> Amused Delighted Glad Pleased Charmed Grateful Optimistic Content Joyful Enthusiastic Loving 	<ul style="list-style-type: none"> Jealous Betrayed Let down Tender Wounded Impaired Damaged Criticized Abused Punished Rejected 	<ul style="list-style-type: none"> Strong Brave Assured Certain Prepared Successful Encouraged Peaceful Secure Relaxed Comforted 	<ul style="list-style-type: none"> Strengthened Motivated Focused Invigorated Determined Inspired Creative Healthy Renewed Vibrant Refreshed

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10 RESTORATION RECOMMENDATIONS

True restoration for self, family and community is a process which involves critical steps in the change and enhancement process. Below are the 10 Restoration Recommendations which I believe are critical to the change process.



7 KEY ELEMENTS TO SUCCESSFUL RELATIONSHIPS

Sometimes, how we enter relationships provide insight into how some relationships grow or prematurely end. Understanding your values and beliefs and the degree to which they are compatible with others is critical in that process. These 7 key elements are critical to relationship formation and maintenance.

