

IF THIS BREAKS YOUR HEART

(With Honor and Respect to George Floyd)

If this breaks your heart
Break the pattern of race-based hatred
Break the system that allows it to be
Break the silence you have hid behind for so long

Grieve. For the loss of another black man
Grieve. For the loss of respect and justice
Grieve. For the loss of your own innocence.
Grieve. Then get to work.

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Speak up for those who have been ignored
Speak up for systems that are fair
Speak up as a person who cares about all people
Speak up for the kind of world you want to see

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Demand justice
Demand accountability
Demand respect
Demand self-involvement

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Commit to becoming a voice for change
In your own city
In your own neighborhood
In your own family

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MINE TO DO

let's end race-based
hatred & violence

c. Tracy Brown | 5/27/2020 | #minetodo