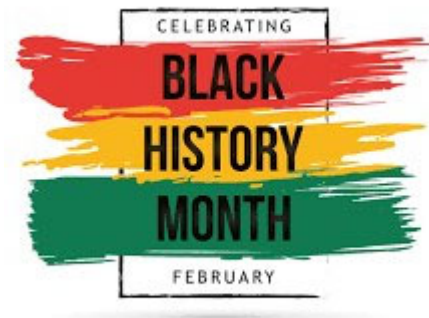


From: AMGA <amga@amga.org>
Sent: Wednesday, August 23, 2023 10:23 AM
To: Christian Sacdalan
Subject: DE&I Digest - January 2023 Edition



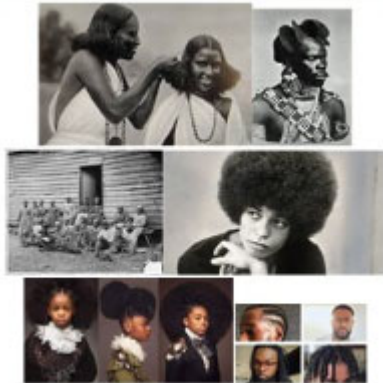
February 2023 Edition

February is Black History Month, an opportunity for us to celebrate the culture, achievements, and contributions of Black Americans throughout U.S. history. This year's theme is [Black Resistance](#), which explores how "African Americans have resisted historic and ongoing oppression, in all forms, especially the racial terrorism of lynching, racial pogroms, and police killings since our arrival upon these shores."



According to Jessica Weingartner, "The connection to resistance begins in the 1690s when enslaved Africans were first brutally captured and delivered to colonial Virginia. This resistance persisted and stretched through the Civil War, Reconstruction, Jim Crow, the Civil Rights movement, and the Black Powers revolution. It continues today. Rising up against injustice can take multiple forms, and in this way, Black America has literally institutionalized resistance by building strong, supportive communities. Black churches, Black periodicals, Historically Black Colleges and Universities, the Congressional Black Caucus, and many other groups and organizations have been founded to ensure that African American success was not determined by a society that was often not willing to protect their rights." [Read More.](#)

To learn more about Black History and Black Resistance, the DE&I committee has provided some resources for you to explore below in the Resources of the Month section.



Conversation: Black Hair and Mental Health

The connection between Black hair and mental health may not be obvious to those who do not identify with the Black community. However, it is very real and engrained in a rich history dating back to precolonial Africa. What is the connection? How are the two related? We tried to answer these questions and take a deep dive into how the intersectionality of the two has influenced the lives of many of our colleagues and their families.

We invite you to listen and/or watch this segment discussing the history, personal experiences, culture, proposed legislature, and how Black hair is connected to both physical and mental health. Just like a podcast or Ted Talk, you can listen to the conversation while you work. The DE&I Committee thanks everyone who participated and shared their stories. Listen [here](#).

DE&I Digest Changes

Beginning next month, you will notice some minor changes to the Digest, as well as the introduction of a series on prejudice. Stay tuned next month for some great content!



DE&I Committee February Picks:

Black History/Black Resistance

- [Black History Month](#), November 30, 2022



Did You Know?

Historically Black Colleges and Universities (HBCUs) were established in the United States early in the 19th century as a way to provide undergraduate and graduate

- [Celebrate Black History Month 2023. Black Resistance: A Journey to Equality](#), February 2023

Black Hair and Mental Health

- [The Crown Act](#)
- [The Crown Act: Creating A Respectful And Open World for Natural Hair](#)
- [Tangled Roots: Decoding the History of Black Hair](#), October 15, 2021
- [What Everyone Needs to Know about Black Hair History](#), February 10, 2022
- [The Reality of Hair Depression For Black Women](#), April 26, 2021
- [Better Mental Health Care for Black Men and Boys May Start in Their Barbershops](#), July 28, 2022
- [Basic Black: How Natural Hair Promotes Belonging and Authenticity among Women of Color](#), October 14, 2022
- [How Eurocentric Beauty Standards Harm Black Women](#), November 9, 2021
- [Barbers Provide Space for Young Black Men and Boys To Talk](#), August 4, 2022
- [How This Barber Uses His Shop to Improve Black Men's Mental Health](#), February 23, 2020

educations to people of African descent. Black students were unwelcome at existing public and private institutions, even after the passing of specific legislation, resulting in a lack of higher education opportunities.

HBCUs Today

There are 101 HBCUs to date, representing 2.3% of the total degree-granting post-secondary institutions (4,298) in the United States listed by the U.S. Department of Education.

Do you have a resource you want to see in the next edition of *DE&I Digest*? Next month, we will be recognizing ***Women's History Month and Prejudice!*** Send resources to DEICommittee@amga.org for review by the DE&I Committee. Please ensure resources submitted are from reputable sources.

Questions? Comments? Suggestions? We'd love to hear from you! Email the DE&I Committee at DEICommittee@amga.org

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