



Community School Connections

April 2021

Earth Day and Arbor Day are coming up this month!

Here are some simple ways to
celebrate with your family:

- ◆ Plant a Tree
- ◆ Clean Up Your Neighborhood
- ◆ Go on a Nature Walk or Hike
- ◆ Build a Bird Feeder or Bird House
- ◆ Make Crafts with Recycled Materials



You could also embark on:

The Broome County Dozen Hiking Challenge

that invites you to visit 12 of the
finest hiking gems across
Broome County and totals over
40 miles! For more details visit
<https://goalloutbroome.com/bc12/>



Go All Out Broome County also
has an interactive map showing
campgrounds, hiking trails, local
parks, farmers markets and many
other family friendly destinations
throughout the county.

Check it out at
<https://goalloutbroome.com/>

What is Implicit Bias?

When someone makes assumptions about a person before knowing them it can affect them in harmful ways. The reality is we all make assumptions about people even when we don't want to. These automatic attitudes, beliefs and stereotypes have a special name: **implicit bias**. Automatic associations are what the brain does naturally to make sense of our extremely complex world. These associations begin developing very early and are shaped not only by personal experiences, but by direct or indirect influences from society and media. They are "implicit" because they are unconscious and outside of our awareness.

For this reason, they can be very hard to break.

What can we do to stop our biases from harming others?

- ◆ **Recognize** no one is blind to the differences in others. Even infants prefer faces that look like theirs. This does not make you a bad person, it just makes you human!
- ◆ **Keep at it.** Recognizing our biases is a lifelong process! We all make mistakes. If you can apologize, do so, and focus on what you can do better next time.
- ◆ **Imagine** how you would think, feel, and act when you are challenged by one of your biases.
- ◆ **Make a plan.** What will you do if you find yourself thinking, feeling, or acting out stereotypes or attitudes towards others? Try to slow the situation down so you can think about ways to get back on track.
- ◆ **Adjust** your plan based on what you learn along the way. Keep trying!
- ◆ **Find a friend** or a group of coworkers and pledge to make changes together. It is easier when we have friends to help keep us motivated.
- ◆ **Spend time with people that are different from you.** Implicit bias decreases as our experience with different people increases!

Visit Harvard University's Project Implicit

at <https://implicit.harvard.edu/implicit/> for a variety of tests you can take to help uncover your own potential biases!

Source: <https://www.childrensmercy.org/parent-ish/2021/02/implicit-bias/>