

A QUEER SEX ED COMMUNITY CURRICULUM ZINE

WE'RE TAKING A BREAK **BECAUSE** WE
LOVE THIS WORK SO MUCH.

POLITICS OF SUSTAINABILITY

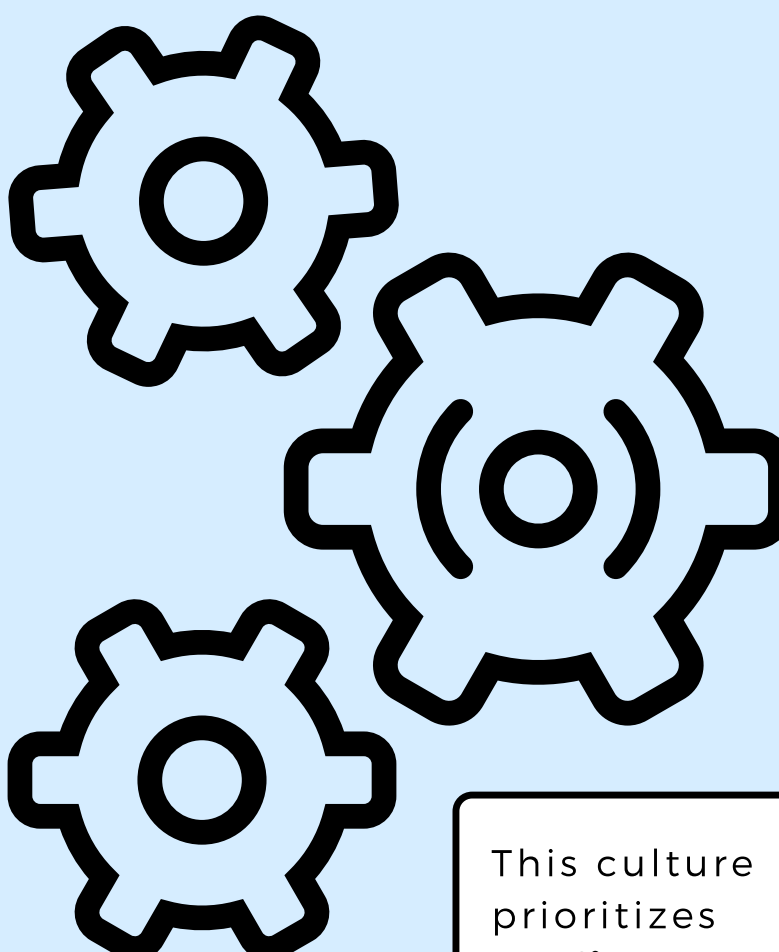
AN OVERVIEW OF THE IDEALOGICAL
REVOLUTION OF REST AND RELAXATION.



@QUEERSEXEDCC

Sustainability is political.

Recognizing your need for rest is not only important for your health;
IT IS A RADICAL ACT IN ITSELF.

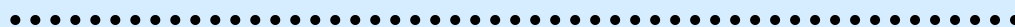


Our capitalist society depends on the exploitation of workers.

This exploitation demands assimilation to a culture of white supremacy.

This culture prioritizes **profits** over **people**.

These cultures are not sustainable.



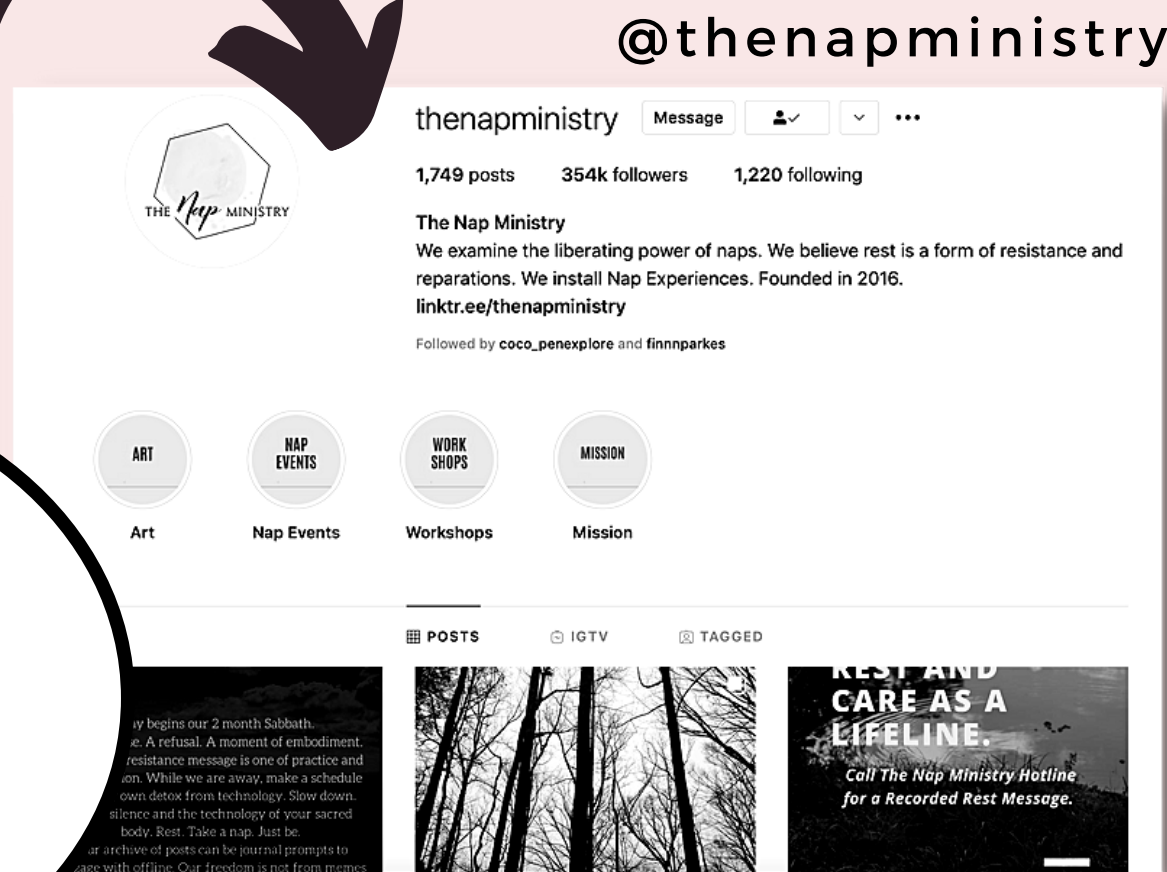
Black femmes are leading this revolution. 

In recent years, the politics of sustainability have been **revolutionized** by scholars and activists dedicated to anti-racist and anti-capitalist work.

Black femmes have led this ideology revolution, which is now beginning to seep into mainstream cultures.

Organizations like The Nap Ministry have made ideas of personal sustainability popular and accessible.

Trisha Hersey is a teaching artist, community organizer, poet, performance artist, theater maker, and **founder** of The Nap Ministry.



White supremacy culture: *in work and organizing*

In our capitalist society, the dominant ideology that organizes most workspaces is a **culture of white supremacy**.

White supremacy culture in workplaces manifests in many ways. A few of these are:

PERFECTIONISM



SENSE OF URGENCY



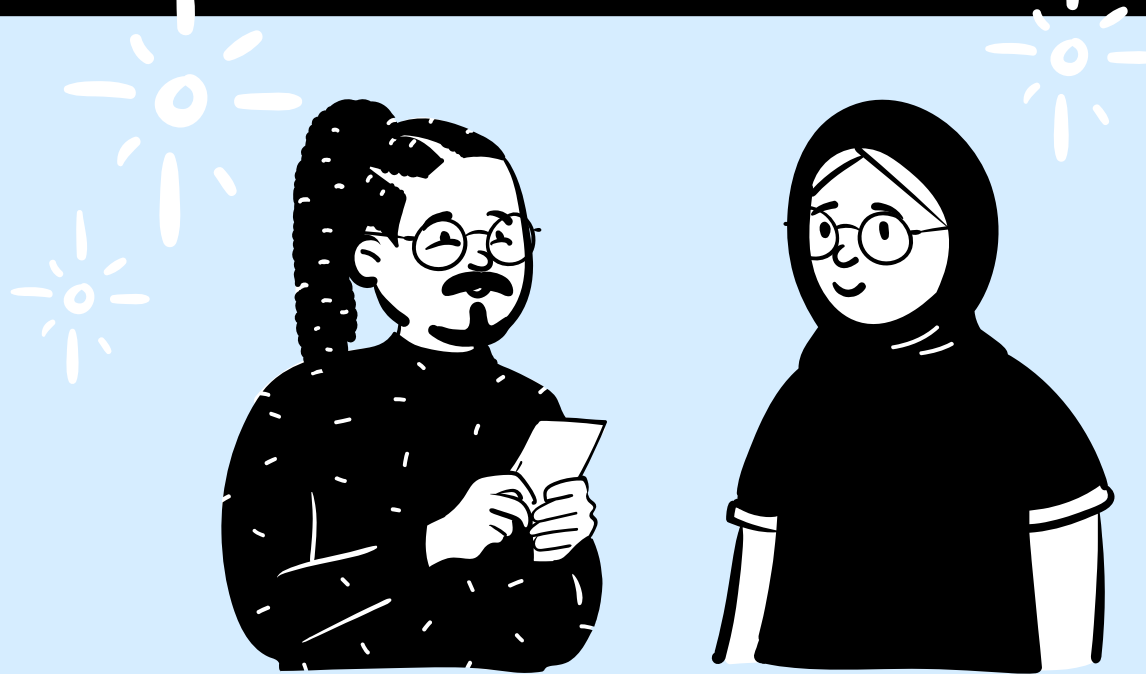
AVOIDING CONFLICT



PRIORITIZING PRODUCTION



What does white supremacy culture look like?



→ LITTLE APPRECIATION OR RECOGNITION GIVEN TO WORKERS UNTIL AN OFTEN UNACHIEVABLE STANDARD IS MET

→ THE TENDENCY TO SACRIFICE IMAGINATION, CREATIVITY, OR INTENTIONALITY IN PLACE OF MEETING DEADLINES

→ RARELY COMMUNICATING DIRECTLY ABOUT A CONFLICT; ACTING IN DEFENSIVENESS IF/WHEN CALLED-OUT

→ MEASURING SUCCESS THROUGH QUANTITY INSTEAD OF THE QUALITY OF WORK

White supremacy culture: in *relationships* and *self*

THIS CULTURE LEAKS INTO OTHER ASPECTS OF OUR LIVES,
LIKE RELATIONSHIPS AND SELF-CONCEPT.

Perfectionism in a **relationship** can look like:

- Avoiding conflicts or arguments
- Curating the “image” of the relationships, instead of working internally

Prioritizing production in our **self-concept** can look like:

- Judging ourselves by productivity
- Not allowing ourselves time to rest



ANTIDOTES TO CULTIVATE:

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IN ALL ASPECTS OF OUR LIVES

- **Develop a practice** of appreciation and gratitude.
- **Expect** and **make room** for mistakes.
- **Create a system** for giving and receiving critical feedback.
- **Establish** open communication as a norm.
- **Listen** and **prioritize** your body and what it needs.



Resources:



- **“White Supremacy Culture”** by Tema Okun
- **The Nap Ministry**
@thenapministry
- www.dismantlingracism.org
- <http://www.triciahersey.com>

