

Black Lives Matter

Black Lives Matter is a global movement dedicated to promoting equity, justice, and systemic change for Black communities. M Health Fairview openly supports Black Lives Matter.

As employees at M Health Fairview, understanding the history behind the movement, what it means, and how we can get involved is just one piece of continuing to build a system where ALL members of our community are treated with dignity and respect, and ALL patients receive the highest levels and quality of care.



What is Black Lives Matter and how did it start?

The [Black Lives Matter Foundation, Inc](#) is a global organization in the US, UK, and Canada that was founded in 2013 in response to the acquittal of Trayvon Martin's murderer.

BLM's mission is to eradicate White supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes. By combating and countering acts of violence, creating space for Black imagination and innovation, and centering Black joy, we are winning immediate improvements in our lives.

Who is Trayvon Martin? [Trayvon Benjamin Martin](#) was a 17-year old black male who was murdered on February 26, 2012, by a neighborhood watch captain who had been following Martin (against the advice of a 911 dispatcher) because he "looked suspicious." The perpetrator was eventually acquitted of second-degree murder.

What does it mean when people say Black Lives Matter?

The call for Black lives to matter is a rallying cry for ALL Black lives striving for liberation.



What does that mean? Liberation in this context means freedom from a system that continues to oppress Black people and perpetuate White supremacy. This structure – also known as systemic racism – impacts the way Black people are treated in the healthcare system, criminal justice system, the education system, the housing system, etc.

This does not mean that Black lives are worth more than White or any other lives. Historically, Black lives have been considered less worthy than White lives. As we advocate for change and equity, we cannot dismiss the long history of racism in this country and how it's impacted the Black community.

How can I get involved?

Anyone can support Black Lives Matter – no matter your race, ethnicity, age, political affiliation, or anything else. Supporting Black Lives Matter does not mean you can't support other movements or communities.

Maybe you have some discomfort with this movement or topic. That's OK. The way you start to move past that is by educating yourself about the movement, the struggles the Black community has faced, and how history informs where we are today.

The best way to support Black Lives Matter is to **learn more**.



Study history. You don't have to go back to school – all the information you need is there, you just need to find it, study it, and make connections between it and our world today.



Have discussions with your family and friends. Start the discussions from a place of understanding and respect. Expect defensiveness or even anger. Be willing to listen and try to help people understand what the movement is about. However, know when to call it quits. This is hard work



Ask what the movement needs. Go to the Black Lives Matter website and explore how you can get involved. Also, contact your local BLM chapter and ask what events are coming up or if they need volunteers.

Discussion Questions

1. What does Black Lives Matter mean to you?
2. How does the mission of Black Lives Matter resonate with you? Why do you think this is important to discuss?
3. Why is saying “Black Lives Matter” different than saying, “All Lives Matter”? Why is it important to specifically say, “Black Lives Matter”?
4. In what ways can we embody the mission of BLM in our work?
5. What is one thing you will commit to doing differently?

