Erin McDonald

APSY2243.01

Professor Scott Seider

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Major Assignment #3: Adapt a Module

**Compelling unit question: High school (11th-12th grade)**

Why are sexism and racism often correlated with poor mental health?

**Text Set:**

1. News article: “What Meghan Markle’s Experiences Tell Us About Mental Health and Racism at Work” By Tom Spiggle
   1. <https://www.forbes.com/sites/tomspiggle/2021/03/23/what-meghan-markles-experiences-tell-us-about-mental-health-and-racism-at-work/?sh=1d6ccb7b3fa3>
   2. Tom Spiggle highlights the stigma around mental health, intersections with racism, and the ways in which the workplace can suffer as a result. Spiggle explains that mental health and racism can affect employees and associates at any level, but the stigma surrounding mental health hinders workers to utilize the organization’s resources. As a result of Prince Harry and Meghan Markle’s interview with Oprah, the stigma is becoming less strong because powerful women like Meghan Markle began the worldwide discussion about mental health and racism.
2. News article: “Racism and Sexism Shadow Many Interactions for Asian-American Women” By Shaila Dewan
   1. <https://go.gale.com/ps/retrieve.do?tabID=T004&resultListType=RESULT_LIST&searchResultsType=SingleTab&hitCount=1142&searchType=BasicSearchForm&currentPosition=1&docId=GALE%7CA655492858&docType=Article&sort=Relevance&contentSegment=&prodId=SPN.SP24&pageNum=1&contentSet=GALE%7CA655492858&searchId=R4&userGroupName=mlin_m_newtnsh&inPS=true>
   2. Shaila Dewan writes about complex topics including racialized misogyny and sexual imperialism to convey the intersection of racism and sexism in accordance with mental health issues like insomnia and internalized stereotypes. Dewan highlights modern violence and hate crimes against Asian American communities, specifically those against AAPI women, as well as addressing the historical events that perpetuated racialized misogyny and sexual imperialism in AAPI communities.
3. News article: “Facing a ‘Double Bind’ of Racism and Sexism” By Maggie Astor
   1. <https://go.gale.com/ps/retrieve.do?tabID=T004&resultListType=RESULT_LIST&searchResultsType=SingleTab&hitCount=4288&searchType=BasicSearchForm&currentPosition=7&docId=GALE%7CA637940383&docType=Article&sort=Relevance&contentSegment=&prodId=SPN.SP24&pageNum=1&contentSet=GALE%7CA637940383&searchId=R5&userGroupName=mlin_m_newtnsh&inPS=true>
   2. Maggie Astor explains the “double bind” of racism and sexism through biases like stereotypes. Astor addresses the double bind through Kamala Harris’ experience as a public political figure. Through stereotyping, specifically troupes, caricatures, and identity policing, women of color experience the intersection of oppressive forces which ultimately have negative effects on their mental health.
4. News article: “Louisiana Representative Proposes Bill Prohibiting Education about Systemic Racism and Sexism” By Josh Archote
   1. <https://go.gale.com/ps/i.do?p=STND&u=mlin_m_newtnsh&v=2.1&it=r&id=GALE%7CA657766322&inPS=true&linkSource=interlink&sid=STND>
   2. This article points out the institutional issues with systemic racism and sexism which is perpetuated by the powerful figures in the country including state representatives. Josh Archote explains the underlying idea of critical consciousness and that without it students who identify with a targeted group membership, they will suffer mental health consequences like internalized racism and sexism.
5. News article: “The model minority myth has always been deadly.” From UWIRE Text
   1. <https://go.gale.com/ps/retrieve.do?tabID=T004&resultListType=RESULT_LIST&searchResultsType=SingleTab&hitCount=1206&searchType=BasicSearchForm&currentPosition=5&docId=GALE%7CA657020365&docType=Article&sort=Relevance&contentSegment=ZNEW-FullText&prodId=STND&pageNum=1&contentSet=GALE%7CA657020365&searchId=R2&userGroupName=mlin_m_newtnsh&inPS=true>
   2. This article discusses racism though stereotypes as well as racialized misogyny as it is seen in the United States today, specifically the ways in which white Americans get “off the hook” when engaging in racialized misogyny. The model minority perpetuates stereotypes about Asian Americans that can cause damage to their own self-esteem.
6. Poem: “Who Said It Was Simple” by Audre Lourde
   1. <https://www.poetryfoundation.org/poems/42587/who-said-it-was-simple>
   2. Audre Lorde’s poem addresses the anxiety that accompanies having intersecting oppressed identities. She creatively illustrates the idea that oppression of these identities continues to wear her down even as an aspect of her identity experiences victory, her identity as a whole will not remain intact.
7. Website: “Racism and Mental Health”
   1. <https://www.mhanational.org/racism-and-mental-health>
   2. This website offers a foundational understanding of racism and its connection to mental health. The article emphasizes that trauma causes mental health issues, specifically depression, anxiety, and Post-Traumatic Stress Disorder.
8. Website: “Sexism is bad for Women’s Mental Health” By The Representation Project
   1. <http://therepresentationproject.org/sexism-is-bad-for-womens-mental-health/>
   2. This website points out that sexism in each domain of power can have detrimental effects on women’s mental health including depression, anxiety, alienation, lost sense of belonging, and psychological distress.
9. Ted Talk: “Unpacking Bias in Seeking Mental Health Care for Women of Color” By Chandra Carey
   1. <https://www.ted.com/talks/chandra_carey_unpacking_bias_in_seeking_mental_health_care_for_women_of_color>
   2. In this Ted Talk, Chandra Carey discusses the intersection of race and sex through a religious lens and how it affects mental health of the women who identify as members of these oppressed groups.

**Build a Module Assigned/Optional Advanced Readings:**

Carey, C. (2019, December). Unpacking bias in seeking mental health care for women of color. Retrieved April 11, 2021, from https://www.ted.com/talks/chandra\_carey\_unpacking\_bias\_in\_seeking\_mental\_health\_care\_for\_women\_of\_color

El-Amin, A., Seider, S., Graves, D., Tamerat, J., Clark, S., Soutter, M., Russo, A. (2020, December 10). Critical consciousness: A key to student achievement. Retrieved April 12, 2021, from <https://kappanonline.org/critical-consciousness-key-student-achievement/>

Spector, N. (2017, December 01). The hidden health effects of sexual harassment. Retrieved April 11, 2021, from <https://www.nbcnews.com/better/health/hidden-health-effects-sexual-harassment-ncna810416>

**Course Assigned/Optional Advanced Readings:**

Lee, S. J. (2020). *Model Minorities and Perpetual Foreigners: The Effects of Stereotyping on Asian American Students*. <https://www.researchgate.net/publication/233912258_The_model_minority_and_perpetual_foreigner_Stereotypes_of_Asian_Americans>.

@blackatexeter. June 14, 2020-present. [Instagram Page]. <https://www.instagram.com/blackatexeter/?hl=en> Accessed May 3, 2021.

Taub, A. (2017, December 14). *The #MeToo Moment: How One Harasser Can Rob a Generation of Women*. The New York Times. <https://www.nytimes.com/2017/12/14/us/how-one-harasser-can-rob-a-generation-of-women.html>.