

PROPOSED HANDOUTS

August

- Black-owned businesses account for 10% of all U.S. businesses. This number is rapidly growing. Let's do our part by supporting these businesses! Showcase/ display ways how to help support black businesses #NationalBlackBusinessMonth
- National Black Business Month was founded in 2004 by historian John Templeton and engineer Frederick Jordan Sr. The celebration of Black-owned businesses was created to drive the policy agenda that affected 2.6 million African-American businesses.
- Provide special activity and information about National Black Business month. There will be resources and FDI merchandise available as well.

September

- September 10-16 is National Suicide Prevention week- Display and provide information on what is National Suicide Prevention week and how to spread awareness. FDI encourages ALL students to speak up about their feelings.
- Did you know Slippery Rock University's counseling office has a 24/7 Butler County Center of Community Resources line? The number is 800-341-3866.

October

- Myth: Interracial means black and white. Being interracial or mixed-race means being two or more of ANY race, not just black and white.
- Did you know? Frederick Douglass taught himself how to read and write. He then became a world renowned author. He recognized the power of literacy and decided to become his own teacher at a very young age.
- Did you know Frederick Douglass worked with FIVE different U.S. presidents? He worked with Rutherford B. Hayes in 1877, he then worked for Presidents Garfield, Arthur, Cleveland, and Harrison as the U.S. Marshal for D.C.
- "Frederick Douglass was an excellent writer and wrote several works during his lifetime, including three autobiographies: *The Narrative of the Life of Frederick Douglass, an American Slave* (1845), *My Bondage and My Freedom* (1855) and *The Life and Times of Frederick Douglass* (1881). These are still considered today to be of unparalleled value to the historical narrative of our country." (Tinybeans.com)

November

- Did you know? Frederick Douglass escaped slavery and became a famed abolitionist, he then married the woman who helped him escape. Her name was Anna Marie Douglass, she was the mother of all five of his children. *Abolitionist*: a person who favors the abolition of a practice or institution, especially capital punishment or slavery.
- The Day of the Dead is traditionally celebrated on the 1st and 2nd of November. It is a day to reunite with family that is alive and those who have passed. This celebration is usually conducted by people with Mexican, Aztec and Spanish heritage. Do you celebrate this holiday?
- Did you know? In 1965, Frederick Douglass was placed on a novelty stamp? This was presented to his family after the 1960s Civil Rights Movement by Walter DuBois.
- Did you know? Frederick Douglass was the most photographed person of the 19th century. That's right, he sat for more portraits than President Abraham Lincoln! (npca.org)

December

- Did you know? Frederick Douglass gave his last speech in Pennsylvania at West Chester University in 1895.
- Did you know? Frederick Douglass wrote five autobiographies, the most famous being "Narrative of the Life of Frederick Douglass". This was also his first published book!
- Did you know? Frederick Douglass's mother was the only black woman in her county that could read. She would walk over 12 miles to visit her son, as he was being raised by his maternal grandmother.

January

- Historical Figure: Mae Jemison was the first black woman to go to space. She continues her work today helping young women of color find their passion for STEM.
- Historical Figure: Taiwanese American director Ang Lee was the first non-white director to win an Oscar for his film *Crouching Tiger, Hidden Dragon* (2000). He has been nominated for nine Academy Awards total.
- Historical Figure: Benjamin O. Davis, Sr., was the first Black general in the U.S. Army, serving for over 50 years. He received the Bronze Star Medal and the Distinguished Service Medal and is buried at Arlington National Cemetery.
- Today we celebrate Korean American Day to commemorate the arrival of the first Korean immigrants to the United States in 1903.
- Historical Figure: Dalip Singh Saud emigrated to the U.S. via Ellis Island to further his education. He went on to be the first Sikh American, the first Asian American, and the first Indian American to be elected to the U.S. Congress.
- Historical Figure: Ieoh Ming Pei moved to the U.S in 1935 to attend architecture school. He designed some of the country's most famous buildings, including the John F. Kennedy Memorial Library, the Herbert F. Johnson Museum of Art and the Rock & Roll Hall of Fame and Museum.

- Today is the International Day of Education to celebrate the role of education for peace and development. At the Frederick Douglass Institute, we seek to advance the state of knowledge and practice around educational engagement and achievement for historically underserved and underrepresented students. Let's use this day and every day to strengthen our knowledge of the world around us.
- Historical Figure: Sammy Lee was the first Asian American man to win an Olympic gold medal for the U.S. and the first man to win back-to-back gold medals in Olympic platform diving. He went on to coach Olympic athletes for many years, and then became a doctor before retiring in 1990.
- Historical Figure: Yuji Ichioka is credited with coining the term "Asian American" to help unify different Asian ethnic groups. He also founded the Asian American Political Alliance in 1968.

February

- Historical Figure: Bayard Rustin was an openly gay black man in the Jim Crow era. Rustin connected with Martin Luther King Jr. and inspired his nonviolent approach to protest. Rustin organized the march on Washington, birthplace of King's famous "I Have a Dream" speech.
- Historical Figure: "The mother of the civil rights movement", Ella Baker became an organizer within the NAACP and helped co-found the Southern Christian Leadership Conference, the organization that the Rev. Martin Luther King Jr. led. SNCC activists called her "Fundii," a Swahili word for a person who teaches a skill to the next generation.
- Historical Figure: Shirley Chisholm was the first black woman elected to Congress. She was also the first black woman to run for the Democratic party's presidential nomination, with the campaign slogan "unbought and unbossed".
- Historical Figure: Jesse Owens was a track-and-field athlete who set a world record in the long jump at the 1936 Olympic Games in Berlin. He was awarded the Presidential Medal of Freedom in 1976 and was posthumously awarded the Congressional Gold Medal in 1990.
- Historical Figure: Jane Bolin became the first black female judge in 1939. She worked with private employers to hire people based on skill instead of discriminating against them based on race.

March

- Did you know? Harriet Tubman is well known for risking her life as a "conductor" in the underground railroad which led escaped enslaved people to freedom in the North.
- International Women's Day – a global day celebrating the social, economic, cultural, and political achievements of women. This day also marks a call to action for accelerating women's equality.
- Did you know? Elizabeth Cady Stanton and Susan B. Anthony fought for equality for women in the mid – 19th century, more than 70 years before the 19th Amendment gave women the right to vote in the United States in 1920.

- Did you know? Sacagawea – The Native American woman who showed Meriwether Lewis and William Clark the way from the Mississippi River to the Pacific Coast. Her presence as a woman helped dispel nations to the Native tribes that they were coming to conquer and confirmed the peacefulness of their mission.
- Did you know? Clara Barton risked her life to bring supplies and support to wounded soldiers during the Civil War, earning the title as “Angel of the Battlefield.” She went on to found the American Red Cross at the age of 59.

April

- Tom Wiggins – A former slave turned musician, born into slavery in Columbus, Georgia in 1848. The piano was his greatest source of solace and music helped him integrate sensory information from all around him, as it does for many people with autism spectrum disorders. He was even invited to the White House to perform before President James Buchanan and a group of Washington socialites at the age of 11. It was the first time an African – American musician performed at the White House.
- Morénike Giwa-Onaiwu –Educator and Author. Morénike Giwa Onaiwu is an American researcher and educator who advocates for autism and HIV awareness. She was born to immigrant parents in the United States and feels her symptoms of ASD were initially misinterpreted as signs of "a black person trying to fit into the white environment." Morénike is the co-editor of *All the Weight of Our Dreams* – an anthology of art and writing entirely by autistic people of color. In addition to HIV awareness, she is involved in learning through technology, research, gender, disability, and racial equity education.
- Lamar Hardwick – Author. At 36 years old, Dr. Hardwick was diagnosed with Autism Spectrum Disorder. As a result of years of struggling with social anxiety, he developed several coping strategies to blend in. After realizing he wasn't picking up on social cues during his doctoral program, Lamar sought an autism evaluation and was formally diagnosed with Autism Spectrum Disorder. He is the author of the bestselling book, *I am Strong: The Life and Journey of an Autistic Pastor*. In addition to providing workshops and seminars, he consults with churches, faith-based organizations and schools regarding the creation of autism-friendly environments. In addition, he mentors teens and young adults with autism.
- Dr. Sarai Pahla – Dr. Pahla is an MD and a freelance medical translator who was born in Zimbabwe and grew up in South Africa. She is an autistic adult that aims to create business solutions to employ individuals on the autism spectrum around the world.

May

- Did you know? Asian Americans and Pacific Islanders have played vital roles in shaping the nation, from building the Transcontinental Railroad to advocating for labor law changes to fighting in multiple wars. They made these contributions while also facing persistent discrimination and violence throughout U.S. history.

How can you help support Mental Health Month?

1. Connect with friends, family, and other individuals and strike-up some positive dialogue about mental health and the importance of ending the stigma.
 2. Learn more about mental health by utilizing the resources below or by talking to a mental health professional about what they do.
 3. Offer support to your loved ones when they open up to you about their struggles with mental illness.
 4. Tell your story – sharing your story can be a powerful way to support others who may be experiencing a similar situation.
- Did you know there are resources on campus where you can access free mental health care? The counseling center, health services, student support and OIE provides quality services and programs to promote your physical, psychological, social, emotional and environmental health. Click on the link in our bio to check out what is offered!