

Police Brutality & Trauma Episode Guide

Focus: Examining the traumatic impact of police brutality on Black boys and men

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Key Findings

- Police brutality can be defined in many ways including “stop and frisk,” surveillance, “living while black,” and acts of violence
- Black bodies are often heavily surveilled with the the sentiment that they should not occupy particular spaces
- “Living while black,” encompasses the pressures placed on Black people while performing typical activities, such as driving and shopping
- The various forms of police brutality severely impact the psychological state of people of color, including Black Boys and Men who have a long history of being criminalized within the United States
- There is a heightened sense of psychological turmoil due to the increased media coverage and accessibility of instances of police brutality
- Racial discrimination is a form of trauma
- Not all Black boys and men respond to police brutality in the same ways and it is important to understand how each individual copes
- Many Black boys and men feel a lot of shame when they experience a race-related event such as police brutality
- Many who experience police brutality are dismissed when they mention it to others, preventing them from coping and healing

Key Recommendations

- Not all Black boys and men respond to police brutality in the same ways and it is important to understand how each individual copes
- Support Black boys and men who have experienced police brutality and allow them to tell their story; validate their experiences.

- Examine how macro-level policies and issues (stop and frisk, mass incarceration, etc.) impact the daily experiences of Black boys and men