



On June 27, 2019 The Global Switchboard hosted a community forum, “BurghMeetsWorld: What do we do with fear” to explore how the pervasive “fear of others” is impacting us on a global, local, and personal scale. The following data is a recording of the post-it notes submitted by attendees, and has been grouped into categories.

<p>Reflecting on themes coursing through the stories we've all shared this evening, write down one thing that you are afraid of.</p>	<p>Consider the fear that you wrote down. In the face of that fear, what gives you hope?</p>	<p>Write down one thing that you can do individually, or we can do collectively, to create a world without fear.</p>
<p><u>ISOLATION</u> --Not being understood due to skin color, religion, etc. (II) --Being alone (III) --Rejection (II) --Unseen or incorrectly seen (III) --My family always feeling like outsiders despite immigrating to US 25+yrs ago -Intolerance -Division among humans <u>APATHY</u> --Lack of empathy --People not helping each other --Complacency (III) <u>POLITICS</u> --ICE (V) --Political uncertainty --Politicians who won't protect us <u>VIOLENCE</u> --Gun violence --Police violence --Racial violence --Racism & Discrimination <u>ABUSE OF POWER</u> --Capitalism --Being a woman in certain situations --Hurting others --Powerlessness <u>PERSONAL WELLNESS</u> --Death of loved ones (III) --Failure (III) --Ignorance (III) --Not being true to myself --Lack of fulfilling career opportunities --Life</p>	<p><u>PEOPLE & CONNECTION</u> --Community (III) --Common Humanity --Family and Friends (V) --Allyship (III) --Diverse, genuine, & authentic relationships --People who come to these events (II) --Connecting with others --My students --Children (II) <u>EMPATHY</u> --Kindness (III) --Love (III) --Compassion --Vulnerability --Willingness to learn <u>ACTION</u> --Those willing to enter spaces to work towards change (II) --Having purpose --Ability to fight back --People who take action --Activists --Resistance (II) --Collective action --Sharing our voices/stories (III) <u>PERSONAL WELLNESS</u> --Tea + Food --Wellness and meditation --Resilience --Diverse representation across media platforms --Faith (II) --The power of truth (II) --AOC's twitter feed</p>	<p><u>ALLYSHIP</u> --Fuel allyship --Organize social events & activities --Be an accomplice, not just an ally --Solidarity / show up for and uplift one another (VII) --Make new friends --Reach out (IV) --Build diverse relationships & have hard conversations (III) --Build intentional, inclusive, accepting, & understanding community (II) <u>ACTION</u> --Listen & grow from fear (II) --Educate ourselves and others (IX) --Help others more --Fact check --Empathize with those different than you and their experiences (IV) --Share stories --Share my and others' voices (III) --Get political (Vote) --Create brave spaces --Teach truth fearlessly --Enter politics --Donate to relevant orgs <u>PERSONAL WELLNESS</u> --Prioritize mental health support (II) --Write --Smile more --Gather together to make art --Recognize, name, & share the fear (II) --Don't let fear make decisions --Be vulnerable --Be brave --Be radically kind and authentic</p>