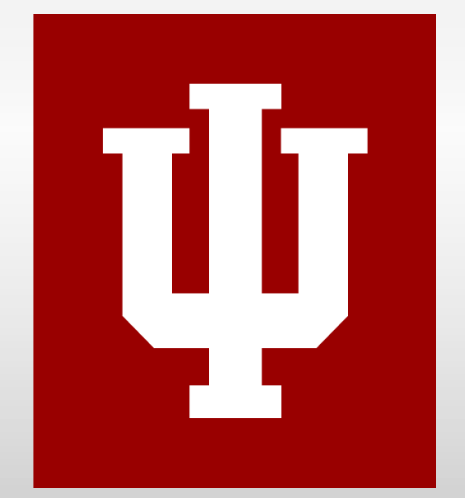




# From the Screens to the Streets: Do Emotional Responses to Witnessing Discrimination Impair Anti-racist Action?



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## BACKGROUND

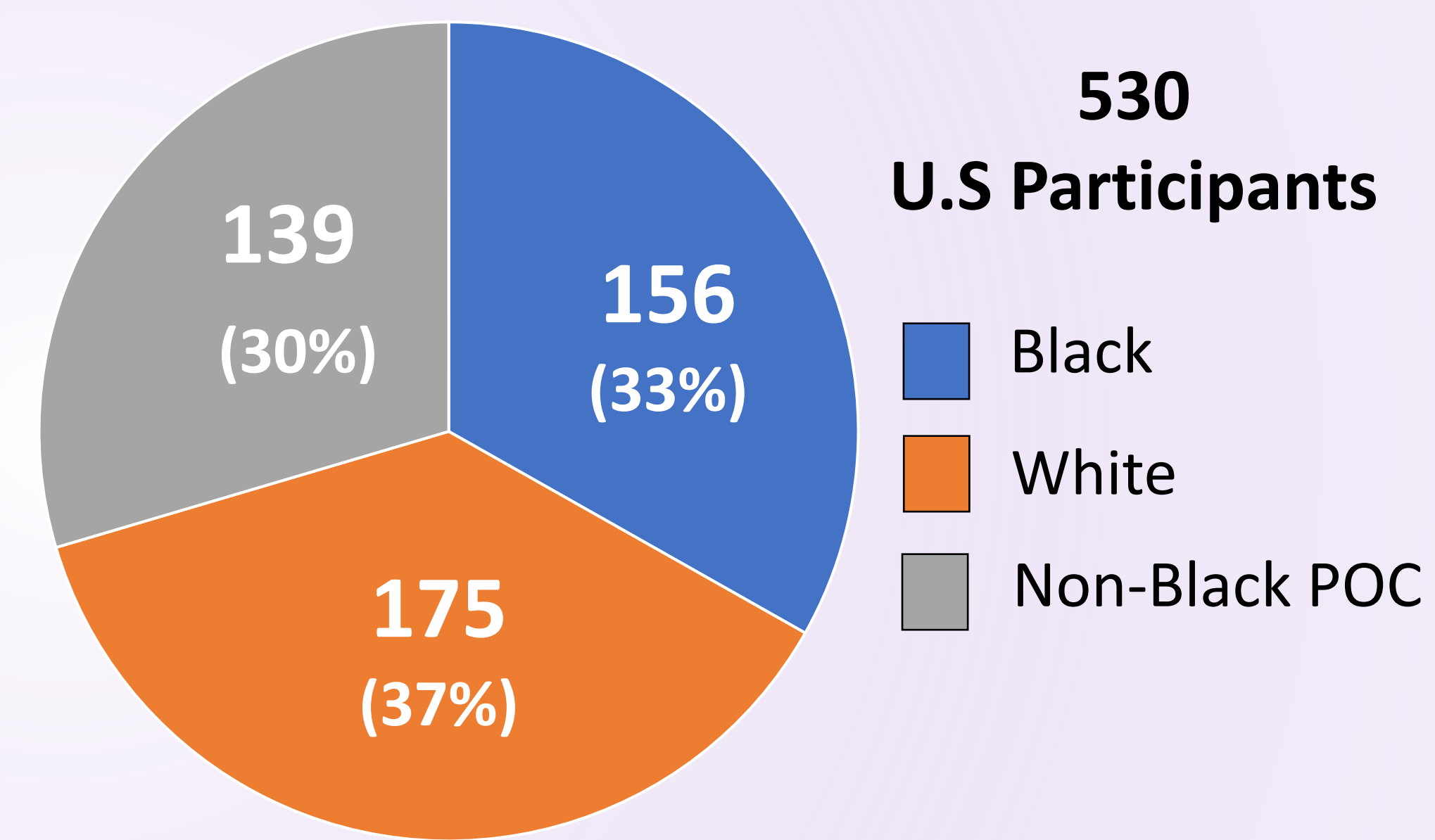
- Witnessing racial injustice has never been more accessible (e.g., social media, streams).
- These acts may be distressing for witnesses, which is likely to motivate individuals to seek comfort via emotion regulation.
- Although effective forms of emotion regulation (e.g., *reappraisal*, *mentally reframing a situation to change its impact*) may help individuals feel better, they may also reduce individuals' motivation to take collective action against racism

**RQ: How does emotion regulation after witnessing discrimination impact anti-racist action?**

## METHOD

### Participants

- Identity (e.g., race, age, socio-economic status) impact how we interact with others
- Race of witness might influence what they feel, how they regulate it, and the action that they take
- Collected a racially diverse sample of U.S adults



### Measures

**Disengagement Tactics:**  
Reframing to disengage with problem



**Engagement Tactics:**  
Reframing to engage with problem

**Minimizing:**

Reframing situation as less severe

**Low-Control:**

Reframing as not having control



**High-Control:**

Reframing as something changeable

**Benefit Finding:**

Reframing as giving benefits

### Emotions:

- Hope, Moral Outrage, Empathy

### Anti-Racist Action:

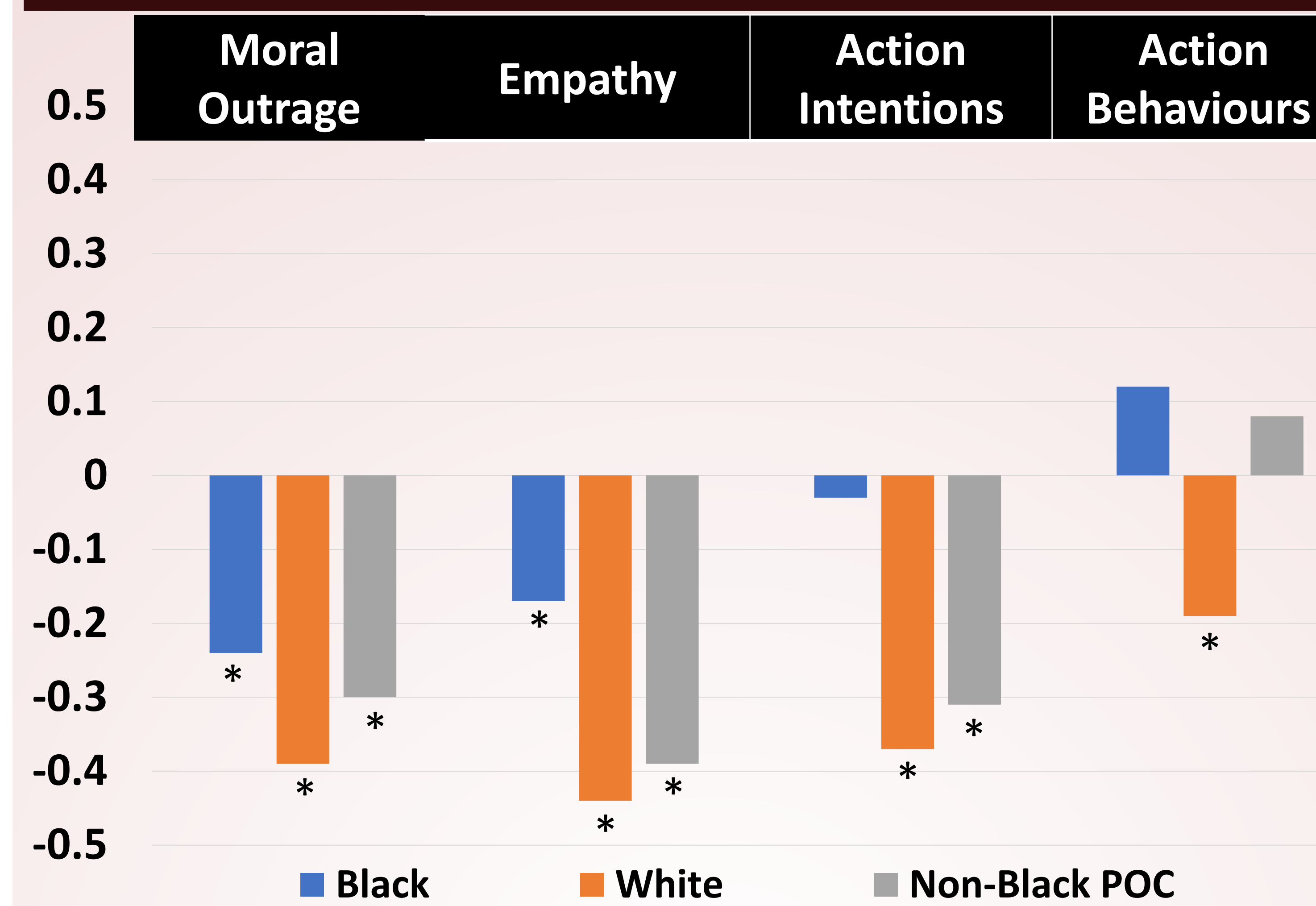
- Action Intentions (in next 6 months)
- Action Behaviours (in past 2 months)

### Procedure

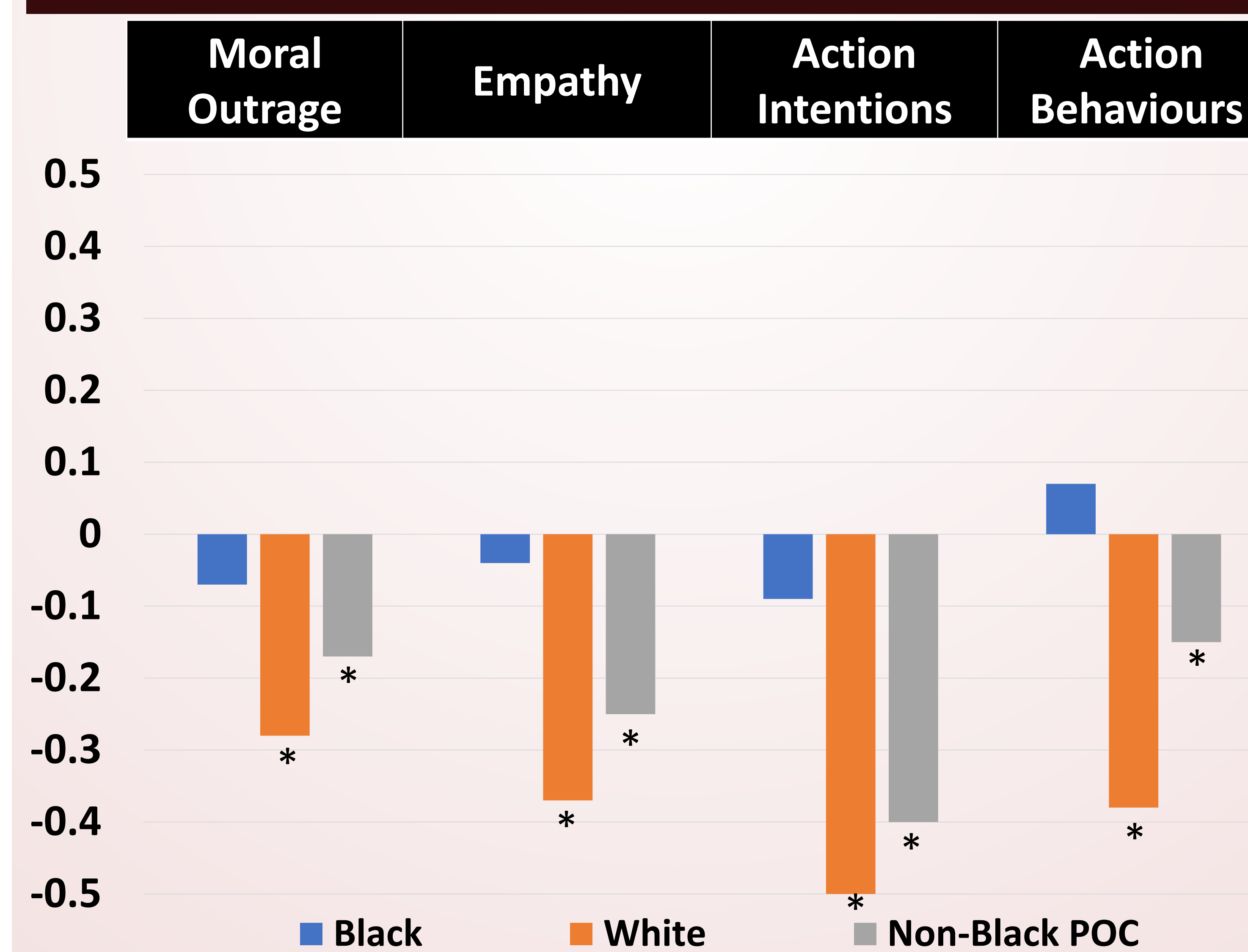


## DISENGAGEMENT TACTICS

### MINIMIZING



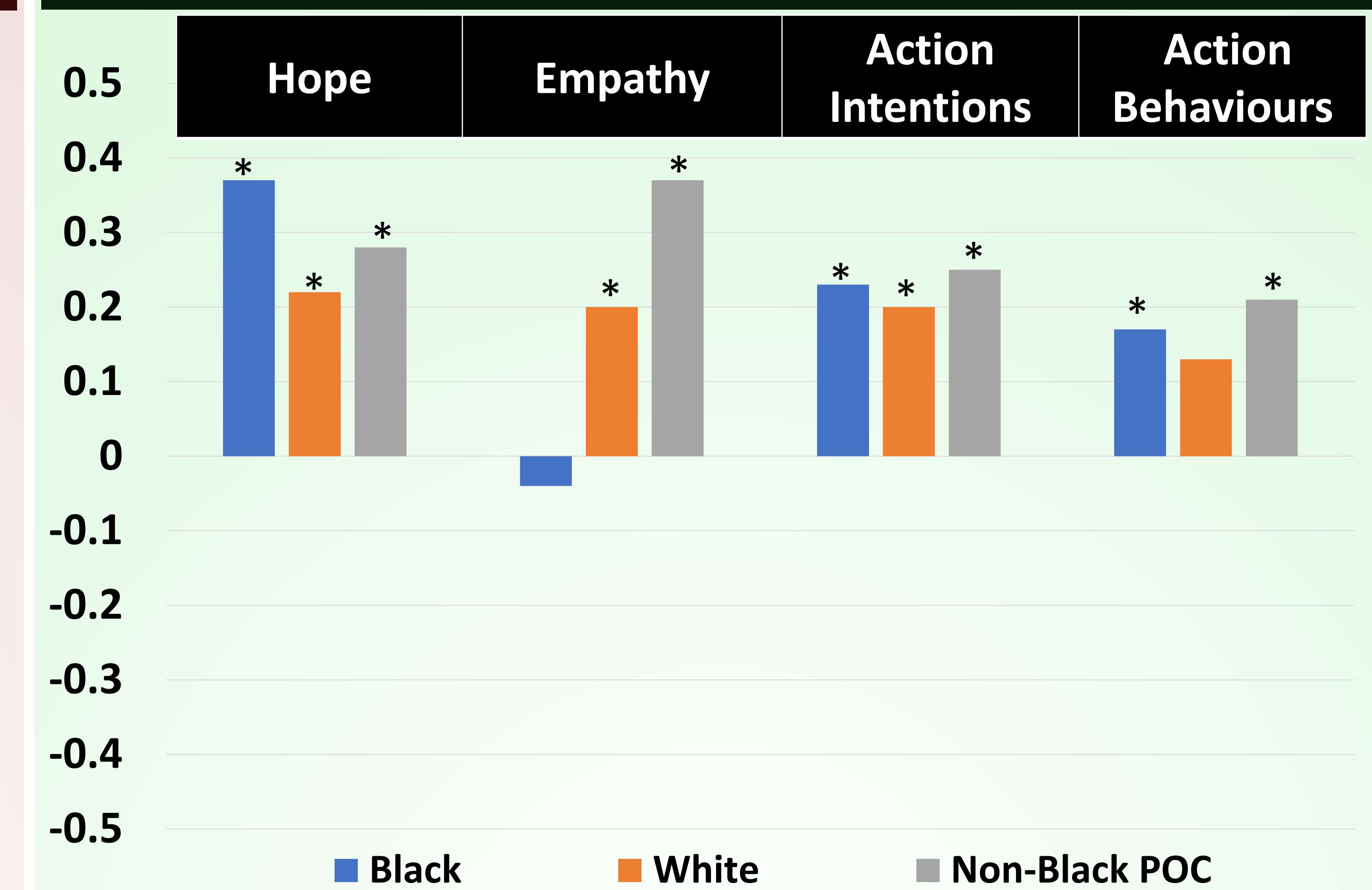
### LOW CONTROL



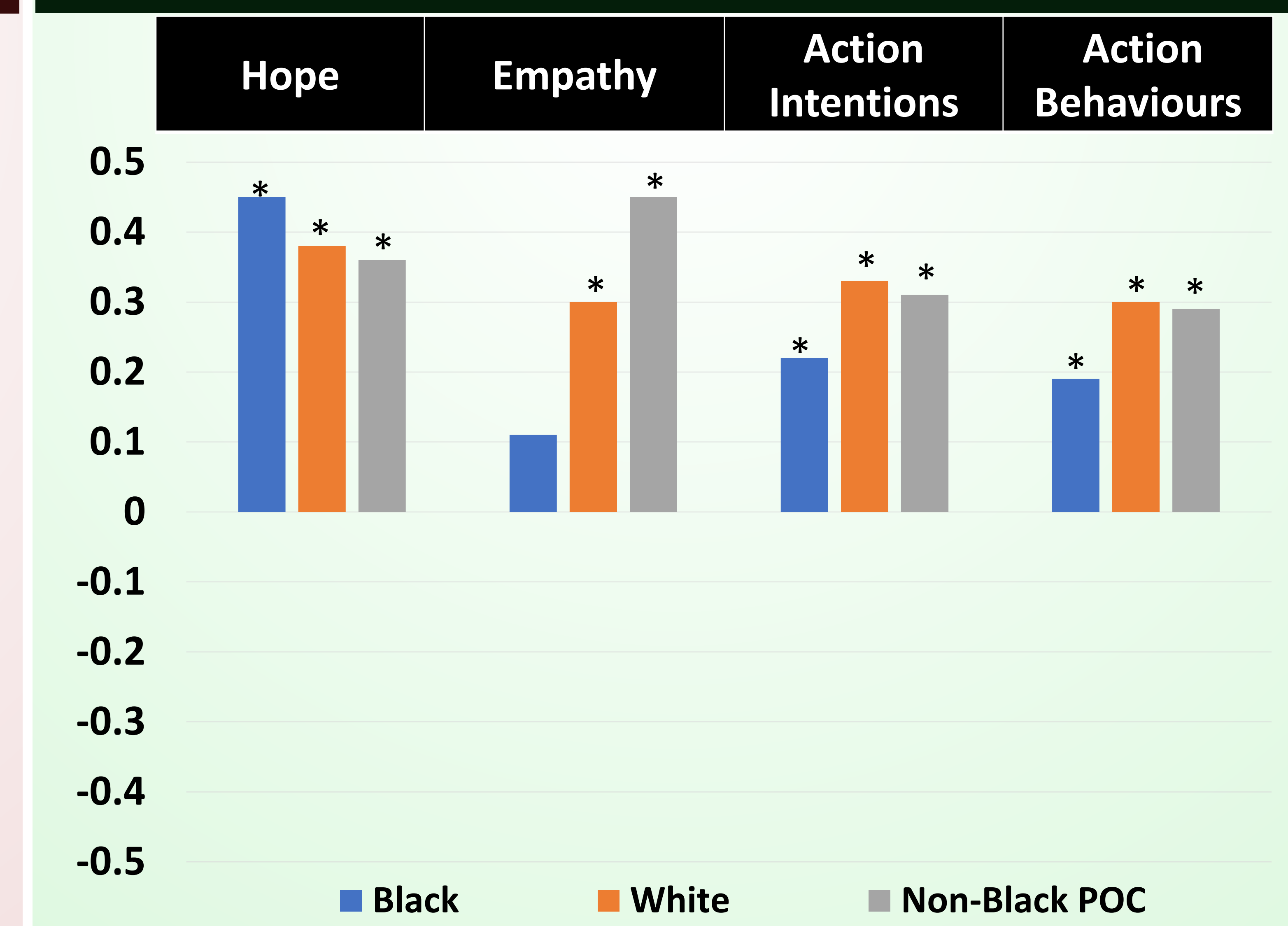
\* = Significant relationship

## ENGAGEMENT TACTICS

### HIGH CONTROL



### BENEFIT FINDING



People who use disengagement tactics: ↑ Emotional Benefits ↓ Anti-Racist Action

People who use engagement tactics: ↑ Emotional Benefits ↑ Anti-Racist Action

## DISCUSSION/ APPLICATION

- Engagement tactics can help relieve distress while promoting anti-racist action
- Opportunity for intervention in disengagement-thinking in daily life
- Distribution in popular media, anti-oppression/equity training, infographics
- Equipping activists and organizers with emotional tools to potentially decrease burnout

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