

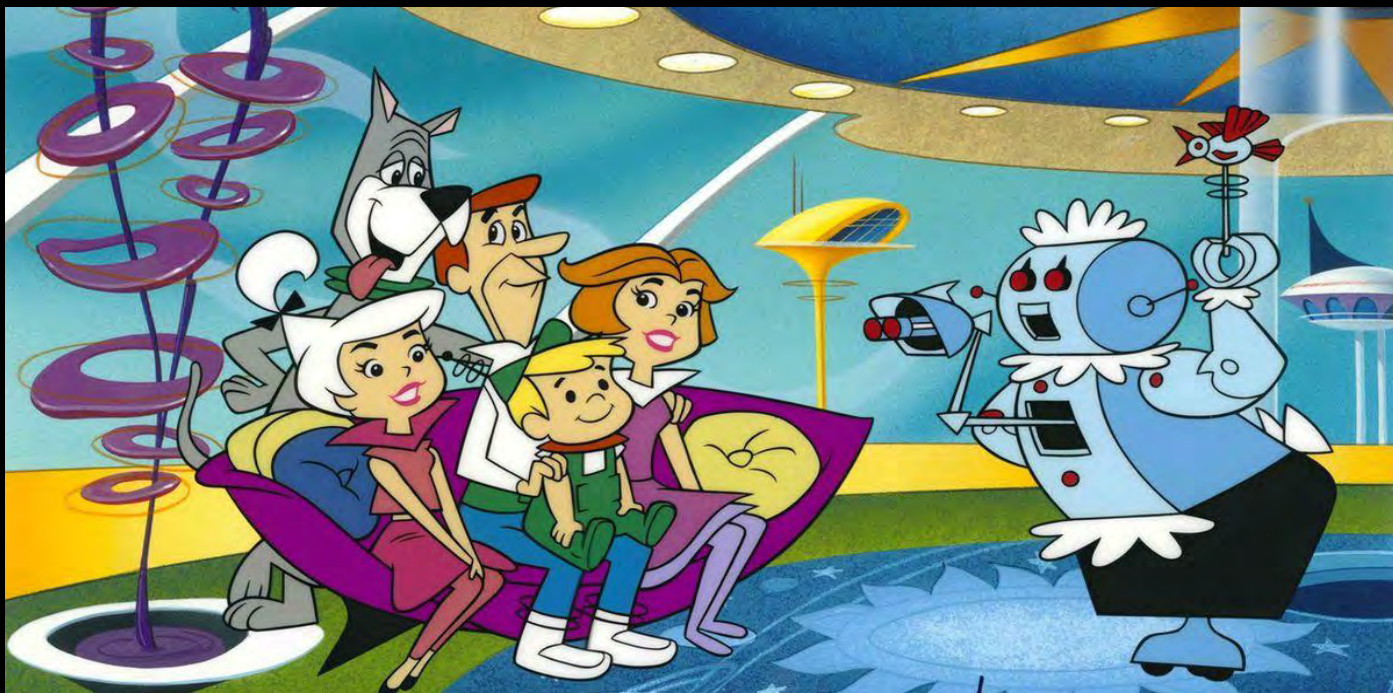
The Stereotype (and its implications):



Hattie McDaniel in her Oscar-winning performance in *Gone with the Wind* as the character “Mammy.” She became the first Black person to win an Oscar.

“The Mammy myth depicts Black women as a servant, happy to put her master’s needs before hers. This was a character created by White people as a response to critics of slavery’s harshness. The character was used to show that Black women were actually content with their lives.”

-Mala Mulata in her article for the news publication Medium



Rosey the Robot yelling at the smiling, nonchalant Jetson family.

“[The upper caste] are surrounded by images of themselves, from cereal commercials to sitcoms, as deserving, hardworking, and superior in most aspects of American life, and it would be the rare person who would not absorb the constructed centrality of the dominant group.”

-Isabel Wilkerson in her book *Caste: The Origins of Our Discontents*



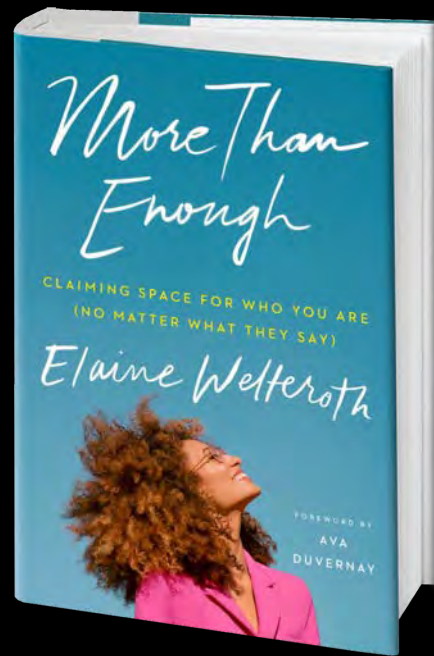
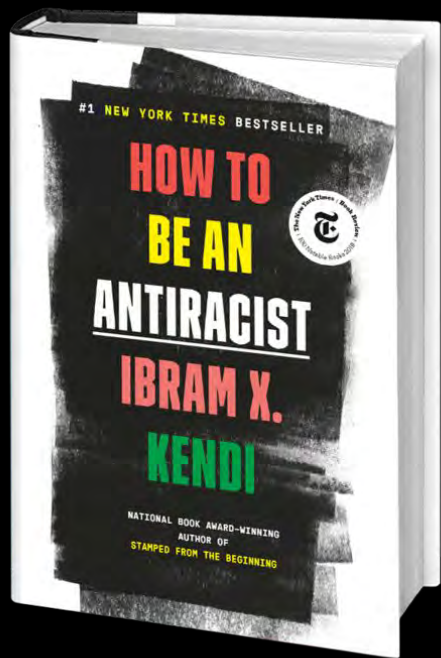
Octavia Spencer (right) in the 2011 movie *The Help* as the character Minny Jackson, a maid in the Jim Crow era south. Spencer later won an Oscar for her performance.

“It’s one that it’s hard to break out of because it’s the only box that they want to put you in. And I’m like: ‘I don’t have kids, I’m nobody’s mother! If you ask my friends, they’re like: ‘You are the last person who should be a mom.’”

-Octavia Spencer on being typecast as a maid, in an interview with The Guardian

Disrupting the Stereotype:

Education through reading



Engaging with Black creators



Polly Irungu, founder of Black Women Photographers and multimedia journalist



Andrea Pippins, illustrator and author of the *Becoming Me* coloring books

Empathize and put your money where your mouth is



Camille Bell, CEO and
founder of Pound Cake
Cosmetics



Thelma West, founder of Thelma
West jewelry



Titi Adesa, founder of Tita Adesa
shoes

Empower by
implementing these
things in your daily life

“These efforts require that we continually challenge our own socialization and investments in racism and put what we profess to value into the actual practice of our lives. This takes courage, and niceness without strategic and intentional anti-racist action is not courageous.”

-Robin DiAngelo in her article “White people assume niceness is the answer to racial inequality. It’s not”

Conclusion/My Thoughts

My thoughts

- Mammy is one aspect of a multitude of damaging stereotypes about Black women
- These stereotypes exist to this day and continue the status quo of systemic racism
- Disrupting stereotypes includes being aware of how you see others
- Becoming self-aware is necessary but it's not the only step
- Follow the four E's outlined previously (educate, engage, empathize, and empower)
- Apply them to your daily life and know that this is an everyday process
- You're not being asked to be an "activist," just a decent person