



VIEWER'S GUIDE

EP.6: DEAR COLIN

PRESENTED BY RA VISION MEDIA & KNOW YOUR RIGHTS CAMP

SECTION 1: In this episode, present-day Colin uses his personal story of adoption to emphasize the importance of "trusting your power" and being resilient in the face of adversity. How do your own experiences growing up inform your identity and sense of self?



SECTION 2: Throughout this episode, present-day Colin connects the idea of power to Blackness and Blackness to self-love. List 3 facts you already know about the 20th-century Black Power movement. Set aside 30 minutes to check out "[Black Power! The Movement, The Legacy](#)," an online exhibition produced in partnership between the Schomburg Center for Research in Black Culture and Google Arts & Culture. What did you learn? What does "Black Power" mean to you personally? How does this idea show up in the final episode of "Colin in Black & White?"

SECTION 3: "Trust your power. Love your Blackness. You will know who you are. Sincerely, Colin."

If you were to write a letter of advice to your younger self, what would it say? If you were to write a letter to your future self, what would it say? Find a quiet place and write a short letter to either your younger self or your future self. After you've finished writing your letter and have it in a safe place, repeat the following affirmations:





#COLININBLACKANDWHITE

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I AM CAPABLE.

I DESERVE LOVE AND RESPECT.

I EMBRACE THE GREATNESS WITHIN ME.

MY CONFIDENCE IS BEAUTIFUL.

I TRUST MYSELF
AND I TRUST MY POWER.

I AM POWERFUL!

I AM POWERFUL!

I AM POWERFUL!

