WEEK 4
SPEAK UP

ANTI-RACISM
SPEAK UP
CHALLENGE

DAY 22
SET LIMITS
Learn about obstetric history

DAY 23
PRACTICE AND PREPARE
Watch TEDMED Talk on medical racism

DAY 24
EXPRESS YOUR CONCERNS
Take risks to challenge racism

DAY 25
APOLOGIZE
Reflect on your interactions with others

DAY 26
KEEP IMPROVING
MAP IT Action Plan

DAY 27
UNCOVER AND LEARN
Watch Camara Jones' TED talk

DAY 28
PERSUADE OTHERS
Create your own SPEAK UP SMART goals

NOTES & REFLECTIONS