

Alang, S, et al. (2017). Police Brutality and Black Health: Setting the Agenda for Public Health Scholars. 107(5), p.662-665 Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5388955/>

Police Brutality and Black Health: Setting the Agenda for Public Health Scholars by Sirry Alang, et al. focusses on how police brutality runs much deeper than the surface and it takes a toll on African Americans mentally. The authors states how people need to educate themselves on skills to navigate through White Supremacy, and racial bias to improve African Americans well-being through ending Police Brutality so the explicit audience would be people who are professionally educated on psychological stress, and need to know what steps to take in order to improve African Americans mental health. Also, the authors convey and express real-life scenarios of how we are hindered psychologically, and in certain environments due to unpaid time off work, funeral planning which is very expensive at times, and poor housing all stemming from police brutality. From this the implicit audience could be African American who can relate to the stress, or anxiety of being judged by the color of the skin, and even people who are uneducated, and unaware on racism, and the emotional stress, and fear African Americans face. The authors Primary argument is that there needs to be an increased amount data to see how Police Brutality not only effects African Americans in a failed Judicial System physically, but mentally, and financially as well. According to “Public Brutality and Health: Setting the Agenda for Public Health Scholars”, Alang et al. states “A primary challenge in understanding the impact of police brutality on health is the lack of data,” (Alang, et al., 2017, pp. 662-665). The authors believe that there should be surveys, case studies, interviews, and so much more to show the full extent of how day to day is affected by being African American whether it be being pulled over, or being followed around in the store. It is a proven fact that African Americans are

constantly judged and put into a stereotype. Police brutality is shown at a national level such as Black Lives Matters Movement, or small rallies expressing the pain of seeing another life taken at the hands of the ones who are supposed to protect us. However, it does not take away the pain that is expressed behind closed doors it only makes it worse in the days to come that effects our well-being. African Americans have a higher chance of being gunned down by police than Whites. Which leads to more stress of reliving and justifying who the victim was when the police do not have a valid, or justifiable reason to begin with. According to “Public Brutality and Health: Setting the Agenda for Public Health Scholars” Alang et.al states, “Witnessing or experiencing harassment, routine unwarranted searches, and deaths that go unpunished send a message to Black communities that their bodies are property, disposable, and undeserving of dignity, and justice,” (Alang, 2017, et. al pp.662-665). Police have yet shown that they value African Americans the way we should be, but instead devalue our lives. The authors are calling to action that when things get uncomfortable that we continue to stand up, and fight at protest, and in our community. We have a long way to go to end systematic oppression that has been happening to African Americans for centuries, but as long as we put our well being as a priority we will see it come to pass where we can live in a world that we can live freely and be seen for who we truly are instead of our skin.