

Online resources from the NPYM Care Committee

The Care Committee is a working group that is helping NPYM address harm with care when things we say or do cause pain.

This year, the Committee is facilitating the formation of affinity groups for Annual Session (BIPOC; neurodivergent; LGBTQ+; challenges of mobility, vision, and hearing). Fill out [this form](#) if you are interested in joining.

The Committee held training sessions for interest group and worship group leaders for Annual Session 2025. A full written version is available at [this link](#). A half-page reminder sheet for the steps to use if harm occurs in your group is [available here](#).

Microaggressions

- How Microaggressions are like mosquito bites
<https://www.youtube.com/watch?v=hDd3bzA7450>
- Microaggressions Resource Guide
https://lgbtq.arizona.edu/sites/default/files/MicroaggressionsResourceGuide_June2018.pdf

Anti Racism resources (video of February 22 discussion session is available [here](#))

- Friends General Conference resources to develop anti-racism in Quaker settings
<https://www.fgcquaker.org/fgcresources/practical/anti-racism-resources/>
- Outline from the NPYM session, loaded with resource links, is [here](#).

Vision, Hearing or Mobility Impairment (video of the March 29 discussion session on physical mobility is available [here](#).)

- Accessibility Guidelines for Unitarian Universalist Congregations: Creating Welcoming Congregations for People of All Abilities
https://www.uua.org/files/documents/equalaccess/accessibility_guidelines.pdf
- Crip Camp, a 2020 movie now available on Netflix <https://cripcamp.com/>

Understanding Neurodiversity (video of the April 19 discussion session is available [here](#).)

- Neurodiversity is an umbrella term for brain-based differences, including epilepsy, autism, attention deficit hyperactivity disorder (ADHD), dyslexia, and others.
- As background, see [Neurodivergence 101](#) from the series “Embracing Neurodiversity: Pathways to Understanding” <https://www.uua.org/leaderlab/neurodiversity-series>.

Non-binary Awareness and Transgender Inclusion (video of the May 17 session is available [here](#).)

- **Non-Binary Awareness and Transgender Inclusion**
 - Non-binary awareness, cartoon by Christopher Furniss, Real Change, July 17-23, 2024
 - Transgender 101: Identity, Inclusion, and Resources
<https://www.uua.org/lgbtq/identity/transgender>