

POCSquared S2 Episode 1 Shownotes

- Mental health is not taken seriously in POC communities, there's a big stigma against it:
 - Study showing racial disparities in mental health care:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3928067/>
 - Video on the importance of ending neurodiversity stigma in BAME communities:
 - <https://www.differentbrains.org/where-neurodiversity-meets-racial-diversity-with-pierre-marsh-edb-130/>
 - <https://www.time-to-change.org.uk/news/black-and-minority-ethnic-communities-faced-double-levels-discrimination>
 - POC ignored by white centric mental health systems:
 - <https://undark.org/2016/05/17/invisibility-black-autism/>
 - Families also play a big role in this, immigrant parents will no doubt have gone through trauma and deny that and pass that view onto their children
 - South Asian/Black family stigma surrounding mental health:
 - <https://www.time-to-change.org.uk/resources/research-and-reports/south-asian-stigma>
 - <https://thepsychologist.bps.org.uk/volume-31/august-2018/mental-health-south-asian-communities>
 - <https://www.camh.ca/en/camh-news-and-stories/lets-talk-about-mental-health-in-south-asian-communities>
 - <https://www.verywellmind.com/exploring-the-mental-health-stigma-in-black-communities-5078964>
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4279858/>
 - <https://www.mhanational.org/issues/black-and-african-american-communities-and-mental-health>
 - What does neurodivergence mean across cultures?
 - <https://www.open.edu/openlearn/health-sports-psychology/mental-health/neurodiversity-what-it-and-what-does-it-look-across-races>

- Dyslexia, dyspraxia, dyscalculia and race:
 - <https://www.forbes.com/sites/drnancydoyle/2020/08/07/the-intersection-of-race-and-neurodivergence-the-black-dyspraxic-shares-on-overcoming-barriers/?sh=8adfef854c06>
 - <https://www.learningdisabilitytoday.co.uk/where-are-the-bame-dyslexic-role-models>
 - Paper on the experiences of dyslexic BAME people in university:
 - <https://www.tandfonline.com/doi/abs/10.1080/13613324.2019.1579180>
 - <https://www.vercida.com/uk/articles/dyspraxia-and-diversity-dyspraxia-across-society>
 - Video on how dyslexia affects BAME people vs white people:
 - https://www.youtube.com/watch?v=igmLLiVztYw&ab_channel=DyslexiaBytes

- Lack of representation of neurodivergent people in the media:
 - Stereotypes of autistic people in media (only white and male and ""gifted""):
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2677582/>
 - People shouldn't excuse white men for bad actions because they are autistic:
 - <https://www.independent.co.uk/voices/autism-anti-vax-conspiracy-greta-thunberg-parents-james-damore-a9083541.html>
 - James Damore controversy: High-functioning autistic man who was fired from Google regarding 10 page memo he wrote stating "men are more suited to working in tech than women"
 - Article on how his autism doesn't excuse his misogyny! - <https://www.themarysue.com/james-damore-google-autism-misogyny/>
 - On the need for more female and BAME and actual autism representation in media:
 - <https://gal-dem.com/we-need-more-representation-for-autistic-people-of-colour/>
 - <https://harvardpolitics.com/autistic-female-representation/>
 - <https://www.spectrumnews.org/opinion/viewpoint/portrayals-autism-television-dont-showcase-full-spectrum/>

- Paper analysing autism representation in media and masculinity and whiteness:
 - <https://cornerstone.lib.mnsu.edu/cgi/viewcontent.cgi?article=1620&context=etds>

- Lack of understanding with regards to how autism manifests differently in AMAB and AFAB individuals:
 - <https://qz.com/804204/asd-in-girls-gender-stereotypes-have-made-us-horrible-at-recognizing-autism-in-women-and-girls/>
 - Papers on how autism spectrum disorders (ASD) might present differently in AFAB vs AMAB people and across racial backgrounds:
 - <https://molecularautism.biomedcentral.com/articles/10.1186/s13229-019-0266-4>
 - [https://www.cell.com/current-biology/pdf/S0960-9822\(07\)01504-7.pdf](https://www.cell.com/current-biology/pdf/S0960-9822(07)01504-7.pdf)
 - AFAB ASD and “camouflaging”:
 - <https://link.springer.com/article/10.1007/s40489-020-00197-9>
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5925757/>
 - <https://link.springer.com/article/10.1007/s10803-020-04615-z>
 - Critique of Simon Baron-Cohen’s work on autism research and presentation AMAB and AFAB people and the idea of autism being related to “an extreme male brain”:
 - Nature article: <https://www.nature.com/articles/d41586-019-00677-x>
 - Guardian article:
 - <https://www.theguardian.com/books/2019/mar/02/the-gendered-brain-by-gina-rippon-review>

- Neurodivergence shunned by families of colour, perceptions of stupidity and laziness used as an explanation of a behaviour instead of a neurodivergence:
 - ADHD/ADD:
 - BAME tiktoker who makes video on being neurodivergent –
 - <https://vm.tiktok.com/ZMJogm5qv/>
 - ADHD/ADD divide across gender lines -
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3101894/>

- **[TW: ABUSE, SEXUAL HARRASSMENT]** Tiktok video on how awful women with ADD/ADHD are treated by some therapists –
<https://www.tiktok.com/@andthispotato/video/6922981753577573638>
 - Report on racial and ethnic disparities in ADHD diagnosis -
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3691530/>
 - <https://businessdisabilityforum.org.uk/news-opinion/adhd-in-black-and-minority-ethnicities/>
 - <https://www.additudemag.com/race-and-adhd-how-people-of-color-get-left-behind/>
 - <https://pediatrics.aappublications.org/content/138/3/e20160407>
- Autism/ASD:
- <https://www.autism.org.uk/advice-and-guidance/what-is-autism/autism-and-bame-people>
 - <https://www.ambitiousaboutautism.org.uk/what-we-do/awareness/inclusion/race-and-racism>
 - <https://www.bbc.co.uk/news/av/uk-wales-55644356>
 - <https://www.emerald.com/insight/content/doi/10.1108/AIA-12-2018-0051/full/html?skipTracking=true> - Report on BAME people with autism
 - <https://www.bbc.co.uk/news/uk-wales-54691739>
 - <https://undark.org/2016/05/17/invisibility-black-autism/>

Solutions:

Resources for neurodivergent BAME people:

- How to get diagnosed with dyslexia [UK] +info on online screening tools:
<https://www.bdadyslexia.org.uk/dyslexia/how-is-dyslexia-diagnosed>
- Getting an ADHD diagnosis [UK]: <https://adhdaware.org.uk/what-is-adhd/getting-nhs-diagnosis/>
 - <https://www.psychiatry-uk.com/adhd/>

- Getting an autism/ASD diagnosis [UK]:
<https://www.nhs.uk/conditions/autism/getting-diagnosed/how-to-get-diagnosed/>
 - <https://www.autism.org.uk/advice-and-guidance/topics/diagnosis>
 - Links to charities aiming to help people with developmental disorders:
 - <https://bibic.org.uk/>
 - <https://youngminds.org.uk/>
 - <https://www.rethink.org/>
 - <https://www.mentalhealth.org.uk/>
 - <http://www.sane.org.uk/>
 - **[RECOMMENDED]:** <https://www.seandcessexmind.org.uk/post/bame-support-resources-and-ally-information> - **BAME Support Resources and Ally Information**
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Media recommendations:

- Sehher:
 - <https://vm.tiktok.com/ZMe18Gkf2/> - (@Paharikawa) TikTok – Information on South Asian history and mythology and POC history in general.
- Karel:
 - Movie: The Old Guard : <https://www.netflix.com/title/81038963>
 - Fantasy genre film with lots of great POC and LGBTQ+ representation
 - Show: Final Space: <https://www.netflix.com/title/80174479>
 - Cute sci-fi animation show with good black romantic representation
- Pruthvi:
 - Book: Earthsea quadrilogy: <https://www.amazon.co.uk/Earthsea-Wizard-Farthest-Tehanu-Puffin/dp/0140348034>
 - High fantasy book series by Ursula. K. Le Guin : coming of age story about magic and wizardry set in a predominantly POC inhabited fantasy world, with good dark skin POC representation and inversion of tropes about race