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### **Post Traumatic Slave Disorder and Relationships: Revisiting Relations of Black Men and Women.**

Melannie Atkinson

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POST TRAUMATIC SLAVE DISORDER AND  
RELATIONSHIPS: REVISITING RELATIONS OF  
BLACK MEN AND WOMEN.

PRESENTATION BY: MELANNIE ATKINSON





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## ABSTRACT/ INTRODUCTION

- A question that I have for people in the African American Community is; Why is it that many friendships seem to excel but when it comes to relationship status the connection between African American men and women is hard to come by? For hundreds of years we have seen the effect of Modern-day slavery to the people in the African American Community and this is one. Most African Americans have been stuck in a mindset that we should never and will never be connected as one mentally, emotionally and physically through love in society. In this paper I will argue that Most African American men and women are great friends, but they are not the best in relationships because the healing process was not taken place within this culture; which have led most men and women of the African American Community into The Post Traumatic Slavery Disorder (PTSD).

# WILLIE LYNCH LETTER: BREAKING DOWN THE BLACK FAMILY

"We breed two n\*\*\*\* males with two n\*\*\*\*\* females. Then, we take the n\*\*\*\*\* male away from them and keep them moving and working. Say one n\*\*\*\* female bears a nigger female and the other bears a n\*\*\*\*\* male; both nigger females—being without influence of the n\*\*\*\*\* male image, frozen with a independent psychology—will raise their offspring into reverse positions." - Willie Lynch

# WILLIE LYNCH LETTER: BREAKING DOWN THE BLACK FAMILY (PART 2)

- It was the 17th Century where we began to see how the lives of many Africans change when it came to forcefully sending them to America.
- Not knowing what their life was going to be like but, yes the journey was long and troublesome, causing for there be a strong sense of disparities that has fell upon the many Africans who now was forced to work harsh conditions and long hours and getting paid very little to none.
- However, the thought that you love one so much that, in the hands of another person they can soon be separated from you for economic advancements
- Given the inequitable circumstances left many black women hurt and many black men helpless.
- What's Next?
- The next step was watching the commands that were made to the breaking of the black family play out, now did it come true?



# WHAT'S THE PROBLEM?? INCARCERATION

## African American Incarceration Statistics

- "In 2014, African Americans constituted 2.3 million, or 34%, of the total 6.8 million correctional population." -NAACP
- How can one sustain a stable relationship when the criminal system find a way to get in the middle of that
- It does not start here, we have the implementation of Stop and Frisk where the people that were targets were men and women of the Black and Latinx community,
- We can see that being black is a crime; a black man or woman can be falsely accused of a situation which then leave spending more time in Prison system then needed
- Having the harsh conditions of the prison system resort in many people fighting for prison reforms.
- Prison reforms are meant to give the proper treatment to people in prison and improve the conditions of the system.
- However, will there ever be change?



# WHAT'S THE PROBLEM?? MEDIA'S MISREPRESENTATION

- How much influence does Media have on your representation of people of the world, I am sure that it is a lot
- The Media has created this one-story ideology of the black man and the black woman that seem to have a negative connotation to it which results a false persona of both the black man and woman
- You're probably like what does this have to do with anything right??
- Well when this one-story idea is portrayed to the public with negative connotation is can stir this idea that everyone who is either that race or gender to be just like the people they have seen on television and even social media.
- "In contrast, portrayals of minorities in more-positive roles such as newsmakers appear to be **less common.**" - Encyclopedia
- Why is that? The goal that has been going on for many years is to keep African Americans at the bottom of the totem pole.
- This is how America has been running for many years; the lack of resources, the lack of positive exposure and more has played a dominant role in the portrayal of black men and women
- As a Black women living today's society, media has a strong influence on the people, yet there has been changes where we began to see people of color advertising their achievement and appreciating black life more. We are starting to see the positive effects of media more often now, but in the hands of either a black man or black woman



# MARITAL STATUS AND STATISTICS

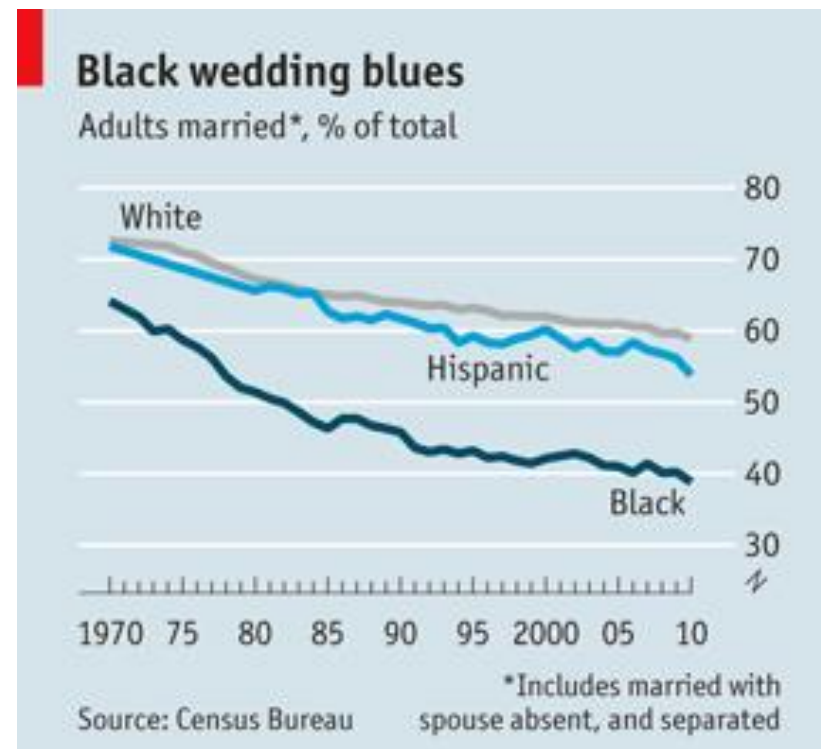
## Marital Status

15yrs & older	African Americans			All USA
	All	Men	Women	
Married	29%	32%	26%	48%
Divorced	12%	10%	13%	11%
Separated	4%	3%	4%	4%
Widowed	6%	3%	8%	6%
Never married	50%	52%	48%	34%

Source: U.S. Census Bureau, 2016 American Community Survey 1-Year Estimates

Note: figures are rounded and therefore may not total 100%

**BlackDemographics.com**



Granted these results does not apply to every family in the black community, it does account for the reason why we are so comfortable with being friends and can be hesitant with creating a larger family with each other, due to the circumstances that has been put on the black family. It is not the Black man nor the black woman's fault, they have been psychological trapped in a cycle, that they are unconscious about. However they are unconsciously apart of the Post - Traumatic Slave disorder.

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## CONCLUSION: HOW CAN WE HEAL?

- In conclusion we can see that the effects of slavery has caused an ongoing pattern in the black community. There are many factors that contribute to the relation that happens between the black man and woman. As talked about in the presentation from the psychological pain that was caused from slavery, to incarceration of both black men and woman to the Media representation of both black men and women.
- How to heal is to recognize the importance of finding out why dynamic are the way they are. Once you can pinpoint, the problem next is making that change to have healthier long-lasting relationship that lead to long lasting marriage with the one you love. This will also be helpful to breaking the stigma and changing statistics.

