



Since 1976, every American president has designated February as Black History Month and endorsed a specific theme. The Black History Month 2022 theme, “Black Health and Wellness,” explores “the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birth workers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The 2022 theme considers activities, rituals and initiatives that Black communities have done to be well.”

The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by Black Americans and other peoples of African descent.

For many modern Black millennials, the month-long celebration for Black History Month offers an opportunity to reimagine what possibilities lie ahead. But for many, the forces that drove Woodson nearly a century ago are more relevant than ever. As Lonnie G. Bunch III, Director of the Smithsonian Institution said at the opening of the Washington D.C.'s National Museum of African American History and Culture in 2016: “There is no more powerful force than a people steeped in their history. And there is no higher cause than honoring our struggle and ancestors by remembering”.

Video Links:

Why we must confront the painful parts of US history | Hasan Kwame Jeffries

<https://www.youtube.com/watch?v=UL95OYBRbOc>

Black History is American History | Okalani Dawkins | TEDxYouth@MVHS

<https://www.youtube.com/watch?v=9VINtKSpbXw>