

# 01 THE GRAMMAR OF SOCIAL DEATH: BLACKOUT & POPS

## From Witnessing to Redesign

### THE EVIDENCE

- **97% Confirmed:** Almost all respondents affirm a rigid racial hierarchy in the UK, with Black British women at the base.
- **Social Death:** This is not mere "inequality"; it is a systemic positioning of "non-being".

### THE FRAMEWORKS

**BLACKOUT:** (Black Lived & Ancestral Contexts Killed by Official Unanimous Tactics).

- *Operations:* Etiquette recoding (naming racism as "rudeness"), inverted proof, hypervisibility/invisibility, and historical erasure.

**POPS:** (Perpetual Oppressive Pain Syndrome).

- *Pillars:* Chronicity (no end in sight), weathering of the body, the "Strong Black Woman" mandate, and the theft of emotional expression.

### REFLECTIVE HARVEST

1. **Context:** Where is "disbelief" systematised in your professional field?
2. **Embodiment:** What would it mean to recognise "mandated resilience" as a socially imposed pain rather than a personal strength?
3. **Praxis:** How can you honour anger as evidence in your work?

**ONE-WORD HARVEST** *What is the one word you take forward?* \_\_\_\_\_