Strengthening Community-Academic Partnerships through Radical Relationship





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**Chrissy Chard PhD,** Co-founder, Smart Fit Girls, (Former) Associate Professor, Colorado School of Public Health at Colorado State University

### Take home message.

"If you have come here to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us work together."

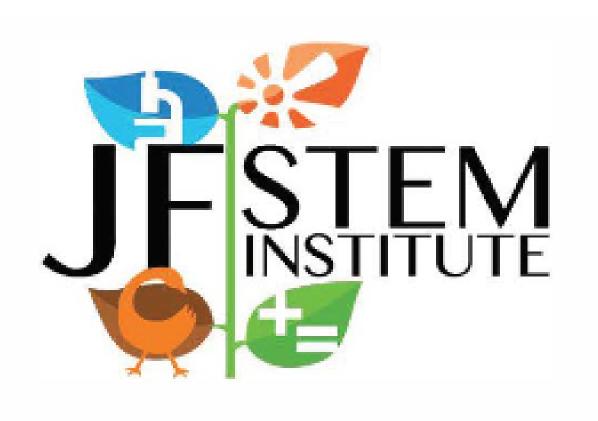
-Lilla Watson, Aboriginal elder, activist and educator from Queensland, Australia.





### Who we are - Deborah Sims Fard







# Who we are - Chrissy Chard, PhD



### Self-Determination Theory



need to be effective in dealing with environment

#### **Autonomy**

need to control the course of their lives

#### Relatedness

need to have a close, affectionate relationships with others





### How we came together.





### **Community Engagement Pilot Program (CE-Pilot)**

- 2016-2017 Partnership Development Grant
  - "Partnering with a Community of Color to Envision a Culturally Responsive Program: Smart Fit Girls"
- 2019-2020 Joint Pilot Grant
  - "Engaging Women and Girls of Color: A Cultural Adaptation of the Health and Well-being Program, Smart Fit Girls"



### Foundations of Radical Relationship











Mutual Respect

Time outside of project

Responsive

**Humility** 

**Expansive outcomes** 





### Mutual Respect

Decentering ourselves



#### **EXAMPLE:**

• Recruitment









## Time outside of project

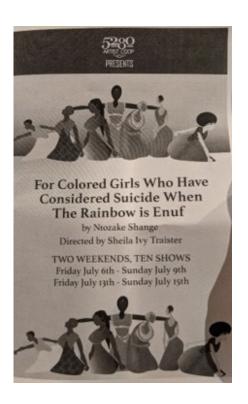
- Learning
- Showing up











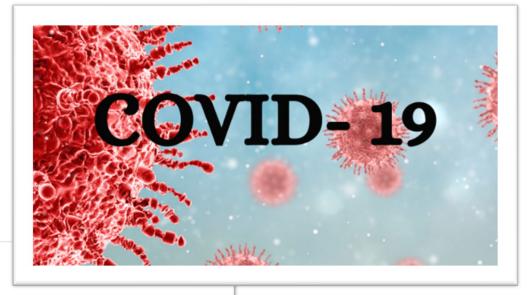


### Responsive

- Meeting the moment in time
- Culturally







#### New Inclusive Activities

Activity Name	Don't Touch My Hair
Time	30 Minutes
Description	<ul> <li>Discussion about hair and why it is so special /important</li> <li>How Hair can Help you express Yourself</li> <li>We can test Hair Porosity</li> <li>Good hair vs Bad Hair</li> <li>What are your favorite hairstyles you can do by yourself</li> </ul>

Dont Touch My Hair! Activity 30 minutes

Supplies: Cup. water. iournals and pens. scissors .





### Humility

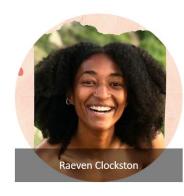
- Interrogating adultism
- Supporting student-led efforts

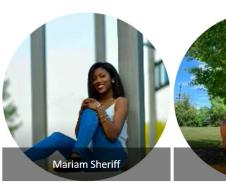






#### The Power Team







DECEMEBER 23

#### VIRTUAL EVENT



" I SLAY" Holiday is for girls 13 - 18 yrs

Celebrate you and your successes
Self Confidence . Self Care 101 . Goal Setting . Community Activism I SLAY Gift Box for Participants

Facilitators: Aliyah Fard, Mariam Sheriff, Raeven Lynn Clockston









### Expansive Outcomes

- What does success look like?
- What else matters?









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# Thank you!



