



Please join HATC in celebrating Black History Month during the month of February. Black History Month is the annual celebration of the achievements of African Americans and their significance to the overall history of the United States of America. The month is a time to honor the contributions and legacy of African Americans throughout American society.

The story of Black History Month began 50 years after the 13th Amendment abolished chattel slavery in the United States. In September 1915, [Carter G. Woodson](#), founded the Association for the Study of Negro Life and History, an organization dedicated to the study of the accomplishments of Blacks in the U.S. and the African diaspora. In 1926, the group, presently named the Association for the Study of African American Life and History (ASNLH), chose to celebrate Black history the second week of February, which coincided with the birthdays of Abraham Lincoln and [Frederick Douglass](#). The event inspired schools and communities nationwide to organize local celebrations.

In the decades that followed, municipalities throughout the country issued yearly proclamations to recognize what was then called, “Negro History Week”. This resulted in a growing awareness of the achievements of African Americans and Black identity across the U.S. The week evolved into a celebration of African American history throughout the month of February. In 1976, President Gerald Ford officially recognized Black History Month, and every U.S. president since then has designated the entire month of February as Black History Month.

The colors that symbolize the history and contributions of African Americans in the U.S. are **RED**, **BLACK**, and **GREEN**. These colors appear prominently on the Pan-African flag, which serves as an empowering symbol of many African countries. **Black** represents the uniting of all people of African ancestry; **Red** represents the blood that was shed for liberation throughout history, and **Green** represents the wealth of the land on the African continent from which the people came.

The Black History Month theme for 2024 is “***Rhythms of Resilience: One Soul, One Sound.***” This month's theme emphasizes the rich diversity and interconnectivity of Black history, culture, and music, instead of viewing the Black experience through a singular narrative.

Notable African American Pioneers in Various Disciplines

[*African American Medical Pioneers – ref. PBS: American Experience*](#)

[*African Americans and Seattle’s Civil Rights History – ref. the Seattle Civil Rights & Labor History Project*](#)

[*Black Pioneers in Social Work and the Mental Health Field – ref. ICAN*](#)

[*Yesterday and Today: Empowering Stories of Black Pioneers in Nursing – ref. ShiftMed*](#)

Relevant Educational Materials

[*Black and African American Communities and Mental Health – ref. Mental Health America*](#)

[*Black Mental Health: What You Need to Know*](#)

[*Black Women, Sexual Assault, and Criminalization – ref. National Black Women’s Justice Institute*](#)

[*Discovering Resilience: Breaking Generational Trauma within BIPOC Communities*](#)

[*Sex Stereotypes of African Americans Have Long History – an NPR interview*](#)