How to Support the Black Lives Matter Movement

Source: https://www.timeout.com/things-to-do/how-to-support-black-lives-matter

1. **Donate to causes that need funding**
    a. **Seattle Black Lives Matter Bail Fund for George Floyd Protesters**
    b. **Black Lives Matter**
    c. **Black Visions Collective**
    d. **Reclaim the Block**
    e. **Official George Floyd Memorial Fund**
    f. **NAACP Legal Defense Fund**
    g. **American Civil Liberties Union**
    h. **National Bail Fund Network or local bail funds across the US**
    i. **National Police Accountability Project**
    j. **Know Your Rights Camp**

2. **Show Up to a Protest**

    a. If you want your voice to be heard, but don't want to go to a protest you can make signs and stand on a busy street corner. This is also fun for the kids!

3. **Sign a Petition**
    a. These are serious petitions that Seattle protesters are trying to pass

        i. Petition for Seattle Mayor Jenny Durkan to Resign

        ii. Petition to Defund the Seattle Police Department

            1. Here is more information the 8 Can't Wait policies that are being negotiated: 8 Can't Wait

            2. The police force is too large and militarized. A 50% reduction in budget is being called for and that money would be put back into the community. Follow the link above to sign the petition. Here's 3 budgets from the Seattle City Budget to help show inflated police budget:

                a. $409 Million - Seattle Police Department

                b. $195 Million - Human Services

c. $99 Million - Education

iii. Email to Tacoma City Council to fire and arrest the officers involved in the Emmanuel Ellis case and to oppose a budget increase for the Tacoma Police Department and reallocate those funds to community programs.

4. **Show Solidarity on Social Media**

a. POST, POST, POST!!!!! Use the #BlackLivesMatter when posting on facebook. Post personal things about how you stand with the Black Lives Matter cause. MAKE IT PERSONAL! Also, post REPUTABLE news articles.

5. **Get clued up about the anti-racist struggle**

* = Highly Recommended

a. Talking to Your Kids About Race

i. Video: Sesame Street Explains Black Lives Matter *

ii. #BlackLivesMatter: K-8 Distance Learning Activities for Justice for George Floyd

iii. Video of the Book "Something Happened in Our Town: A Child's Story About Racial Injustice"" *

iv. Child Development Stages

v. Talking to Children About Race *

vi. Video: Kids Speak Their Mind About Race *

b. Educating Yourself About Racism

i. University of Washington Race and Equity Resources

ii. What is the Black Lives Matter Movement and How Can I Help?: A Presentation Created For a Teacher's Training *

iii. Racism 101 *

iv. Video: Why Colorblindness will NOT fix racism *

v. Trevor Noah on George Floyd *

vi. Video: Police: Last Week Tonight With John Oliver *

vii. What Black Lives Matter Means *

viii. Video: The Unequal Opportunity Race *

ix. Why You Shouldn't Say All Lives Matter *

x. The Danger of a Single Story by Chimamanda Ngozi Adichie *

xi. The Many Types of Racism

xii. Categories of Racist Behavior

xiii. The American Nightmare: To be black and conscious of anti-black racism is to stare into the mirror of your own extinction.

xiv. Definitions of Racism

xv. Examples of Racist Behavior in Schools

xvi. Ben & Jerry's Stance on Dismantling Racism

xvii. Ben & Jerry's Ending Systemic Racism Benefits Everyone

c. Educating Yourself as a Teacher

i. What is the Black Lives Matter Movement and How Can I Help?: A Presentation Created For a Teacher's Training *

ii. 10 Ways to Make Your Classroom More Inclusive of Black Kids *

iii. Four Ways That Educators Can Help Young Black Students *

iv. 27 Mistakes Teachers of Black Students Make

v. Dear White Teachers: You Can't Love Your Black Students If You Don't Know Them

6. Support Black Creators and Business Owners

a. Seattle Black Business Directory

b. Black In Business

7. **Keep Listening and Learning**

RESOURCES

Policing and Police Brutality Resources:

Trevor Noah on George Floyd and the Dominoes of Racial Injustice and Police Brutality

Patrisse Cullors and Angela Davis The History of Black Lives Matter (and other related topics)

Read excerpts from: "When They Call You A Terrorist"

Ibram X Kendi: The American Nightmare :To be Black and conscious of anti-black racism is to stare into the mirror of your own extinction

Resources for parents / teachers in how to talk to your child about racism, social justice, and current events.

How to talk to kids about race:
https://www.prettygooddesign.org/blog/Blog%20Post%20Title%20One-5new4?fbclid=IwAR3AAUwE1fAkbSqQqC63v_J2naTtW9FqB4VzfYwOfIZRatJ_ZIYFJ-3_Pe0

Blog with Resources for kids and social justice (how to talk to kids about race, how to raise kid activities, teaching social justice, etc):
https://www.rebekahgienapp.com/start/

Recommended Resources from the Teach and Transform website (by a classroom teacher, social justice advocate, and anti-bias educator):
https://www.teachandtransform.org/resources

Talking to Your Kids About Racism, Police Brutality, and Protests:
https://www.ahaparenting.com/ask-the-doctor-1/talking-with-children-about-racism-police-brutality-and-protests

Teaching Materials for Black Lives Matter at School:
https://blacklivesmatteratschool.com/teaching-materials/

Being the Change: Lessons and Strategies to Teach Social Comprehension:
https://www.amazon.com/Being-Change-Lessons-Strategies-Comprehension/dp/0325099707

Multiple Reading Lists for kids about race, racism, current events in the media:

-https://www.embracerace.org/resources/26-childrens-books-to-support-conversations-on-race-racism-resistance

-https://www.commonsensemedia.org/lists/coretta-scott-king-book-award-winners

-https://medium.com/the-open-bookshelf/a-reading-list-in-the-wake-of-the-killing-of-george-floyd-f44eb7630763

-https://feministbooksforkids.com/police-brutality-books/

Additional Resources:

National Conference On Race & Equity (NCORE) Free Webinars Available Now:

Being Alive Into the Future!

Presenters: Shakti Butler and Amikaeyla Gaston

Watch Now

Grieving NCORE in the Time of COVID: Strategies for Self-Care and Engagement

Presenters: Ajia Meux, Anthony P. Natale, and Dedrick Perkins

Watch Now

Self-Care in the time of COVID - Strategies for Maintaining Intimacy, Physical Health and Mental Well-Being

Presenters: Stephanie Pelton-Miller, Emma Kupferman, and Victoria D. Stubbs

Watch Now

Discovering Common Ground Across Differences: An Innovative Course on Facilitating Difficult Conversations

Presenters: Sarah Beth Dempsey, Ed.D., Legacy Lee, Angela Rascon, Rachel Fuller, and Sihin Tsegay

Watch Now

Woke Olympics and Social Justice Arrogance

Presenter: Rev. Jamie Washington, Ph.D.

Watch Now

Navigating academia in PWCs and Universities: A guide to equip first-generation students of color to thrive in higher education

Presenter: Krystal Cruz

Watch Now

The Struggle is Too Real: Cultivating a Spirit of Resilience for the Long Haul of Diversity Leadership

Presenter: Rahuldeep Gill, Ph.D.

Watch Now

Introduction to Social Justice Models of Disability

Presenter: Julie Alexander

Watch Now

The Intersection of Strengths and Social Identity: Using the Clifton Strengths to Engage Conversation about Difference

Presenter: Daniel Almeida, PhD

Watch Now

The Dehumanization of Indigenous Women

Presenters: Emma Allen, MA, and Stephanie Cross, MA

Watch Now

Speak Out Resources

- **May 14 - 2020 Live Commencement Address with Sonya Renee Taylor WATCH (FREE)**
- **"Mapping Our Roles for Social Change in Times of Crisis" with Deepa Iyer WATCH (FREE)**
- **“Education in the Time of Coronavirus: School, Health, Race, Social Services, and Building a More Connected Humanity in an Era of Social Distancing" with Jesse Hagopian WATCH (FREE)**
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