

## **Resource List on Racial Injustice and Inequalities**

### **ARTICLES**

- [Black OTs Matter: Changing Your OT Practice to Combat Racism, Address Racial Trauma and Promote Healing](#)
  - Read time: ~ 8-10 minutes
- [How Amy Cooper and George Floyd represent two versions of racism that black Americans face every day](#) The Washington Post
  - Read time: ~ 5-7 minutes
- Why People of Color Need Spaces Without White People article  
<<https://arrow-journal.org/why-people-of-color-need-spaces-without-white-people/%C2%A0%C2%A0%C2%A0>>
  - Read time: ~ 20 minutes
- [Why Intersectionality Can't Wait](#) by Kimberlé Crenshaw
  - Read time: ~ 5-7 minutes
- [A Need for Occupational Justice: The Impact of Racial Microaggression on Occupations, Wellness, and Health Promotion](#)
  - Read time: ~ 35-40 minutes
- [Historic Scaffolds of Whiteness in Higher Education](#) by Corces-Zimmerman, Thomas & Cabrera
  - 24 pages

### **WEBSITES**

- Racial Equity Tools Glossary: <https://www.racialequitytools.org/glossary>
- Race Forward: <https://www.raceforward.org/>
- White Ally Toolkit: <https://www.whiteallytoolkit.com/>
- The Dialogue Company: <https://thediologuecompany.com/>
- Rachel Elizabeth Cargle Resources: <https://linktr.ee/1thatgotawayy>

### **BOOKS/AUDIOBOOKS ON ANTI-RACIST ACTION**

- Between the World and Me
- Black and British, A Forgotten History – Layla David Olusoga
- Black Boy – Richard Wright
- Black Feminist Thought- Patricia Hill Collins
- Eloquent Rage: A Black Feminist Discovers Her Superpower – Dr. Britney Cooper
- Heavy: An American Memoir – Kiese Laymon
- Home Going – Yaa Gyasi
- How Europe Underdeveloped Africa – Walter Rodney
- How To Be An Antiracist – Dr. Ibram X. Kendi
- I know Why The Caged Bird Sings – Maya Angelou
- Just Mercy – Bryan Stevenson
- Me and White Supremacy – Layla Saad
- Natives – Akala
- Policing The Black Man – Angela J Davis
- Redefining Realness – Janet Mock
- Sister Outsider – Audre Lorde
- So You Want To Talk About Race – Ijeoma Oluo
- The Bluest Eye – Toni Morrison
- The Fire Next Time – James Baldwin
- The Good Immigrant – Nikesh Shukla
- The Lonely Londoners – Sam Selvon
- The New Jim Crow: Mass Incarceration In The Age Of Colorblindness – Michelle Alexander
- The Next American Revolution: Sustainable Activism For The Twenty-First Century – Ira Katznelson
- The Warmth Of Other Suns – Isabel Wilkerson
- Their Eyes Were Watching God – Zora Neale Hurston
- Things Fall Apart – Chinua Achebe
- This Bridge Called My Back: Writings By Radical Women Of Color – Cherrie Moraga
- When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America – Ira Katznelson
- White Fragility: Why It's So Hard for White People to Talk About Racism
- Why I'm No Longer Talking To White People About Race – Reni Eddo-Lodge

## DONATION SOURCES

- AUDRE LORDE PROJECT
- Bail Project
- Black Visions Collective
- Campaign Zero
- [colourofchange.org/campaigns/active](http://colourofchange.org/campaigns/active)
- CUAPB

- George Floyd Memorial Fund – <https://www.gofundme.com/f/georgefloyd>
- Hope Not Hate
- <http://naacpboston.com/>
- <https://blacklivesmatter.com/chapters/>
- <https://www.splcenter.org/>
- I Run with Maud – Justice for Amaud Arbery Fundraiser – gofundme
- Justice for Breonna Taylor
- Petition and Fundraiser - gofundme
- Minnesota Freedom Fund
- National Bail Fund Network
- National Bailout Fund
- Northstar
- People's City Council
- Freedom Fund – gofundme
- Reclaim the Block
- SPLC
- The Innocent Project
- Unicorn Riot

## FILMS & TV SHOWS

- 13th (Ava DuVernay)- Netflix
- American Son (Kenny Leon) – Netflix
- Black Power Mixtape: 1967-1975
- Clemency (Chinonye Chukwu)
- Dear White People (Justin Simien) - Netflix
- Fruitvale Station (Ryan Coogler)
- I Am Not Your Negro (Raoul Peck) - Amazon Prime
- If Beale Street Could Talk (Barry Jenkins) – Hulu
- Just Mercy (Destin Daniel Cretton)
- King In The Wilderness – HBO
- See You Yesterday (Stefon Bristol) – Netflix
- Selma (Ava DuVernay) - Amazon Prime
- The Black Panthers: Vanguard of the Revolution
- The Hate U Give (George Tillman Jr.)
- When They See Us (Ava DuVernay) – Netflix
- TIME: The Kalief Browder Story
- Seven Seconds

## PODCASTS

- About Race
- [Code Switch on NPR](#)

- Intersectionality Matters! Hosted by Kimberle Crenshaw
- Momentum: A Race Forward Podcast
- Pod For The Cause (From the Leadership Conference on Civil & Human Rights)
- Pod Save the People (Crooked Media) The Combahee River Collective Statement
- Scene on Radio, season 2 - Seeing White: A 14-part series from Duke University addressing whiteness and white supremacy in the U.S.
  - For more information, visit <https://www.sceneonradio.org/category/seeing-white/>
- [1619](#)
  - audio series about how slavery transformed America, connecting past and present through the oldest form of storytelling
- The Diversity Gap
- The Nod
- The Stoop
- Identity Politics
- [Black and Latino Wealth Falls Further Behind](#) (podcast 11 min : 34 sec)
- [1619 podcasts Episode 5: The Land of Our Fathers](#), Part 2 (podcast 36 min)
- [Transportation Secretary Anthony Foxx On the Legacy of the U.S. Highway System](#) (podcast 47:25 min)

## WEBINARS

### **Recorded**

- [Equity and Social Justice Webinar Series \(Boston University\)](#)  
Free and open access to MANY recorded webinars  
Example Webinar : [Fostering Diversity, Equity, and Inclusion \(DEI\) in Everyday Practice](#)
  - Description: This presentation will highlight the efforts of Boston Children's Hospital's Child Life Services Department's DEI Committee. These presenters will explore the importance of the role that allied health professionals have in supporting and serving a diverse range of children and families. They will also provide tangible strategies on how to promote a more inclusive, diverse, and equitable practice.
  - Watch time: 1 hour
- [Can understanding Whiteness improve anti-racism activities in health?](#) (National Collaborating Centre for Determinants of Health, [NDCCDH](#) )
  - Description: Public health organizations and practitioners are taking more of an interest in how to apply a decolonizing anti-racism approach to their work. This session will turn the gaze on Whiteness as a systemic feature and driver of racial inequities. Lifting the veil on Whiteness challenges its "normalcy" in settler colonial states like Canada and New Zealand. We will discuss markers of

Whiteness in health and in organizational settings. Furthermore, we will highlight the impact of Whiteness on health. The session will conclude with consideration of critical Whiteness approaches that are part of decolonizing anti-racist practice.

### **Upcoming Webinars**

- [COTAD National Event Calendar](#)

### **YOUTUBE VIDEOS**

- Black Feminism & the Movement for Black Lives: Barbara Smith. Reina Gossett, Charlene Carruthers (50:48)
- #BLMB: Conversation on whiteness with Tim Wise and Dr. Lisa Anderson-Levy
- [How Studying Privilege Systems Can Strengthen Compassion with Peggy McIntosh](#) (20 minutes TED talk)
- [Privilege Explained in a \\$100 Race](#) (4 minute video)
- [We Need To Talk About Justice By Bryan Stevenson](#) (24 min TED talk)
- [Peanut Butter, Jelly, and Racism](#) (3 minute New York Times video)
- [Let's Get to the Root of Racial Injustice by Megan Ming Francis](#) (20 minute TED talk)
- [Housing Segregation and Redlining in America: A Short History](#) (7 minute video)
- [Microaggressions in the Classroom](#) (18-minute video)
- [How to overcome our biases? Walk boldly toward them](#) by Vernā Myers (18-minute video)

### **REFLECTIVE PROMPTS**

- What were you thinking as you finished watching the film or reading the book?
- What part of the story or of the information shared was the most powerful? Why?
- What was your overall takeaway?
- How does the content of this relate the mission of COTAD and/or to issues of justice, equity, diversity and inclusion in the OT profession?
- How will what you learned impact your practice as a future OT practitioner?
- [Situations and Responses](#) by Ken Wagner
- [9 Phrases Allies Can Say When Called Out Instead of Getting Defensive](#), by Sam Dylan Finch, Everyday Feminism (May 29, 2017)

### **I'M NEW TO MY ANTI-RACISM JOURNEY. WHERE DO I BEGIN?**

- Do not be intimidated. No matter where you are in this journey, there is always going to be more work to do – and that is an exciting thing! Approach these resources with curiosity, openness, and humility.
  - A great place to start would be to start reflecting upon your motivations for doing this important work, your lived experiences, your internal biases. Some questions to get you thinking:
    1. What are my strengths and motivations as an aspiring ally? What are my fears and vulnerabilities?
    2. How do I usually react when I find myself having conversations about race? Is it my tendency to withdraw or to lean in? If I chose to lean in, how did I feel about speaking up? If I chose to withdraw, how did I feel about not taking up space in that moment?
    3. Growing up, how often did I think about or talk about my race? Was it something I was always consciously aware of? How often did I talk about race with my family members?
    4. Reflect about a time in which you, a family member, or a peer experienced implicit bias. What was the context? What kinds of narratives or stereotypes were assumed about this person or group of people? How were you feeling in your body at the time?
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## TUFTS-SPECIFIC COMMUNITY RESOURCES

- Tufts Division of Student Diversity and Inclusion: <https://students.tufts.edu/division-student-diversity-and-inclusion>
- Tufts International Center: <https://icenter.tufts.edu/>
- Tufts LGBTIA+ Center: <http://students.tufts.edu/identity-based-centers/lgbt-center>
- Tufts Africana Center: <http://students.tufts.edu/identity-based-centers/africana-center>
- Tufts Center for the Enhancement of Learning and Teaching: <https://provost.tufts.edu/celt/>
- Tufts Dialogue Series, Unpacking Whiteness: <https://diversity.tufts.edu/education/unpacking-whiteness-dialogue-program/>
- Tufts Counseling & Mental Health Services: <https://students.tufts.edu/health-and-wellness/counseling-and-mental-health>
- [Tufts as an Antiracist Institution](#)
- [Tufts 2021 Antiracist Workstream Recommendations](#)
- Tufts Action Group Demands (<https://www.tuftsforblacklives.com/tag-demands>)

**OT-Specific DEIRJ Networks:**

- Asian/Pacific Heritage Occupational Therapy Association ([APHOTA](#))
- Coalition of Occupational Therapy Advocates for Diversity ([COTAD](#)) (hi, it's us!)
- National Black Occupational Therapy Caucus ([NBOTC](#))
- Network for LGBTQIA+ Concerns in OT <http://www.otnetwork.org/>
- Network of OT Practitioners with Disabilities & Supporters ([NOTPD](#))
- Occupational Therapy Network for Native Americans <https://www.facebook.com/otnna/>
- Orthodox Jewish Occupational Therapy Chavrusa <http://www.ojotc.org/>
- Terapia Ocupacional para Diversidad, Oportunidad y Solidaridad ([TODOS](#)) Network of Hispanic Practitioners

**COTAD National Resources** (<https://www.cotad.org/anti-racism>)

Consider joining the World Federation of Occupational Therapists ([WFOT](#))

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| <b>ACTIONABLE STEPS</b> |
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1) Contact your local official about body-worn cameras (body-cams). Find out (Google) whether your local police department provides and requires that body cams are worn and turned on immediately when they are responding to a call. If they don't, write to your city or town representative and police chief to advocate for it. This is regardless of the racial makeup of your town. Boost your impact by encouraging others to do the same, writing about it on social media, or writing op-eds.

Police violence is a symptom of systemic racism, and the more visibility these violent acts have the less denial there can be that it's a problem, and the more action will be taken.

2) Donate money to your Black Lives Matter/Anti-Racism organization

3) If you don't have the financial resources, go on some of these websites and get on their Listservs or mailing lists so you can stay informed of when they are taking organized action or other ways that you can be helpful.

4) Have conversations with other white people in your life (friends, family, colleagues) about racism, what is going on, and how you feel about it. This really can make a profound difference. It is white silence that allows racism to continue to thrive in this country.

5) Be curious and self-educate by doing reading/research/podcast listening/movie watching etc. about racism in this country. Hopefully this document will show you there are a lot of great places to start.

6) Participate in anti-racist education programs like Education for Racial Equality  
<<https://www.educationforracialequity.com/>>. It's all available online now!

7) Participate in anti-racist action groups, for example Showing Up for Racial Justice  
<<https://www.showingupforracialjustice.org/>> (SURJ) a national network organizing white people to take action for racial justice. Read the stories. When these stories come up in your news feed, don't skip over them because they bring up uncomfortable feelings. Strive to find out more about the people whose lives have been lost to develop empathy. This makes it harder to do nothing  
<<https://www.google.com/amp/s/www.washingtonpost.com/opinions/2020/05/28/how-amy-cooper-george-floyd-represent-two-versions-racism-that-black-americans-face-every-day/%3foutputType=amp>>

9) Go ahead and just share things you come across with other social groups you're a part of, or with white friends, colleagues, or family members.

## ADVOCATE. ADVOCATE. ADVOCATE.

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\*Resource list gathered through sources on social media, Melissa Kelly, Mary Alicia Barnes and organized by Dennis Peary and Sarah Grey.

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