

A GUIDE ON HOW TO UNLEARN YOUR RACISM AND BE ACTIVELY ANTI-RACIST (and a whole bunch of other resources)

LAST UPDATED 4/24/2021

**[@whiteallyresource](#) on Instagram for
conversations on allyship/education**

Note: As much as I appreciate those who would like to send me Venmo/Apple Pay for my time on this document, I have been donating all of the money I receive to various orgs/non-profits. So to streamline that process, please donate to one of the organizations listed rather than sending money to me.

Before you keep scrolling, I want to take a moment to thank all of you for taking the time to read this resource guide and share it with your friends, families and students. It means so much to me that so many people are eager to learn and unlearn right now.

This work doesn't end here, though. This is a daily fight to examine the ways we think about the world around us. We must be constantly examining our own internalized bias by learning, researching, and listening to those who are giving their time to teach us.

For those still in school, seek out classes on these issues in your sociology, history, English and cultural studies departments. If you're not in school, there are often talks on these issues, usually for free, at local universities. This conversation can even be had with your [children in appropriate ways](#).

Again, thank you for taking the time to read and learn. I'm always open to discussion or corrections on anything here. You can find me on Instagram at [@whiteallyresource](#) if you'd like to discuss.

**I hope this is helpful to you all.
Stay safe and stay curious.**

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How to Support Daunte Wright's Son and Girlfriend

Daunte Wright was murdered by Brooklyn Center Police on 4/11. He leaves behind the mother of his child, Chyna, and his soon to be 2 year-old-son, Daunte Jr.

Holistic Heaux has been in contact with Daunte Wrights' girlfriend. We are rallying support for her and their son.

Items

- Diaper Size 4
- 18-24 Month clothes
- Shoes size 6
- Groceries
- Gift cards

Monetary donations

Cash App: \$hubby98 (Chyna's direct Cash App)

Venmo: @thuy-jones (Will pass to Chyna)

PayPal: @holisticheaux (Will pass to Chyna)

Please subject "Daunte Jr."

Drop-Off Location

Please message @HolisticHeaux for address on facebook or instagram

DONATIONS AND RESOURCES

It's very easy to Google mutual aid + your city and search the dozens of organizations that already exist and are doing great work. Donating directly to people, rather than large national orgs can also be helpful as it can impact and help someone NOW rather than hoping that money trickles down to them eventually.

(Note: I am only highlighting a few resources here that I try to donate to often, or sources I check regularly for ideas of where to donate)

Minneapolis:

- [Reclaim the Block's compiled list of orgs](#)
- [Daunte Wright](#)

Chicago:

- [Assata's Daughters](#): The core mission for the group is the abolition of prisons, police, Immigration and Customs Enforcement as well as political education/leadership
- [Brave Space Alliance](#): "Brave Space Alliance is the first Black-led, trans-led LGBTQ+ Center located on the South Side of Chicago, dedicated to creating and providing affirming, culturally competent, for-us by-us resources, programming, and services for LGBTQ+ individuals on the South and West sides of the city."
 - [Trans relief fund](#)
 - [Community programs](#)

National:

- [BLACK LIVES MATTER RESOURCES & INFO](#)
 - This includes 16 pages of places to donate
- [Last Prisoner Project](#): focuses on cannabis reform and helping those who have been imprisoned.

Look at your own communities and what organizations need funding or volunteers

- LGBTQ youth centers
- Veteran services
- Homeless shelters
- Domestic violence shelters
- Sexual violence advocates
- Schools and community centers
- Food banks/soup kitchens

OTHER RESOURCE GUIDES

- [Ally resource guide](#)
- [The Anatomy of White Guilt](#)
- [Allyship 101](#)

TERMS TO KNOW:

Definitions from <https://www.racialequitytools.org/glossary#restorative-justice>

Race:

A made up social construct, not a biological fact. Race is a constantly shifting construct that changes over time and throughout different cultures.

Ex. Black, white, Asian, Latinx etc.

Ethnicity:

A social construct that divides people into smaller social groups based on characteristics of behavior, language, political/economic interest, history and ancestral geographical base.

Ex. African American, Chinese, Korean, Cuban, Mexican, Polish, Irish are all ethnicities

Systematic oppression:

Oppression by institution, or systematic oppression, is when the laws of a place create unequal treatment of a specific social identity group or groups. Another example of social oppression is when a specific social group is denied access to education that may hinder their lives in later life

Microaggression:

Everyday verbal, nonverbal and environmental slights, snubs, insults, intentional or not, that communicate hostile, derogatory, or negative messages to target marginalized people.

Privilege:

Unearned social power accorded by the formal and informal institutions of society.

Racial Equity:

Conditions that would be achieved if one's racial identity no longer predicted how one fares.

Restorative Justice:

A theory of justice that emphasizes repairing the harm caused by crime and conflict. Places the decisions in the hands of those who have been most affected by wrongdoing and gives equal concern to the victim, offender, and surrounding community.

Anti racist:

Work of actively opposing racism by advocating for changes in political, economic, and social life.

Anti black:

Opposed to or hostile toward black people

Colonization:

Invasion, dispossession and subjugation of a people. Ex. This slaughter/displacement of Native Americans in the colonization of America.

Decolonization:

Active resistance against colonial powers and a shifting of power towards economic, educational, cultural, psychic independence and power that originate from a colonized nation's own indigenous culture.

Racism:

Prejudice, discrimination, or antagonism directed against someone of a different race based on the belief that one's own race is superior. Should be noted that racism is about systems of power. You cannot be racist to white people as they built the systems of oppression and inherently benefit from them in terms of whiteness, no matter their class, gender, or sexuality.

Implicit bias:

is the unconscious attribution of particular qualities to a member of a certain social group. Implicit stereotypes are shaped by experience and based on learned associations between particular qualities and social categories, including race and/or gender

Social Justice:

Justice in terms of the distribution of wealth, opportunities, and privileges within a society

Model minority:

A model minority is a demographic group whose members are perceived to achieve a higher degree of socioeconomic success than the population average

Cultural Appropriation:

Theft of cultural elements for one's own use, commodification or profit. Black culture is consumed and appropriated all the time in fashion, music, and language

Diaspora:

The voluntary movement of peoples from their homelands into new regions. "a common element in all forms of diaspora; these are people who live outside their natal (or imagined natal) territories and recognize that their traditional homelands are reflected deeply in the languages they speak, religions they adopt, and the cultures they produce."

Indigenous:

Indigenous populations are people who inhabited present territory before different ethnic/cultural groups arrived and overcame them.

Institutional Racism:

Ways in which institutional policies and practices create different outcomes for different racial groups. Institutional policies may never mention specific racial groups but their effect is to create advantages for whites.

Ex. Policing, school districts, redlining, access to healthcare, access to public transit

Internalized Racism:

Situation that occurs when a racial group supports the supremacy that oppressed them by participating in attitudes, behaviors, social structures and ideologies that directly oppress them.

TO READ:

THE NEW JIM CROW - Michelle Alexander

An in depth deconstruction of the criminal justice system. This book goes over the War on Drugs, stop and frisk, school to prison pipeline, "broken windows" policing and so much more. This book is amazing for changing the way you look at our police system and how differently black and latino communities are treated.

HOW JEWS BECAME WHITE FOLKS AND WHAT THAT SAYS ABOUT RACE IN AMERICA - Karen Brodtkin

I had to read a chapter of this for class in college and it really is great at looking at the social construct of race. Covering specifically class and gender, it looks at how the creation of the GI Bill and affirmative action post-WW2 was made for white men, excluding people of color, and how due to their class status, Jewish people went from being seen as “colored” to white. The idea that an entire group of extremely marginalized people could go from considered non-white to white overnight just proves the social construct of race in general.

WHITE FLIGHT: ATLANTA AND THE MAKING OF MODERN CONSERVATISM - Kevin Kruse

This is focusing on the movement of white people out of Atlanta and into the suburbs during the Civil Rights Era. This same migration can be seen in every major city at some point in the 20th century and I think it's important to know. Look at your own city and the segregation within it. Are there neighborhoods you don't go to? Why is that?

WHY ARE ALL THE BLACK KIDS SITTING TOGETHER IN THE CAFETERIA? - Beverly Tatum (This book has a 2019 updated version)

This is one I know a lot of my teacher friends have read. Written in the 90's it's still relevant. This book is about segregation and racial identity in schools. If you're going into education in any way this is a must read. But even if you aren't, it's still another way to examine the ways we unconsciously are biased every day as well as looking at the psychology and law behind race relations.

BLIND SPOT - Mahzarin R. Banaji

Recommended by a teacher of mine, this one looks at internalized bias and how to work through them!

SEEING WHITE: AN INTRODUCTION TO WHITE PRIVILEGE AND RACE - Amy Eshelman, Jean O'Malley, and Ramya Mahadevan Vijaya

A friend just recommended this one to me! A textbook on sociology, history, politics and intersections of race and class.

ARE PRISONS OBSOLETE? - Angela Davis

This is only 100 pages and free [here](#)!

- [Watch this!](#)

Most of Angela Davis' work is free online to download!

ALL ABOUT LOVE - Bell Hooks

Radical love is the way y'all.

- Some other things to check out from Bell Hooks:
 - [Speaking Freely](#)
 - [Transgression with Laverne Cox](#)

SHORTER READS:

- [Surviving Abolition](#): read [here](#)
- [In Defense of Looting](#)
- [In Defense of Rioting](#)
- [White Privilege: Unpacking the Invisible Knapsack](#)

Thank you to Marisa Mathews for providing the following articles/books

RACIAL FORMATIONS - Michael Omi and Howard Winant

Discusses race as a historical and social construct and the process of racialization of groups in the United States. Does away with the harmful idea of "race science" and illuminates the presence of race ingrained in many structures. This article is helpful to understand race as a sociohistorical process with very real influences and consequences that stay long after historical events come and go.

https://drive.google.com/file/d/10Z_Fqd0MOjSQHBMhn41VBDS2aeQzZmK-/view?usp=sharing

TOWARDS A NEW VISION: RACE, CLASS AND GENDER AS CATEGORIES OF ANALYSIS AND CONNECTION- Patricia Hill Collins

This is only a portion of this article but I thought the latter section was especially helpful in what we can do when we use intersectionality as a lens in which to view the world. This is a great article to help guide you through personally checking in on your privilege and forming strong communities and practicing radical empathy.

https://drive.google.com/file/d/1yPPN8upy3K6tD2NHBSpfDG_XFA-D6d3C/view?usp=sharing

THE WARTIME DISPLACEMENT OF JAPANESE AMERICAN INCARCERATION AND THE ECONOMIC DISPLACEMENT OF MEXICAN AMERICAN MIGRANT LABOR - Abigail Manzella

This is a portion of a book called *Migrating Fictions: Gender, Race, and Citizenship in U.S. Internal Displacements*. This book uses fiction literature to begin to discuss very real and very powerful internal displacements of minority groups in the United States. Internal displacements is when groups within the United States are **forced** to move with the U.S. because of economic and political influences. This book centers chapters around the major internal displacements: African Americans and the Great Migration, poor white folks and the Dust Bowl, Japanese Americans and incarceration during WW2, and Mexican American migrant laborers. The two specific chapters I picked was a section on the history of Japanese internment in the United States and a brief history of Mexican Americans and their economic exploitation and struggle with the border. These readings are great if you need to see just how big of a role the government has in picking groups to attack and just how malicious the government has been (and this is **recent** history).

Japanese Americans

<https://drive.google.com/open?id=1v2CAVXBPrpkx9ZI4Jfum0Cs9YRAUrlW>

Mexican Americans

<https://drive.google.com/file/d/16jXV-3XuJIHP-d-5oyQGzMO9prZ7FWPo/view?usp=sharing>

DOUBLY DIVIDED: THE RACIAL WEALTH GAP - Meizhu Lui

Another great reading if you want more evidence that the government does not have the best interest of the people at heart. This gives a very brief but good introductory outline of how wealth was intentionally stolen from minorities in the United States. Specifically wealth stolen from indigenous people, black people, latinx people, and asian people. The effects of this legacy of stolen labor, wealth, and land is still extremely relevant today.

<https://drive.google.com/open?id=1yF-ENwKhXMuVHsvsWbKvK7yK8t95zUpJ>

[Provided by jane_mount on instagram](#)



MORE BOOKS FROM @WHITEALLYRESOURCE

ON RACE & CAPITALISM:

- Capitalism: A Ghost Story - Arundhati Roy
- Walking with the Comrades - Arundhati Roy
- Spaces of Global Capitalism: Towards a Theory of Uneven Geographical Development - David Harvey
- Black Marxism: The Making of the Black Radical Tradition - Cedric Robinson

ON RURAL EQUITY AND DIVERSITY:

- A Good Time for Truth: Racism in Minnesota
- All our relations - Winona LaDuke
- Recovering the Sacred - Winona LaDuke
- The Round House - Louise Erdrich
- Their Eyes Were Watching God - Zora Neale Hurston
- Masters of empire: Great Lakes Indians and the Making of America - Michael A. McDonnell
- Chicanos and Rural Poverty - Vernon M. Briggs
- The politics of resentment: Rural Consciousness and the rise of Scott Walker - Katherine J. Cramer
- White Trash: The 400-Year Untold History of Class in America - Nancy Isenberg

RACIAL RHETORIC IN AMERICAN POLITICAL HISTORY:

- The Race Card - Tali Mendelberg
- Reconstruction: America's unfinished revolution - Eric Foner
- Why Americans Hate Welfare - Martin Gilens

GENERATIONAL WEALTH:

- Home - Langston Hughes
- "A case for reparations" - Ta-Nehisi Coates

COMMODIFICATION OF THE BLACK LIVES MATTER MOVEMENT:

- The Commodification of Activism by Jazmine Munoz from the Berkeley Political Review
- Black Lives Matter: The revolution will not be commodified by Leonie Annor-Owirededu from CreativeReview
- How Selling Black Lives Matter Merchandise Affects the Movement by Jaenichelle from Blavity
- We Were Feminists Once book by Andi Zeisler

RACISM AND HEALTHCARE:

- The Immortal Life of Henrietta Lacks - Rebecca Skloot
- Reproductive Injustice: Racism, Pregnancy, and Premature Birth - Dána-Ain Davis
- Body and Soul: The Black Panther Party and the Fight Against Racial Discrimination - Alondra Nelson
- Just Medicine: A Cure for Racial Inequality I'm American Health Care - Dayna Bowen Matthew

ENVIRONMENTAL RACISM:

- Are there two different versions of environmentalism? By Brenton Mock from MotherJones
- Before the Flood documentary (can be found on YouTube)
- Why 'i can't breathe' is resonating with environmental activists from NBC by Denise Chow
- The inseparable link between climate justice and racial justice from NPR Short Wave
- Research the Green New Deal and "just transition"
- Check out the mapping prejudice project at mappingprejudice.org
- Watch documentary Jim Crow of the North to understand how urban planning and housing affect environmental racism, found on YouTube
- What does justice look like? By Dr. Waziyatawin

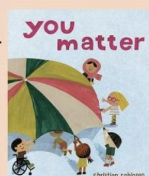
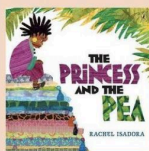
BLACK QUEER AND FEMINIST LITERATURE:

1. Bad Feminist- Roxane Gay
2. Hunger - Roxane Gay
3. Difficult Women - Roxane Gay
4. An Untamed State - Roxane Gay
5. all about love - bell hooks
6. communion - bell hooks
7. ain't I a woman - bell hooks
8. The Master's Tools - Audre Lorde
9. Native Son - Richard Wright
10. Notes of a Native Son - James Baldwin
11. The Fire Next Time - James Baldwin
12. Just Above My Head - James Baldwin
13. Another Country - James Baldwin
14. Giovanni's Room - James Baldwin
15. If Beale Street Could Talk - James Baldwin
16. New Jim Crow - Michelle Alexander
17. Kindred - Octavia E Butler

FICTION FOR ALL AGES

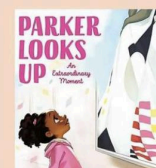
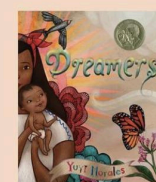
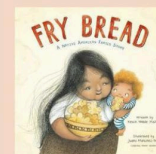
CHILDREN AGE 0-3

- * I LOOK UP TO... series by Anna Membrino
- * RAPUNZEL by Chloe Perkins
- * THE PRINCESS AND THE PEA by Rachel Isadora
- * A IS FOR ACTIVIST by Innosanto Nagara
- * YOU MATTER by Christian Robinson
- * THINK BIG, LITTLE ONE by Vashti Harrison
- * DREAM BIG, LITTLE ONE by Vashti Harrison



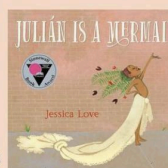
CHILDREN AGE 3-5

- * FRY BREAD: A NATIVE AMERICAN FAMILY STORY by Kevin Noble Maillard
- * THE GIRLS by Lauren Ace
- * THE UNDEFEATED by Kwame Alexander
- * MALALA'S MAGIC PENCIL by Malala Yousafzai
- * DREAMERS by Yuyi Morales
- * THE PEOPLE COULD FLY: AMERICAN BLACK FOLKTALES by Virginia Hamilton
- * HOME by Carson Ellis
- * THIS IS HOW WE DO IT by Matt Lamothe
- * PARKER LOOKS UP by Parker Curry



CHILDREN AGE 3-5

- * HAIR LOVE by Matthew A. Cherry
- * JABARI JUMPS by Gaia Cornwall
- * ADA TWIST, SCIENTIST by Andrea Beaty
- * SOFIA VALDEZ, FUTURE PREZ by Andrea Beaty
- * MAE AMONG THE STARS by Roda Ahmed
- * SULWE by Lupita Nyong'o
- * HAIR LIKE ME by Heather Burris
- * JULIAN IS A MERMAID by Jessica Love
- * PAPPY, DADDY, AND RILEY by Seamus Kirst
- * THE KING OF KINDERGARTEN by Derrick Barnes



CHILDREN 6-8

- * THE DAY YOU BEGIN by Jacqueline Woodson
- * NEW KID by Jerry Craft



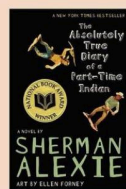
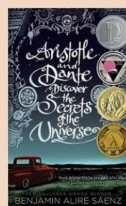
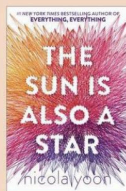
CHILDREN 8-12

- * BROWN GIRL DREAMING by Jacqueline Woodson
- * THE ONLY BLACK GIRLS IN TOWN by Brandy Colbert
- * SOME PLACES MORE THAN OTHERS by Renee Watson
- * BLENDED by Sharon M Draper
- * ESPERANZA RISING by Pam Muñoz Ryan
- * A GOOD KIND OF TROUBLE by Lisa Moore Ramée
- * ONE CRAZY SUMMER by Rita Williams-Garcia
- * PRESIDENT OF THE WHOLE FIFTH GRADE by Sherri Winston



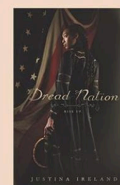
YOUNG ADULT

- * THE HATE U GIVE by Angie Thomas
- * WHEN WE WERE MAGIC by Sarah Gailey
- * PRIDE by Ibi Zoboi
- * A VERY LARGE EXPANSE AT SEA by Tahereh Mafi
- * THE SUN IS ALSO A STAR by Nicola Yoon
- * I AM NOT YOUR PERFECT MEXICAN DAUGHTER by Erika Sanchez
- * ARISTOTLE AND DANTE DISCOVER THE SECRETS OF THE UNIVERSE by Benjamin Alire Saenz
- * THEY BOTH DIE AT THE END by Adam Silvera
- * THE ABSOLUTELY TRUE STORY OF A PART-TIME INDIAN by Sherman Alexie



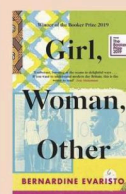
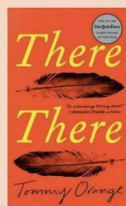
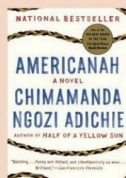
YOUNG ADULT

- * ELEANOR & PARK by Rainbow Rowell
- * THE CHILDREN OF BLOOD AND BONE by Tomi Adeyemi
- * PET by Akwaeke Emezi
- * THE SOUND OF STARS by Alechia Dow
- * FELIX EVER AFTER by Kacen Callender
- * DREAD NATION by Justina Ireland
- * A SONG BELOW WATER by Bethany C. Morrow



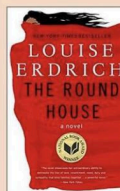
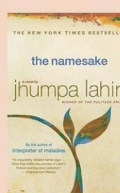
ADULT

- * The KISS QUOTIENT by Helen Hoang
- * THE WEDDING DATE by Jasmine Guillory
- * THE MOTHERS by Brit Bennet
- * HALF OF A YELLOW SUN by Chimamanda Adichie
- * AMERICANAH by Chimamanda Adichie
- * HOMEGOING by Yaa Gyas
- * THERE THERE by Tommy Orange
- * THE MAP OF SALT AND STARS by Jennifer Zeynab Joukhadar
- * GIRL, WOMAN, OTHER by Bernadine Evaristo



ADULT

- * ON EARTH WE'RE BRIEFLY GORGEOUS by Ocean Vuong
- * BLACK CARD by Chris L. Terry
- * THE NAMESAKE by Jhumpa Lahiri
- * I KNOW WHY THE CAGED BIRD SINGS by Maya Angelou
- * THE ROUND HOUSE by Louise Erdrich
- * IN THE DREAM HOUSE by Carmen Maria Machado
- * ALL YOU CAN EVER KNOW by Nicole Chung



THINGS TO WATCH

- Here is a list of films to check out to diversify your media consumption: [Click here.](#)
- Here are some TV shows you can watch: [Click here.](#)
- Disclosure on Netflix is a great introduction to the intersections of race and gender and how media greatly impacts the lives of trans people.
- Podcasts: [Click here.](#)



HISTORICAL EVENTS YOU WEREN'T TAUGHT IN SCHOOL

Or events that were extremely white-washed and glossed over

Sources: history.com, PBS, Time, NYT, Washington Post, NCPA

Trail of Tears - in the 1830's Andrew Jackson forced Native Americans off their land for white settlers to claim. A 5,000 mile journey on foot, around [4,000 of the 15,000 Cherokee people died](#) in their forced removal to Oklahoma.

Tulsa Race Massacre - After a young black teen, Dick Rowland, was accused of sexually assaulting a white woman in an elevator ([the details of what happened are not confirmed and vary story to story](#)), he was arrested and taken into custody. A white mob formed demanding police hand him over. They were met with a group of black men who arrived at the courthouse to protect Rowland. Shots were fired and a riot began and white mobs looted and burned homes and businesses on what was known as [Black Wall Street](#) in Tulsa. It was estimated that over 1,200 homes were burned and 36 were killed.

1985 Police bombing in Philadelphia - In [1985, Philadelphia police](#) bombed a black neighborhood killing 11 (5 of which were children), [destroying 61 homes and over 200 people were left homeless](#). This bombing was done to destroy MOVE, a black liberation group in the city.

Origins of the police system - The modern day police system is fairly new. [The first publicly funded police department was created in Boston in 1838](#) to protect shipping and goods. In the South, the police system was born out of slave patrols and following the Civil War, those sheriffs enforced segregation and disenfranchisement. The first captains and sergeants were often picked to intimidate voters rather than enforce the law. In 1929, President Hoover launched an investigation into the ineffectiveness of law enforcement and a shift was made in police precincts to move away from corresponding political wards. Modern day policing was born.

Malcom X and other Civil Rights leaders - Was anybody else told by teachers that Malcom X was a terrorist that shouldn't be given a platform, especially over Dr. King? Well, if so *please please* read his autobiography!

Also please look into the Black Panther party and their work in the Civil Rights movement. Dr. King was the face of the movement, but so much was going on that gets left out of history books because it was considered too "radical".

Angela Davis, Audre Lorde and James Baldwin are also so important to know. Read their work, listen to their interviews. Their work is easily found online for free and was so eye-opening to me.

War on Drugs - This isn't some conspiracy, [it is a fact that the CIA placed crack in black communities in an effort to crack down on distribution of the drug](#). The war on drugs disproportionately affected Black and Latinx communities and is directly tied to mass incarceration of Black/Latinx individuals on drug offenses. (See Michelle Alexander's *The New Jim Crow*)

- Also the beginning of the militarization of the police

Rosa Parks - Rosa Parks didn't just get tired one day and refuse to stand up, she was an activist that had been working towards that moment for a long time. ([podcast for reference](#))

Emmett Till - In 1955, 14 year old Emmett Till allegedly whistled at a white woman in Mississippi while visiting family. A few days later, a group of white men dragged him out of his home, brutally beating him to the point that his face was unrecognizable when they found his body days later. His family demanded he have an open casket funeral so the world could see what happened to their child. [The woman he allegedly whistled at, later admitted to making it up.](#)

This case is important for several reasons:

1. To look at how recently these lynchings happened and how brutal they were
2. White women have a history of being complicit in the deaths of black people
 - a. [Look at Amy Cooper just a few weeks ago in Central Park](#)

Other people/events to look up:

- In general, I really encourage you to **look at the Indigenous land you live on** and the history of it. For me, reading Louise Erdrich has been a great way to introduce me to Indigenous culture/history in Minnesota but there is so much more out there to learn! Look up Indigenous artists, writers, and history in your area, it's the least you can do.
- **The Great Migration**
- **Redlining and segregation**
 - Just about every major city has a story of a highway put in the middle of a black neighborhood causing a major rift in economical/political segregation. In Minneapolis it was 94 through Midway
 - [A good read on this](#)
- **Sharecropping/Reconstruction**
 - This is crucial to understanding how despite emancipation, blacks were already so far behind white Americans due to segregation, lack of community/resources, continued lynchings/violence and so much more
- **US involvement in the Middle East**
 - This is such a broad topic that would need its own google doc so I'll just provide a few terms to search on academic journals/sites
 - Creation of Israel
 - Oil in Saudi Arabia, Iraq, Afghanistan
 - Iran hostage crisis
 - Iran-Contra
 - USSR invasion of Afghanistan
 - The Gulf War
 - Creation of the Taliban (and how the US army trained and armed them during the 80's to fight the Soviets)
- **Asian immigration and the Chinese Exclusion Act**
 - Understanding the origin of anti-Asian racism stems from skilled East Asian immigrants coming to America and finding work building railroads
 - Out of fear of job loss, laws were put into place to stop immigration and restructure the narrative around the Asian people (aka extreme racism and hate crimes)

- The later influx of Asian refugees fleeing American-backed violence in their home countries in the 60s/70s informs the modern understanding of anti-Asian violence that has culminated in the shootings in Atlanta and uptick in anti-Asian hate crimes
- **Japanese internment camps during WW2**
 - Following Pearl Harbor the US government rounded up and imprisoned Japanese Americans, or anybody who looked Japanese, in internment camps
- **Involvement of Black/Latinx/native soldiers in WW1 and WW2**
 - Navajo codebreakers
 - These soldiers fought and died for this country in Europe and returned home to lynchings, segregation, and absolutely no civil rights
- **Creation of affirmative action following WW2**
 - Affirmative action was created for white men returning from war to give them a college education and exclude non-white soldiers from those universities/job opportunities
 - Look up the GI Bill
- **Claudette Colvin**
 - At 15 years old, she was the first to refuse to move to the back of the bus and was the inspiration behind the Montgomery bus boycott
 - <https://www.npr.org/2009/03/15/101719889/before-rosa-parks-there-was-claudette-colvin>
- **Stonewall**
 - The birthplace of the modern LGBTQ movement, led mostly by trans women
- **US involvement in Latin American regime changes**
 - A lot of the times people point to Latin American countries and their poverty to prove whatever racist point they have, but look deeper and you'll see the CIA's tendency to place moderate/impressionable politicians into power in order to overthrow "threats" to the US
 - This is CRUCIAL to understanding Latin American migration/immigration. The US destroyed their countries and these migrants are simply seeking safety and a good life that was taken from them by the US' involvement
 - Cuba is a big example of this as is Venezuela
 - This also happens in the Middle East and Korea
 - The Beast: Riding the Rails and Dodging Narcos on the Migrant Trail by Oscar Martinez is an AMAZING book on immigration/migration in South and Central America.
- **Obama's deadly impact in the Middle East**
- Drone strikes in Syria
 - [Obama's shaky legacy on human rights](#)
- **The 90's**
 - This is so broad but so much was happening politically and culturally that is still relevant today
 - Clinton's presidency
 - 1994 Crime Bill
 - Gulf Wars

- Oklahoma City Bombing
- First attack on World Trade Center
- **Latin American labor movement**
- **Nixon, Reagan and the war on drugs**

POLICE ABOLITION

What does an absence of police or significantly reduced police presence look like?

First, I want to share a metaphor somebody shared with me.
They said:

“Right now we ask officers to wear a dozen different hats. What if we only ask them to wear a few? A brain surgeon doesn’t do pediatrics or gynecology. Why is the person who replies to active shooter calls also the person writing speeding tickets and going to mental health crisis calls?”

When we look at police abolition it sounds insane and scary and maybe even impossible. But I want you to remember that social services exist. There are social workers, therapists/counselors, sexual and domestic violence advocates, and other professions that spend YEARS in school, training to tackle these issues effectively, without police.

Our police officers only require 6 months of training and no degree to accompany it in most states.

Would you feel safe getting on a plane if your pilot only had 6 months of training? So why do we expect police to be experts at effectively handling so many types of situations effectively.

Many of us already live in a fairly police-free society where we rarely require their help or even notice their presence. So is it really hard to imagine a world where police don’t exist?

This also means looking at the way we “police” in schools. Whether it’s with school resource officers or the way teachers punish black/brown students in comparison to white students.

The End of Policing - Alex S. Vitale

This book is FREE online [here](#)! (select ebook to download)

“This book attempts to spark public discussion by revealing the tainted origins of modern policing as a tool of social control. It shows how the expansion of police authority is inconsistent with community empowerment, social justice—even public safety. Drawing on groundbreaking research from across the world, and covering virtually every area in the increasingly broad range of police work, Alex Vitale demonstrates how law enforcement has come to exacerbate the very problems it is supposed to solve.” - Verso

[Wondering what a future without police looks like?](#)

[Critical Resistance has a lot of great resources on this topic!](#)

[What a World Without Cops Would Look Like](#)

ACTIVITIES:

[Implicit Bias Test](#)

This is a great resource to explore ANY implicit bias you have whether it's about gender, colorism, race, sexuality ableism, or religion. I've taken many tests like this and they're always eye opening.

[Privilege Walk](#)

You don't actually have to take steps, you can tally on a sheet of paper which ones apply. This list of questions highlights certain privileges we have, that we never think of. It is definitely very powerful to do in a group of people but just as important to do if you're alone.

Statements:

- If you grew up in an urban setting take one step backward.
-
- If your family had health insurance take one step forward.
-
- If your work and school holidays coincide with religious holidays that you celebrate take one step forward.
-
- If you studied the culture or history of your own ancestors in elementary school take one step forward.
-
- If you have been bullied or made fun of based on something you cannot change (ie. Your gender, ethnicity, age or sexual orientation) take one step backward.
-
- If you have ever felt passed over for an employment position based on your gender, ethnicity, age, or sexual orientation take one step backward.
-
- If you were ever offered a job because of your association with a friend or family member take one step forward.
-
- If you were ever stopped or questioned by the police because they felt you were suspicious take one step backward.
-

- If you or your family ever inherited money or property take one step forward.
-
- If you came from a supportive family environment take one step forward.
-
- If you or your parents were ever laid off or unemployed, not by choice take one step backward.
-
- If you are a citizen of the United States take one step forward.
-
- If you were ever uncomfortable about a joke or statement you overheard related to your race, ethnicity, gender, appearance, or sexual orientation but felt unsafe to confront the situation take one step backward.
-
- If your ancestors were forced to come to the United States not by choice take one step backward.
-
- If you took out loans for your education take one step backward.
-
- If there were more than 50 books in your house growing up take one step forward.
-
- If you have ever felt insane walking alone at night take one step backward.
-
- If you are a white male take on step forward.

TIPS FOR PROTESTING:

[A short but informative video on protesting safely](#)

DO's

- Wear a face mask to protect against COVID but also avoid facial recognition software
- Cover as much of your body as possible
- Wear goggles
- Turn off location services, face ID/touch ID, and create a 6 digit passcode
- If you're white, use your body to protect black/brown people - police are more likely to at least hesitate to cause harm
- Cover identifying features

DON'TS

- Don't take photos/videos of peoples faces - black them out if you do
- Don't post original photos, screenshot the image and post it to get rid of metadata
- Do not show up to a protest for photo opportunities: be there to support and protect, not to exploit and brag about your "activism"

- If you're white, do not speak over those leading the protest, this is not your fight, you are here to listen and learn, don't take that platform from us.

PROTESTING SAFELY

WHAT TO WEAR

WHAT TO BRING