



This document is intended to serve as a resource to anyone wanting to learn more and do more about systemic racism, racial justice work, and anti-racism work. If you haven't engaged in anti-racism work in the past, start now.

This document is also a resource for people that are already engaging in anti-racism work and is here to ease the burden of educating others. When you don't have the energy or desire to have in-depth conversation but still want to educate others about racism, you can lead them here.

Finally, this document also includes some resources for people healing from traumatic experiences with racism.

Feel free to circulate this document on social media and with your friends, family, and colleagues. Share this url: <https://bit.ly/2XDStfb>

With love and solidarity for all those in this fight,

Nhi

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## Table of Contents

Click on the blue links for quick & easy navigation to a section

For easy navigation while viewing a section, click View → Show document outline

[Action We Can Take Now:](#)

[Short Videos to Watch:](#)

[Articles to Read:](#)

[General](#)

[For White People](#)

[Books to Read:](#)

[Stage 1: Addressing Whiteness](#)

[Stage 2: History of Racism and Current Issues](#)

[Stage 3: Racism & Its Intersections](#)

[Stage 4: Activism for Racial Justice](#)

[More Nonfiction](#)

[Fiction](#)

[Films & Documentary Series to Watch:](#)

[Documentaries](#)

[Movies](#)

[Docu-Series/Shows](#)

[Podcasts or Podcast Episodes to Listen to:](#)

[Resources for Healing from Systemic Racism](#)

[Mental Health Resources](#)

[Understanding the Trauma](#)

[Self-Care Tips & Resources](#)

[Defending Yourself](#)

[Resources for white parents to raise anti-racist children:](#)

[More Anti-racism Resources to Check Out:](#)

[People & Organizations to follow on social media:](#)

[Acknowledgements](#)

Note: If you are a white person wanting to do anti-racism work and are feeling overwhelmed about the amount of material here and don't know where to start, [this document](#) (check dates for relevance) outlines the various stages of white mentality in anti-racism work and includes learning resources corresponding with each stage.

## **Action We Can Take Now:**

- Go out and protest if possible and safe to do so, but go prepared!
  - Help fellow protestors stay safe and healthy by handing out/dropping off water bottles and/or healthy snacks at protest sites (other supplies to consider: first-aid stuff, bug spray, sun screen, umbrellas etc.)
  - Volunteer to clean up after protests
  - [Know Your Rights](#)
  - [Jail Support](#)
  - [Numbers to call for unlawful arrests:](#)
  - [What to do if ICE comes to your door](#)
- Contact Officials!
  - [Call for defunding police \(templates and contacts\)](#)
- [75 Things White People Can Do for Racial Justice](#)

- [Sign & Share These Petitions](#) | The more voices, the better!!
- [Donate with NO MONEY by watching videos](#) | 100% ad revenues to BLM groups
- [Donate to Black owned businesses, BLM organizations, Bail Funds, or GoFundMe pages](#) | A long list of places to donate to; only legitamate pages listed.
- [Official BLM list of what you can do](#)
- [Take the Implicit Bias Test and become more self-aware](#)
- EDUCATE YOURSELF! Then share with your friends and family. You can start by choosing something from the long list below.
- If you are a white person wanting to do anti-racism work and are feeling overwhelmed about the amount of material here and don't know where to start, [this document](#) outlines the various stages of white mentality in anti-racism work and includes learning resources corresponding with each stage.

## Short Videos to Watch:

- [Any video from this playlist of Ted Talks](#)
- [Systemic Racism Explained](#) | act.tv on YouTube (4:23)
- [Systemic Racism & Employment](#) | Race Forward on YouTube (1:01)
- [Systemic Racism & The Wealth Gap](#) | Race Forward on YouTube (1:07)
- [Systemic Racism & Incarceration](#) | Race Forward on YouTube (1:01)
- [Black Feminism & the Movement for Black Lives: Barbara Smith, Reina Gossett, Charlene Carruthers](#) (50:48)
- ["How Studying Privilege Systems Can Strengthen Compassion"](#) | Peggy McIntosh at TEDxTimberlaneSchools (18:26)
- [George Floyd and the Dominos of Racial Injustice](#) | Trevor Noah, The Daily Show on YouTube (18:12)
- [7 Myths About Cultural Appropriation DEBUNKED](#) | Franchesca Ramsey on YouTube (6:11)
- [An Animation Demonstrating Systemic Racism](#) on YouTube
- [Whiteness & White Privilege](#) on YouTube
- [Wealth Inequality in America](#) on YouTube

## Articles to Read:

### General

- [Black Trauma and Showing up At Work](#) by Daniel Cadet| Refinery29 (May 28, 2020)
- [Responding to "riots never solve anything"](#) by Rafi D'Angelo| SLTA(May 28, 2020)
- [Why Is Saying "All Lives Matter" Wrong? It's true, isn't it?](#)
- ["America's Racial Contract Is Killing Us"](#) by Adam Serwer | Atlantic (May 8, 2020)
- ["My Life as an Undocumented Immigrant"](#) by Jose Antonio Vargas | NYT Mag (June 22, 2011)

- [The 1619 Project \(all the articles\)](#) | The New York Times Magazine
- [“The Intersectionality Wars”](#) by Jane Coaston | Vox (May 28, 2019)
- [“Who Gets to Be Afraid in America?”](#) by Dr. Ibram X. Kendi | Atlantic (May 12, 2020)
- [Young black men killed by US police at highest rate](#) by Jon Swaine | Guardian (December 31, 2015)
- [Police killings hit people of color hardest, study finds](#) by Maggie Fox | NBC News (May 7, 2018)
- [The Trans-Atlantic Slave Trade](#)
- [Lynching in America](#) | PBS
- [Settler Colonialism](#) by Adam Barker+ | Global Social Theory
- [The Case for Reparations](#) by Ta-Nehisi Coates | The Atlantic (June 2014)
- [Looking Back at Civil Rights Protests](#) by Corky Siemaszko | NY Daily News (May 3, 2012)
- [21 Times Cops Weren't Held Accountable For The Death Of Black Victims](#) by Lily Workneh | Huffpost (July 27, 2016)
- [When 'stand your ground' becomes a license to kill](#) by Dahleen Glanton | Chicago Tribune (July 26, 2018)
- [Biased software used to predict future criminals](#) by Julia Agwin | ProPublica (May 23, 2016)
- [The Racial Wealth Gap: Addressing the Most Pressing Epidemic](#) by Brian Thompson | Forbes (February 18, 2018)
- [School Counselor's Role in Conversations about Racism](#) by Alan Green
- [Why America's Black Mothers and Babies Are in a Life-Or-Death Crisis](#) by Linda Villarosa | NY Times (April 11, 2018)
- [The Lens of Systemic Oppression](#) by National Equity Project
- [Racism 101](#) by SURJ (Showing up For Racial Justice)

## For White People

- [Advice for White Folks in the Wake of the Police Murder of a Black Person](#) by Justin C. Cohen | (July 6, 2016)
- [12 Ways to Be a White Ally to Black People](#) by Janeé Woods | The Root (August 8, 2014)
- [Tips for Creating Effective White Caucus Groups](#) developed by Craig Elliott PhD
- [“White Privilege: Unpacking the Invisible Knapsack”](#) by Peggy McIntosh
- [Why Is Saying “All Lives Matter” Wrong? It's true, isn't it?](#)
- [Black Trauma and Showing up At Work](#) by Daniel Cadet | Refinery29 (May 28, 2020)
- [Responding to “riots never solve anything”](#) by Rafi D'Angelo | SLTA (May 28, 2020)
- [Answering White People's Most Commonly Asked Questions about the Black Lives Matter Movement](#) by Courtney Martin (June 1, 2020)
- [How to Survive Activism Spaces 101](#) by Saroful
- [De-Tour Spotting for White Anti-racist](#) by Jona Olson
- [How Well-Intentioned White Families Can Perpetuate Racism](#) by Joe Pinsker | The Atlantic (September 4, 2018)

- [Signs of White Supremacy Culture](#) by Kenneth Jones+ from Dismantling Racism
- [Welcome to the Anti-Racism Movement: Here's What You Missed](#) by Ijeoma Oluo | The Medium (March 16, 2017)
- [Anti-racist Checklist for Whites](#) by Robin DiAngelo, adapted by John Raibles
- [White Fragility and The Rules of Engagement](#) by Robin DiAngelo
- [The Year I Gave Up White Comfort](#) by Rachel Ricketts (January 15, 2019)
- [What's Wrong with Cultural Appropriation](#) by Maisha Johnson ( June 14, 2015)
- [Expressive Writing Prompts to Use If You've Been Accused of White Fragility, Spiritual Bypass, or White Privilege](#) by Leesa Hall
- [Dear White People, Your Definition of Racism is Wrong](#) by Sebastian Whitaker
- [What is Racism?](#) From Dismantling Racism Org
- [Holy Shit! Being an Ally Isn't About Me!](#) The Medium (June 10, 2017)
- [The Racist S\\*\\*\\* Won't Change Until White Folks Put In the Work](#) by Rachel Ricketts | Huffpost (August 17, 2018)
- [The Subtle Linguistics of Polite White Supremacy](#) by Yawo Brown | The Medium (August 14, 2015)
- [The Most Dangerous Person in America is the White Woman](#) by Danielle S
- [Policing the Boundaries of Whiteness](#) by Angela Onwuachi-Willit
- [100 Ways White People Can Make Life Less Frustrating For People of Color](#) by Kesiena Book | Vice (April 19, 2018)

## Books to Read:

### Stage 1: Addressing Whiteness

Stage 1 books will bring awareness to the existence of white privilege and how that is a result/group advantage of racism. **White people should start here.**

- *White Fragility: Why it's So Hard for White People to Talk About Racism* by Robin DiAngelo
- *White Privilege: The Myth of a Post-Racial Society* by Kalwant Bhopal
- *Why I'm No Longer Talking to White People About Race* by Reni Eddo-Lodge
- *White Like Me: Reflections on Race from a Privileged Son* by Tim Wise
- *White Rage: The Unspoken Truth of Our Racial Divide* by Carol Anderson
- [Understanding and Dismantling Racism: A Booklist for White Readers](#)

### Stage 2: History of Racism and Current Issues

Stage 2 books teach you more about the history and current issues of racism and the anti-racism struggle; you'll be surprised how much your high school textbook omitted or sugar coated.

- *Stamped from the Beginning: The Definitive History of Racist Ideas in America* by Ibram X. Kendi
- *The Color of Law: A Forgotten History of How Our Government Segregated America* by Richard Rothsein

- *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander
- *So You Want to Talk About Race* by Ijeoma Oluo
- *Racism Without Racists: Color-Blind Racism and the Persistence of Racial Inequality in the United States* by Eduardo Bonilla-Silva

### Stage 3: Racism & Its Intersections

Stage 3 books address racism and its intersections with gender, class, and education. .

- *Between Me and The World* by Ta-Nehisi Coates
- *Against The Wall: Poor, Young, Black, and Male* by Elijah Anderson
- *Unequal Childhoods: Class, Race, and Family Life* by Annette Laureau
- *Despite the Best Intentions: How Racial Inequality Thrives in Good Schools* by John Diamond and Amanda Lewis.
- *Evicted: Poverty and Profit in the American City* by Matthew Desmond
- *Women, Race, and Class* by Angela Davis
- *Pushout: The Criminalization of Black Girls in Schools* by Monique W. Morris
- *Hood Feminism* by Mikki Kendall

### Stage 4: Activism for Racial Justice

Stage 4 books describe varying strategies to address racism on all levels: interpersonal racism, racist policies, and racist institutions.

- *How to be Anti-Racist* by Ibram X. Kendi
- *The End of Policing* by Alex S. Vitale
- *Freedom is a Constant Struggle: Ferguson, Palestine, and the Foundations of a Movement* by Angela Y. Davis
- *This is an Uprising: How Nonviolent Revolt is Shaping the Twenty-First Century* by Mark Engler

### More Nonfiction

- *Me and White Supremacy* by Layla F Saad
- *Black Feminist Thought* by Patricia Hill Collins
- *Heavy: An American Memoir* by Kiese Laymon
- *I Know Why the Caged Bird Sings* by Maya Angelou
- *Just Mercy* by Bryan Stevenson
- *Raising Our Hands* by Jenna Arnold
- *Redefining Realness* by Janet Mock
- *Sister Outsider* by Audre Lorde
- *The Fire Next Time* by James Baldwin
- *Playing in the Dark: Whiteness and the Literary Imagination* by Toni Morrison
- *Racecraft* by Karen & Barbara Fields
- *The Alchemy of Race and Rights* by Patricia J. Williams

- *On Being Included* by Sara Ahmed
- *The Possessive Investment in Whiteness* by George Lipsitz
- *Black on White: Black Writers on What it Means to Be White* edited by David Roediger
- *Waking Up White* by Debby Irving
- *Uprooting Racism* by Paul Kivel
- *The Next American Revolution: Sustainable Activism for the Twenty-First Century* by Grace Lee Boggs
- *When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America* by Ira Katznelson
- *Born a Crime: Stories from a South African Childhood* by Trevor Noah
- *Biased* by Dr. Jennifer Eberhardt
- *Policing the Black Man: Arrest, Prosecution, and Imprisonment* - collection of essays (including Angela Davis, Bryan Stevenson...)
- *The Half Has Never Been Told: Slavery and the Making of American Capitalism* - Edward E. Baptist
- *The Heritage: Black Athletes, a Divided America, and the Politics of Patriotism* - Howard Bryant
- *Nobody: Casualties of America's War on the Vulnerable, from Ferguson to Flint and Beyond* - Marc Lamont Hill
- *American Prison: A Reporter's Undercover Journey into the Business of Punishment* - Shane Bauer
- *Eloquent Rage: A Black Feminist Discovers Her Superpower* by Brittney Cooper
- *Troublemakers: Lessons in Freedom from Young Children at School* - Carla Shalaby
- *Automating Inequality: How High-Tech Tools Profile, Police, and Punish the Poor* - Virginia Eubanks
- *The Diversity Bargain: And Other Dilemmas of Race, Admissions, and Meritocracy at Elite Universities* - Natasha Kumar Warikoo
- *A Terrible Thing to Waste: Environmental Racism and Its Assault on the American Mind* - Harriet A. Washington
- *White Kids: Growing Up with Privilege in a Racially Divided America* - Margaret A. Hagerman

### Fiction

- *Homegoing* by Yaa Gyasi
- *Their Eyes Were Watching God* by Zora Neale Hurston
- *The Color Purple* by Alice Walker
- *Beloved* by Toni Morrison
- *The Help* by Kathryn Stockett
- *Things Fall Apart* by Chinua Achebe
- *All American Boys* by Brendan Kiely and Jason Reynolds
- *To Kill a Mockingbird* by Harper Lee
- *The Book of Unknown Americans* by Christina Henríquez
- *They Called Us Enemy* by George Takei

- *The Best We Could Do* by Thi Bui
- *The Hate U Give* by Angie Thomas
- *Home Fire* by Kamila Shamsie
- *Inside Out & Back Again* by Thanhha Lai
- *Giovanni's Room* by James Baldwin
- *Dreaming in Cuban* by Cristina Garcia
- *Kindred* by Octavia Butler

## Films & Documentary Series to Watch:

### Documentaries

- 13th (on Netflix or YouTube)
- LA '92 (Netflix)
- Let it Fall (Netflix)
- 3 ½ minutes, 10 bullets (HBO)
- Say Her Name: The Life and Death of Sandra Bland (HBO)
- Whose Streets? (Hulu)
- King in the Wilderness (HBO)
- True Justice: Bryan Stevenson's Fight for Equality (HBO)
- Teach Us All (Netflix)
- Strong Island (Netflix)
- Poisoned Water (PBS)
- More on PBS:  
<http://www.pbs.org/black-culture/explore/10-black-history-documentaries-to-watch/>

### Movies

- *The Hate U Give* (Hulu, Amazon video)]
- *Get Out* (2017) directed by Jordan Peele (buy/rent on several streaming services)
- *I Am Not Your Negro* (2016) directed by Raoul Peck (buy/rent on several streaming services)
- *American Son* (Netflix)
- *Uncorked* (Netflix)
- *See You Yesterday* (Netflix)
- *Just Mercy* (2019) (buy/rent on several streaming services)
- *If Beale Street Could Talk* (2018) (Hulu)
- *Fruitvale Station* (2013) (buy/rent on several streaming services)
- *12 Years a Slave* (2013) (buy/rent on several streaming services)
- *Moonlight* (2016) (Netflix)

### Docu-Series/Shows

- *Dear White People* (Netflix)
- *When They See Us* (Netflix)
- *Race: The Power of an Illusion* Documentary Series (PBS)



- Time: The Kalief Browder Story (Netflix)
- Racial Wealth Gap episode of Explained (Netflix)

## Podcasts or Podcast Episodes to Listen to:

- [Racism 101](#) by Tema Okun
- [1619 \(New York Times\)](#)
- [About Race](#)
- [Code Switch \(NPR\)](#)
- [Intersectionality Matters!](#) hosted by Kimberlé Crenshaw
- [Momentum: A Race Forward Podcast](#)
- [Pod For The Cause \(from The Leadership Conference on Civil & Human Rights\)](#)
- [Pod Save the People \(Crooked Media\)](#)
- [Seeing White](#)
- [The Problem We All Live With Part 1](#) | This American Life
- [The Problem We All Live With Part 2](#) | This American Life

## Resources for Healing from Systemic Racism

### Mental Health Resources

- [Blackline](#) - a 24/7 national crisis support hotline (with a text option as well) provides a space for peer support and counseling, reporting of mistreatment, and affirming the lived experiences to those who are most impacted by systematic oppression. Operated with an LGBTQ+ Black Femme affirming lens.
- [Dive in Well](#) - Prioritizing the spread of self-care and affordable health solutions with a diversity and inclusion lens to wellness. Offers both offline and online experiences, resources, and tools to empower those who believe in soul-centered wellness.
- [Finding Therapy for Black Girls](#) - A database to find trusted, culturally competent therapists that know the feelings and experience of navigating the world as a black woman.
- [Find an Inclusive Therapist](#) - a database to find a therapist that shares and celebrates your identity. Offers reduced fee teletherapy. Believes that all people deserve equal access to quality mental healthcare.
- [Ethel's Club](#) - Offers free mental health counseling resources in an online community designed for people of color to thrive. Hosts free, hour-long grieving sessions twice monthly. Led by licensed Black therapists to help hold space and process the weight of the many complex emotions that we are feeling and carrying right now

### Understanding the Trauma

- [Racism's Psychological Toll](#) by Jenna Wortham | NY Times (June 24, 2015)
- [Coping While Black: A Season of Traumatic News Takes a Psychological Toll](#) NPR (4:00)

- [When black death goes viral, it can trigger PTSD-like trauma](#) by Kenya Downs | PBS (July 22, 2016)
- [Surviving Oppression; Healing Oppression](#) by Vanissar Tarakali

### Self-Care Tips & Resources

- [Tips for Self-Care: When Police Brutality Has You Questioning Humanity and Social Media Is Enough](#) by Imani J. Walker | TheRoot (July 8, 2016)
- [5 Self-Care Practices Black People Can Use While Coping With Trauma](#) by Taryn Finley | Huffpost (July 7, 2016)
- [BLM Meditation](#) (17:00)
- [My Life App](#) free on Apple & Android | record emotions, choose appropriate breathing exercises or meditations for addressing distressing emotions, and view before-after data.
- [99 coping skills to try](#)

### Defending Yourself

- [Responding to “riots never solve anything”](#) by Rafi D’Angelo | SLTA (May 28, 2020)
- [Responding to "all lives matter"](#)
- [Responding to common racist & insensitive statements](#)

## **Resources for white parents to raise anti-racist children:**

- Books:
  - [Coretta Scott King Book Award Winners: books for children and young adults](#)
  - [31 Children's books to support conversations on race, racism and resistance](#)
- Podcasts:
  - [Parenting Forward podcast episode ‘Five Pandemic Parenting Lessons with Cindy Wang Brandt’](#)
  - [Fare of the Free Child podcast](#)
  - [Integrated Schools podcast episode “Raising White Kids with Jennifer Harvey”](#)
- Articles:
  - [PBS’s Teaching Your Child About Black History Month](#)
  - [Your Kids Aren’t Too Young to Talk About Race: Resource Roundup from Pretty Good](#)
- The Conscious Kid: follow them on [Instagram](#) and consider signing up for their [Patreon](#)

## **More Anti-racism Resources to Check Out:**

- [Anti-Racism Project](#)
- [Jenna Arnold’s resources \(books and people to follow\)](#)
- [Rachel Ricketts’ anti-racism resources](#)
- [Resources for White People to Learn and Talk About Race and Racism](#)
- [Save the Tears: White Woman’s Guide](#) by Tatiana Mac

- [Showing Up For Racial Justice's educational toolkits](#)
- [The \[White\] Shift on Instagram](#)
- ["Why is this happening?" — an introduction to police brutality from 100 Year Hoodie](#)
- [Zinn Education Project's teaching materials](#)

## People & Organizations to follow on social media:

- Rachel Cargle, a writer & lecturer about race and gender intersections: [Twitter](#) | [Instagram](#)
- Ibram X. Kendi, the author of How To Be An Antiracist and Director of the Antiracism Center [Twitter](#)
- Nikkolas Smith, the artist behind portraits of George Floyd, Ahmaud Arbery, and others [Twitter](#) | [Instagram](#) | [Facebook](#)
- Charlene Carruthers founder of the [Black Youth Project 100](#) | [Twitter](#) | [Facebook](#)
- Brittany Packnett Cunningham, co-founder of Campaign Zero, a policy platform to end police violence, and a host of Pod Save The People | [Twitter](#) | [Instagram](#) | [Facebook](#)
- Antiracism Center: [Twitter](#)
- Audre Lorde Project: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Black Women's Blueprint: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Color Of Change: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Colorlines: [Twitter](#) | [Instagram](#) | [Facebook](#)
- The Conscious Kid: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Equal Justice Initiative (EJI): [Twitter](#) | [Instagram](#) | [Facebook](#)
- Families Belong Together: [Twitter](#) | [Instagram](#) | [Facebook](#)
- The Leadership Conference on Civil & Human Rights: [Twitter](#) | [Instagram](#) | [Facebook](#)
- MPowerChange: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Muslim Girl: [Twitter](#) | [Instagram](#) | [Facebook](#)
- NAACP: [Twitter](#) | [Instagram](#) | [Facebook](#)
- National Domestic Workers Alliance: [Twitter](#) | [Instagram](#) | [Facebook](#)
- RAICES: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Showing Up for Racial Justice (SURJ): [Twitter](#) | [Instagram](#) | [Facebook](#)
- SisterSong: [Twitter](#) | [Instagram](#) | [Facebook](#)
- United We Dream: [Twitter](#) | [Instagram](#) | [Facebook](#)

For suggestions on resources or materials to add to this list, please personally email me at [vnhi15@yahoo.com](mailto:vnhi15@yahoo.com)

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