

These resources will help you understand your own unconscious implicit biases and help have a positive conversation around them. Whether they be yours or those in your social space.

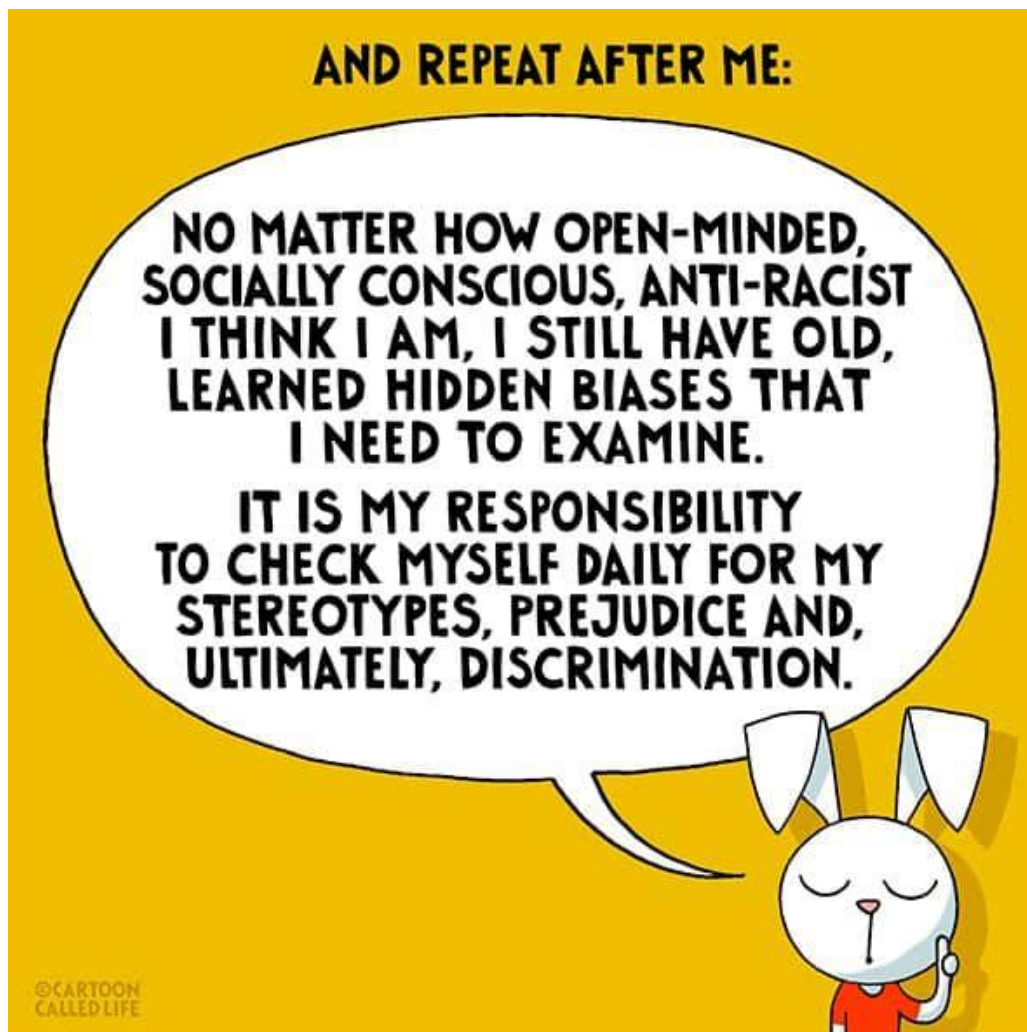
First and foremost look after your wellbeing and please confront biased conversation with your safety in mind. We can only move forwards if we have open and honest conversations.

<https://www.bbc.com/news/stories-53000622>

dealing with racist behaviour online guidance from lived experience

<https://implicit.harvard.edu/implicit/takeatest.html>

Test to help you understand your own unconscious biases to be aware of them so you can work on being more inclusive.



<https://youtu.be/Fr8G7MtRNik> 16:12

Explaining Implicit Bias social effects and how to push to actively overcome them.

<https://www.whiteaccomplices.org/>

Great Guide to your journey of anti-racism. Defining between: Actor, Ally and Accomplice.

<https://www.goodhousekeeping.com/life/a33436617/what-does-bipoc-mean/>

Terminology and the growth of language.

https://youtu.be/4SwOEJL_mA 10:17

Unconscious implicit Biases that should be treated as a health problem and healed.

<https://youtu.be/7P0iP2Zm6a4> 9:53

Prejudice and Discrimination Psychology crash course in understanding them.

<https://medium.com/@mzfayya/glorifying-white-authors-like-diangelo-erases-decades-of-black-writing-on-whiteness-ff398327323a>

Take out the word American swap with UK or your European country of choice and this still applies. It applies to all white culture. This is bias at work in a modern day example and in literature.

<https://www.youtube.com/watch?v=voALuDvzWc4> 3:51

A blended world a truthful perspective if the world we live in taking in to account some facts.

<https://youtu.be/b0Ti-gkJiXc> (2:59)

How to have a conversation when someone says inappropriate comments about race.

<https://youtu.be/Q8NydsXI32s> 1:40

The Backfire effect to avoid this be sure you make the other person aware they are not being attacked but being shown new evidence and facts that go against their identity/prior beliefs and should be open about discussing the new information fairly.

<https://youtu.be/KPRA4g-3yEk> (2:40)

Dealing with Microaggressions, really useful if you are caucasian. (White)

Works for any microaggression arising from many forms of discrimination.

<https://www.theguardian.com/music/2020/jul/12/lianne-la-havas-its-hard-to-fit-in-when-you-have-two-heritages>

<https://youtu.be/siMal6QVbIE> - 6:23

Talking about race with Native and Indigenous individuals

<http://www.thecrediblemohawk.com/>

Blog for further understanding of Indigenous individuals experiences.

<http://www.indigenoussaction.org/accomplices-not-allies-abolishing-the-ally-industrial-complex/comment-page-1/>

How to better support the fight of oppression of communities you did not grow up in or personally identify with.

<https://www.instagram.com/p/CA8zJQWDYWx/?fbclid=IwAR3NnZV2By36UUTbKV0cjRcpDIP4iPkXKMP6iy5mcFEHa0Wkj2RSjNmvpKw>

Addresses feelings of white guilt, shame, embarrassment and how to move past them - 5 mins

[Luvvie Ajayi: Get comfortable with being uncomfortable | TED Talk](#) (10:46)

Being the first to speak up. First of many Dominoes.

<https://youtu.be/WBILNHpyvAw> 5:57

7 points about how to be your best, strongest and happiest self.

https://www.youtube.com/watch?v=i_FE78X-qdY&t=614s How Ethnic Minorities can come together to oppose racism. - 12 mins

<https://metro.co.uk/2020/07/07/bame-debate-why-terminology-matters-when-talking-about-race-12954443/>

Navigating Terminology with respect and shedding a light on how it has been used.

<https://www.instagram.com/tv/CBCsk1GACEI/?igshid=1ek11bcmuzpew> (7:36)

Addresses white fragility and delusions of white supremacy and how we move away from these concepts towards a better world for all. Becoming a better Ally to black and brown people. BIPOC Black and Indigenous People of Colour best current term to describe globally people of colour.

<https://www.youtube.com/watch?v=7YCu5B6AMoQ>-8:34

Comedy and Education of intersectional racism and oppression. The Implication of the British Empire (white supremacy and colonialism) in institutional racism.

<https://www.youtube.com/watch?v=O1isIM0ytkE&feature=youtu.be> 2:49

Description of intersectionality really well visualised

<https://youtu.be/2vJZdeSqfFY> 11:59

Reni Eddo-Lodge : Why I'm not talking to white people about race. Everytime Reni talks about the social conversational barriers it is best described by the term coined [white fragility](#) which can be displayed by any colour. It works to keep the status quo of people profiting from a privilege system and defending unconscious implicit biases.

<https://youtu.be/RZgkjEdMbSw> 16:51

Deconstructing racism one headline at a time. Changing the story for a better inclusive outcome.

<https://youtu.be/l1JCWc7s6FY> 3:32

What is the difference between Appreciation Vs Appropriation.

<https://www.bbc.co.uk/sounds/play/m000kvmd> -41:12

Talk of Race and Open Spaces in the UK. Statues and Britain's True History.

<https://youtu.be/-aCn72iXO9s> 19:37

The root of racial injustice. Talking about tackling the roots to rid the infection of racist behaviour and unconscious implicit biases.

<https://youtu.be/2CS627aKrJI> 16:12

Geographies of racial capitalism with Ruth Wilson Gilmore. Talking about the foundation and relationship. How we move forwards mowing the truth.

<https://go.ted.com/6Kwr> 12:04

Climate and social justice connection and the medical point of view on moving forwards. Really important on the next steps beyond the conservation of inequalities

<https://www.instagram.com/tv/CBBcUPwnxGD/?igshid=u3bjmpkt2v3l> 58:13

Talking from the heart about how climate activism at its core should have Anti-Oppression work and Anti-racism in its fundamental workings constantly.

<https://www.teenvogue.com/story/activists-explain-why-migrant-justice-is-climate-justice>

Getting a point of view from outside of your social circle and geographical location.

<https://www.essence.com/black-history-month-2019/black-history-legacy-before-intersectionality-was-a-word-there-was-claudia-jones/>

This History of Intersectionality in practice.

<https://blog.lboro.ac.uk/sustainability/2020/06/18/intersectional-environmentalism/>

Intersectional Environmentalism: Why it's crucial for climate justice

<https://medium.com/@niadanihernandez/featurism-is-very-real-23d32d425d1e>

Article explaining Featurism and partially Colourism.

<https://sunilsuri.substack.com/p/the-polarisation-trap>

Going forwards with the conversation, an honest blog openly talking about how do we talk openly about racial inequalities.

https://www.yourblackfriendsarebusy.com/?fbclid=IwAR3HLVtRsmSdc69qplBsW_qXq9_fy4jPdyHjQqStosgMANss_M8Qds06giU

App that can further individual continual learning around this subject.