What can we do to support anti-racism in the UK?

"In a racist society, it is not enough to be non-racist, we must be anti-racist."
- Angela Y. Davis

To be anti-racist is 'to become actively conscious about race and racism and take actions to end racial inequities in our daily lives'. This requires proactive action from all individuals in a society, as silence or passive attitudes only contribute to existing systemic racism.

The existence and promotion of anti-racist resources has been shown to be incredibly impactful in the US in supporting the Black Lives Matter movement. We recognise that the UK also has a serious issue when it comes to systemic discrimination and racial injustice, and believe there is a huge amount of work to be done to promote a societal shift towards racial equality.

This document provides tangible ways to become a better ally and anti-racist in the UK, promoting national and international progress. This document is split into 6 major sections of actionable steps we can take to be better allies: ***campaign; vote; educate; donate; amplify black voices and businesses, and appendix: additional resources****.*

Click on the below sections for ways you can support the ***Black Lives Matter*** *movement:*

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6. Appendix: Additional resources

1. Educate

1.1 Self-Educate

- **Books and Audiobooks** *(based on public critical reviews. Listed in no particular order)*
    - Natives: Race and Class in the Ruins of Empire ***by Akala*** *(Natives speaks directly to British denial and squeamishness when it comes to confronting issues of race and class that are at the heart of the legacy of Britain's racialised empire. The audiobook is narrated by Akala himself.)*
    - So You Want to Talk About Race **by Ijeoma Oluo** *(Ijeoma Oluo guides readers of all races through subjects ranging from intersectionality and affirmative action to "model minorities" in an attempt to make the seemingly impossible possible: honest conversations about race and racism, and how they infect almost every aspect of American life.)*
    - Me and White Supremacy **(and the accompanying Me and White Supremacy Workbook) by Layla F Saad** (*Layla's book leads readers through a journey of understanding their white privilege and participation in white supremacy, so that they can stop (often unconsciously) inflicting damage on black, indigenous and people of color, and in turn, help other white people do better, too.)*
    - How To Be An Antiracist **by Dr. Ibram X. Kendi** *(Instead of working with the policies and system we have in place, Kendi asks us to think about what an anti-racist society might look like, and how we can play an active role in building it.)*
    - Black and British: A Forgotten History **by David Olusoga** *(In this vital re-examination of a shared history, historian and broadcaster David Olusoga tells the rich and revealing story of the long relationship between the British Isles and the people of Africa and the Caribbean.). You can also view a number of David's lectures and Q&A sessions on youtube: https://www.youtube.com/results?search_query=David+Olusoga*
    - The Good Immigrant **by Nikesh Shukla** *(Bringing together 21 exciting black, Asian and minority ethnic voices emerging in Britain today, The Good Immigrant explores why immigrants come to the UK, why they stay and what it means to be 'other' in a country that doesn't seem to want you, doesn't truly accept you – however many generations you've been here – but still needs you for its diversity monitoring forms.)*
    - Why I'm No Longer Talking To White People About Race **by Reni Eddo-Lodge** *(A charged and necessary wake-up call to pervasive, institutionalised racism, Eddo-Lodge's searing polemic reconstitutes the frame of the argument around race, removing it from the hands of those with little experience of its resonances. From ambient and lazy cultural stereotyping to open hostility, Why I'm No Longer Talking to White People About Race is a clarion call of understanding.)*
    - The End of Policing **by Alex Vitale** *(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.)*

- **Listen to podcasts**
    - Audible listeners: We need to talk about the British Empire
    - Intersectionality Matters with Kimberlé Crenshaw

    - **NPR's Code Switch** - Racism is omnipresent in American society, and until we name it we can't address it. Code Switch shines a light on the pervasive nature of racism, from language and workplace culture to social norms. First we identify the problems, then we work to dismantle them
    - **All my relations** - a US podcast where we explore what it means to be a Native person in 2019
    - **1619** (The New York Times) - 'An audio series on how slavery has transformed America, connecting past and present through the oldest form of storytelling'
    - **About Race with Reni Eddo Lodge** - 'From the author behind the bestselling *Why I'm No Longer Talking to White People About Race,* comes a podcast that takes the conversation a step further. Featuring key voices from the last few decades of anti-racist activism, *About Race with Reni Eddo-Lodg*e looks at the recent history that lead to the politics of today.'

- **Recognise the context and history behind activism on race issues, and wider protest activism** One example would be how intersectional queer activism through the Stonewall riots (in response to police raids on gay bars) has heavily contributed to the LGBTQ+ community today. The 1969 Stonewall riots are one example of how protests contribute to lasting change and reform - for more information on queer activism, context and theory please see the appendix.

- **Speak with *non*-black friends/family who are educated and activists on these issues.** Do not ask black people to educate you on the injustice they face. It is unfair (and exhausting for them) to request this labour in a time of crisis. There are an overwhelming number of resources available for you to self-educate (including, hopefully, this document). It would be appropriate to offer support as a friend and listener to any black friends and loved ones in your network, should they wish for this.

1.2 Call out casual racism

Many of those reading will be able to think of some loved ones that are not convinced by movements like Black Lives Matter, and this can be challenging to address in a way that does not lead to frustration and burn-out on the part of the activist. There are several resources that are available to help you engage in these difficult conversations:

- **Practice responses to racist/ignorant remarks and questions in your own time**
    - **Read around online for potential responses to racist remarks** that you may come across in non-black communities
    - A good resource of **example responses to respond to US-based South Asian peers about systemic racism**, but it can also be applied to all groups and to a UK context too.
    - We recommend the ***Interlude: A Guide to Denial*** chapter of Akala's book **Natives: Race and Class in the Ruins of Empire**, where the author provides example responses to racist remarks/questions
    - This **MSN News article** includes '**Tactics for Tough Conversations**' as well as example talking points
    - Bustle's '**How To Argue Against Saying "All Lives Matter**' article presents well-articulated answers to challenges including 'what about white lives' and **why it is problematic to use the term 'All Lives Matter'**.

1.3 Educate others / encourage others to educate themselves

- **Organise group discussions via Zoom during lockdown**, a good way to understand perspectives peacefully and cascade information. This may then encourage the people attending the discussion to arrange similar discussions with their own circles, and so on. Below are some resources:
    - An example agenda for discussions on combating anti-black racism in South Asian circles, but can be adapted for any PoC / white people wishing to be better allies.

- **Start a regular book discussion group.** Choose a list of books to read on racism/British history around the empire/slavery, and start a biweekly discussion group on those books (see list of books in the 'Educate ourselves' section (above) or Emma Watson's booklist for her journey to becoming an anti-racist).

1.4 Bring racism education to the classroom (& change the curriculum)

- **Campaign for curriculum change**
    - See the campaigns section on how to campaign for reform in the British curriculum

- **Teaching resources**
    - **A diverse list of teaching ideas for teachers and educators** (The New York Times) - parents can also do these activities with their children, and they do not have to be in a school setting
    - **Facing History and Ourselves** has created **a list of ideas for teachers** on how to begin conversations with their students about police violence, protests, and raising their own voices. They have created an iceberg diagram and activity to help students gain awareness of the numerous underlying causes that give rise to an event.
    - The New York Times **lesson plan on The Power to Change the World** (Student activism in history and today)

1.5 Parent our kids from a young age about racism / British history

- **Articles** on parenting about anti-racism:
    - **PBS's Teaching Your Child About Black History Month**
    - **Your Kids Aren't Too Young to Talk About Race: Resource Roundup from Pretty Good**

- **Books**: There are many books that explore issues of racism and discrimination that have been designed for a younger audience. Some examples are **'Something Happened in our Town'** (ages 4-8) and **'One Family'** (ages 4-6). **Expansive reading suggestions** may be found on:
    - **Goodreads** (Racial Equity/ Anti-Racism picture books)
    - **The New York Times** ('These Books Can Help You Explain Racism and Protest to Your Kids') and;
    - **The Guardian** ('No Reader is too young to start - anti-racist books for all children and teens').

- **This document**, created by Sarah Sophie Flicker and Alyssa Klein, has **further recommendations of resources for white parents** to raise anti-racist children.

2. Campaign

2.1 Attend in-person protests

- **Look up your local Black Lives Matter group** (on social media, or on the BLM UK website) and see what protests they are organising
    - **Especially** if you are white/ coming from a position of privilege, do not attempt to outshout your fellow protesters. This should be a time to amplify black voices. Do not use phrases like 'I can't breathe' unless asked to by coordinators, - these are not our phrases to say. Do not escalate the situation to make your voice heard (for example, shouting abuse at police presence). This will likely have a detrimental effect on the efforts of the coordinators, and the black campaigners are attempting to protest peacefully. As an ally and anti-racist you are supporting them, and we encourage you take on that supporting, not starring, role.
- **Know your rights**
    - Make sure to look up your rights as a protester:
        - Liberty outlines your rights to protest under UK Law
        - This website highlights the stop and search questions that police may ask - emphasizing that **you do not need** to answer.
- **Security and Safety**
    - **Key Physical Safety points:** Wear nondescript, solid colour and layered clothing, covering identifying tattoos. Pack snacks, water, first aid supplies and ear plugs. Write down your emergency contacts. If you take video or photo footage, avoid capturing the faces of fellow protesters. Leave at home anything you would not want to be arrested with, such as jewellery. (List compiled by @ukjamii)
    - **COVID-19 Precautions:** Stay socially distanced as far as possible, wear masks, and carry anti-bacterial gel. Be aware that by attending a protest you may have been exposed to COVID-19. Take action to self-isolate for 14 days following attendance, and reduce possible exposure to those around you, especially for those deemed more vulnerable.
    - Surveillance self-defense - privacy non-profit Electronic Frontier Foundation have released detailed resources relating to your online privacy, dressing for anonymity and safety. While US focused, the actions (including device encryption, removal of face-id, and covering your face) are applicable to protesting in the UK.

2.2 Email or send a letter to local MPs and politicians

Campaigning by sending an email or letter to MPs is something that can take a few minutes, or a few hours, depending how many asks you have and how many contacts you aim to reach out to. It is a **straightforward, actionable and effective way** to give support. Many organisations provide email templates of what you can send to your MP and what specific asks to include. However, we recommend editing the email templates to be in your own words, so that your email does not end up being filtered out as duplicate email spam. Follow-up emails are equally important, so as not to let the issue slip through the net and to continually ensure we are supporting anti-racism.

You can find the contact details for your MP via this government website

- **Education: Campaign with the Black Curriculum to include black history and British Empire history in the British curriculum.** The British school curriculum mandates neither education on the legacy of the British empire nor the ongoing damage that has on ethnic minorities, especially black people, today. The Black Curriculum encourage us to:
    - **Send an email to Gavin Williamson**, who is the Secretary of State for Education since 2019, demanding for black histories to be mandatory in the UK national curriculum. The Black Curriculum has an email template (which you can edit to be in your own words, to make sure your message isn't filtered out as spam) which you can then send to Gavin Williamson, cc'ing your local Member of Parliament (MP).
    - **Send an email to Rebecca Long Bailey**, Shadow Secretary of State for Education, to encourage her to directly move Gavin Williamson to action. The Black Curriculum has a template for this too, but copy, paste and edit the email text to be in your own words.
    - **For Scotland: Send an email to John Swinney**, Deputy First Minister and Cabinet Secretary for Education and Skills. The Black Curriculum has a template for this too, but copy, paste and edit the email text to be in your own words.

- **Calling on the government to take racial injustice seriously: Campaign with Amnesty International by emailing your local MP about racial injustice** (template in the link). The template involves asking your local MP to:
    - Please write to Dominic Raab MP and ask him to **condemn the words and actions of the President of the USA**, and call for him to suspend the attack on protesters;
    - Please write to the Prime Minister and ask him to **denounce militarisation of the protests in the USA**;
    - Please write to the Home Secretary Priti Patel and ask her to **make assurances that UK protesters will not be met with excessive use of force**;
    - Call on the government to **immediately suspend licences for tear gas, riot shields and rubber bullets to the USA**.

- Fill In The Blanks host a range of campaigns and teaching resources including **advice on campaigning MPs and individuals in power**. These include:
    - Template email to call on headteachers to support mandatory inclusion of British empire history in the UK curriculum
    - Free FutureLearn course on 'Empire: the Controversies of British Imperialism'.
    - A detailed list of practical ways to support the BLM community in the UK

2.3 Sign petitions

Signing a petition is something that takes a few minutes - and is a straightforward way to give your support. Within the UK, a petition with over 10,000 signatures receives a response from the government, and a petition reaching over 100,000 signatures are considered for debate in Parliament. As of early June 2020, there are a large number of petitions that you can sign and share.

This is **not** an exhaustive list. If you have time, please head to change.org and other petition sites, or sign where you see this shared on social media.

UK-specific petitions

- Medical schools must include BAME representation in clinical teaching
- Justice for Belly Mujinga
- Make white privilege and systemic racism a compulsory part of British education
- More protection for Black Trans Women (UK) - black trans women have a 35 year life expectancy. See petition for further information.
- Suspend UK export of tear gas, rubber bullets and riot shields to USA
- Take down all slave trader statues in the UK
- Battle racism by Updating GCSE reading lists
- Teach Children About the Realities of British Imperialism and Colonialism

International petitions

- Justice for George Floyd
- Justice for Ahmaud Arbery - Pass the Georgia Hate Crime Bill
- Justice for Breonna Taylor
- Justice for Tony McDade
- Black Lives Matter - Defund the Police

Donate with no money: The proceeds from this Youtube video are split between a number of Black Lives Matters organisations. Make sure not to skip any of the adverts as these provide the revenue.

2.4 Encourage others to campaign

- **Message people *individually* to ask if they can contribute** in whatever way they can: campaign, donate, educate, anything they can that isn't being silent. Posting in group chats is often less effective (although still important!), because people find it easier to ignore something that is not directly addressing them.
    - A potential template might include:

      'Hey [NAME], I have been thinking a lot about how I can be most useful in terms of campaigning against racism, and I found a few resources that might be helpful. Would you be happy to support me in a small way to campaign against racial injustice? Would you be happy to [INCLUDE EXPLANATION AND HYPERLINK OF HOW YOU WOULD LIKE RECIPIENT TO HELP]. Campaigners need as much assistance as possible, so anything you can do will help. If you have already campaigned/ donated/ educated, please can you help spread the word to get more people involved and let them know ways they can support the fight against racial injustice? Thank you so much.'

        - Amend the above template as necessary. If they are happy to engage, you can send this resource sheet, or select any of the linked resources within this sheet (for example, link to Black Lives Matters UK, or link to reading lists) to share.

- **Post about your activism on social media**
    - Post about your **useful activism** in a way that encourages others to do the same, such as sharing:
        - Your participation in protests - providing information where you can
        - The campaign letter(s) you've sent MPs with instructions encouraging others to do the same
        - Links to petitions/upcoming protests on your feeds/stories

        - Alongside the above, ask others kindly to participate in the same activism you are participating in
    - **Note: Beware of being a performative activist.** Sharing something to elevate yourself, or make yourself look virtuous, is likely to be more harmful than useful. We have all seen organisations on our social media feeds making bland statements about a better world, while failing to commit to any actionable change. We would urge you to be mindful not to fall into the same trap. Please ensure that your content is promoting a call to action, or providing useful information that helps promote anti-racist action. Posting a black tile on Instagram, while potentially well-intentioned, is not sufficient activism.

- **Provide friends/family links to templates of campaign emails**
    - Making a contribution as easy as possible is likely to increase engagement, so we commend providing clear information, templates (with a note to personalise the email) and email addresses where necessary.

- **Be careful not to burn out as an active campaigner**
    - Campaigning for long-term change means your energy will be needed over a sustained period of time, and exhausted activists can cause harm to their own health while being less effective as campaigners. Look after yourself and plan long-term.

3. Vote

3.1 Register to vote

- **Register to vote:** If you move house, do not forget to register in your local area.

3.2 Vote for leaders who work against systemic racism and for pro-social policies

- By heading to **www.theyworkforyou.com** and entering your postcode, **you can see how your MP has voted during their time in Parliament**. This can give you some insight into how far they represent your values

- Many MPs and political candidates will have social media feeds - on Twitter and Facebook, for example. **Checking their posts and engagement with issues of racism** can inform you of their standpoints.

4. Donate

4.1 Where to donate in the UK

This is not an exhaustive list - but includes some prominent organisations. You may also wish to search for local charities.

- **Black Lives Matter UK** (Go Fund Me) - campaigns against racism and race-based violence
- **Black Minds Matter** - development and self-empowerment programmes for social change
- **The Black Curriculum** - campaigning for an inclusive curriculum
- **Show Racism the Red Card** - anti-racism education
- **UK Black Pride** - Black Pride organisers ('Europe's largest celebration for LGBTQ people of African, Asian, Caribbean, Middle Eastern and Latin American descent' and community outreach.
- **Stephen Lawrence Educational Trust** - young person programmes, campaigning
- **Stop Hate UK**
- **(Scottish) Coalition for Racial Equality** - policy research and advocacy
- **Imkaan** - black feminist organisation addressing violence against BME women and girls
- **The Naz Project** - provides sexual health support services to BME communities (London)

More organisations listed by The Independent.

4.2 Where to donate in the US

This list is not exhaustive and you will find many more intersectional, regional / federal and special-interest non-profits working against racism.

- **Recommended starting point - Live Resource List:** A list of **community groups**, kept up to date by community organisers Reclaim the Block. RtW have recommended donating to these groups as a way to spread resources across community efforts.
- **Bailout Funds** for different US states
- **Black Lives Matter** - campaigns against racism and race-based violence
- **List of charities supporting black LGBTQ Communities**
- **NAACP** - education and advocacy
- **ACLU** - legal battles and advocacy
- **Donate to These Orgs to Support Black Trans People** (US)
- **Minnesota Freedom Fund** 'pays criminal bail and immigration bonds for those who cannot afford to as we seek to end discriminatory, coercive, and oppressive jailing.'

5. Amplify Black voices and businesses

5.1 Identify and purchase from black-owned businesses in your area

The following list of UK-based black-owned businesses was compiled by @emames7 @ukjami @blackwomensdirectory and @IamKristabel, found on Instagram.

Fashion and Accessories

Wales Bonner - walesbonner.net
Casely-Hayford - www.casely-hayford.com
Daughter of a Bohemian www.daughterofabohemian.com
Daily Paper www.dailypaperclothing.com
Aaks: basket bags www.aaksonline.com/all
Martine Rose - www.martine-rose.com
Nubian Skin - www..nubianskin.com
Sincerely Nude - www.sincerelynude.com

Beauty and Haircare

Liha Beauty - skin oils, shea butters - www.lihabeauty.com
BeautyStack: discover and book treatments - www.beautystack.com
Boucleme: afro and curly hair products -www.boucleme.co.uk
Afrocenchix: hair products- www.afrocenchix.com
The Afro Hair and Skin Company: shampoo bars, hair masks, face masks - www.theafrohairandskincompany.co.uk

Home and Lifestyle

PrickLDN: London's first cacti and succulent specialists - www.prickldn.com
La Basketry: homeware - www.labasketry.com
Bonita Ivie: stationary and design - www.bonitaivieprints.com
Reset Travel: travel cards and workshops - www.resettravel.co.uk/resources
Bespoke Binny: homeware - https://bespokebinny.com
New Beacon Books: Specialists in African and Carribean literature - www.newbeaconbooks.com

Cookbooks

Original Flava - Craig and Shaun McAnuff - www.originalflava.com
The Vegan Nigerian - www.vegannigerian.com
Zoe's Ghana Kitchen - Zoe Adjonjoh - www.zoesghanakitchen.co.uk
Hibiscus - Lope Ariyo - www.hibiscus-lopeariyo.netify.app
Ethiopia - Yohanis Gebreyesus
Belly Full - Riaz Phillips - www.tezetapress.com

Food and Drinks

Chikas snacks - www.chikas.co.uk
Berry and Brie Grazing Boxes - www.berryandbrie.com
Yard Confectionery Chocolate - www.yardconfectionary.com
Cabby's Rum - www.taxispirit.com/product/cabbys-rum
Cham Cham hot pepper sauce - www.nimsdin.com

5.2 Follow and share black voices/pages/accounts on social media

- Instagram - **educators/ campaigners**: @rachel.cargle; @ibramxk; @roxanegay74; @munroebergdorf; @bodyposipanda; @mynameisjessamyn; @ayishat_akanbi; @aaron__philip; @kennyethanjones; @privtoprog; @flex.mami; @israhirsi; @theconsciouskid; @naomiwadler; ttrapyogabae; @angelicaross; @indyamoore; @ceceolisa; @yarashahidi; @definitelydope; @crutches_and_spice; @reniedolodge; @ashleemariepreston; @wond3rwoman1 and stephanieyeboah *(list provided by @jameelajamilofficial)*

- Instagram - **platform accounts**: Gal-dem @galdem; Irin Journal @IrinJournal; Women Who @WomenWho; For Working Ladies @forworkingladies; Thy Self @thyself; Black Girl Fest @blackgirlfest *(list compiled by @emames7, @ukjami, @blackwomensdirectory, @IamKristabel).*

6. Appendix: Additional resources

More ways you can help

- Ways you can help: blacklivesmatters.carrd.co
- NetImpact 'The 8 R's of Talking About Race: How to Have Meaningful Conversations': www.netimpact.org/blog/talking-about-race?action
- Being Anti-racist: https://nmaahc.si.edu/learn/talking-about-race/topics/being-anti-racist

GoogleDocs / Folders created by others full of very useful resources

- Scaffolded anti-racist resources
- Resources for Accountability and Actions for Black Lives - Atlanta Resistance Revival Chorus

Wider Education: The history of activism and the importance intersectional protests

- Black revolutionary texts - journal articles and written pieces
- *Here's Your Reminder That Pride Would Not Exist If It Weren't For Black LGBTQ Activists:* https://www.buzzfeed.com/kellymartinez/black-queer-riots-built-pride
- *Black feminism and intersectionality:* https://isreview.org/issue/91/black-feminism-and-intersectionality
- *Miss Major:* https://fundly.com/missmajor - retirement funds collected for Miss Major, a black trans activist who was of the original coordinators of the Stonewall Riots.
- The Guardian's 'Bias in Britain' series on racial discrimination: https://www.theguardian.com/uk-news/series/bias-in-britain
- *Black and British: a forgotten history by David Olusoga* - available at: https://www.waterstones.com/book/black-and-british/david-olusoga/9781447299769
- *Black British social and political history in the 20th century* - records at NationalArchives.gov.uk: https://www.nationalarchives.gov.uk/help-with-your-research/research-guides/black-british-social-and-political-history-in-the-20th-century/

You can find the web version of this document here, and a preview version here.

Document compiled and written by Nikita Patel and Amy Ertan, June 2020