

Right now we are again facing a nation of unrest because black people are again having to shout to the world that they are dying at the hands of a system that is set up to oppress and ultimately kill them. As a White Person you may say “I don’t know where to begin” or “This is systemic and I benefit from white privilege, but really what can I do?”

This is a non-exhaustive list of things you can do as a white person to start change. Some of these you can do from your couch alone with very little effort, others you will need friends white and black to accomplish, others are more risky for you as they will challenge your privilege and positionality in society. Do whatever you can, when you can, the best that you can.

*This list was curated with resources and inspiration from:

- [75 Things White People Can Do for Racial Justice](#) - Corrine Shutuck
- De-colonize your bookshelf - [Ally Henny](#)
- [24 books for white people to read beyond Black History Month](#) - Roy Peter Clark
- [50 Black Movies On Netflix to Add to Your Watch List](#) - The Voice of BLACK Cincinnati
- So You Want to be Woke: A Reading Guide for White People - Mya Nunnally
- [Anti-racism Resources](#)

Action From Your Couch

Responding to Problematic Behavior

- More and more stories of black folks encountering racism are being documented and shared through social media — whether it’s at a hotel, with the police, in a coffee shop, at a school, etc. When you see such a post, call the organization, company, or institution involved to tell them how upset you are. Then share the post along with the institution’s contact information, spreading the word about what happened and encouraging others to contact the institution as well. Whether the company initiated the event or failed to protect a POC during an onslaught by a third party, they need to hear from us.
- Don’t be silent about that racist joke. Silence is support.

- When people ask, “Why aren't you talking about ‘black-on-black crime’?” and other myths about BLM, let [Francesca Ramsey](#) help you with those talking points.
- When people say that Black Lives Matter is a violent/terrorist group, explain to them that there are [fringe groups that are being misrepresented as part of BLM](#). If conservatives don't want to be lumped in with the KKK, they can't lump violent protesters in with BLM.

Spreading the Message

- Watch [this video](#) of Neil deGrasse Tyson speaking about his experience as a black student and then share it with any friends or family members who are educators.
- Follow, like, and repost black artists, influencers, activists, etc. Do so with the intention of listening, learning, and amplifying their voices only - Need some activists to start following: [@OsopePatrisse](#), [@opalayo](#), [@aliciagarza](#), [@bellhooks](#), [@Luvvie](#), [@mharriserry](#), [@VanJones68](#), [@ava](#), [@thenewjimcrow](#), [@Lavernecox](#), [@deray](#), [@thedididelgado](#), [@TaNehisiCoats](#). *Bonus round: Paying people for their time, energy and effort is always appreciated, most folks have venmo and/or paypal accounts ready and accessible.
- Read [this article](#) about an overt white supremacist's son's journey to relinquish white supremacy and watch [this video](#) about Daryl Davis, a black man who gets KKK members to disavow by befriending them.
- Talk to the white people you know who aren't clearly upset by white supremacy. Use “I” statements and “I care” messages (“I feel [feeling] when you [behavior]”). They need to know you see a problem. Call them out, and call them in.
- Credit Black men and women. - The beginning of this document clearly states the sources this material was pulled from and links them directly throughout this document. Black people who spend time educating deserve to at minimum be recognized for the work they do

Government Action

- Google whether your local police department currently outfits all on-duty police officers with body-worn camera and requires that the camera be turned on immediately when officers respond to a call. If they don't, write to your city or town government representative and police chief to advocate for it. The racial make-up of your town doesn't matter - this needs to be standard everywhere. *Bonus round: get others to advocate as well - post on social media, write op-eds, etc.
- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn't matter - this needs to be standard everywhere. *Bonus round: get others to advocate as well - post on social media, write op-eds, etc.
- Read up about mandatory minimum sentences and watch videos about this on Families Against Mandatory Minimums (FAMM's [website](#)). FAMM's website includes work being done at the federal level and state level. Call or write to your state legislators and governor about reducing mandatory minimum sentences for non-violent drug crimes.
- Call or write to state legislators, federal legislators, and your governor to decriminalize weed. No, not because black folks use weed more frequently than white folks. Because [black Americans are arrested for marijuana possession far more frequently than whites](#).
- Call or write to state legislators to require [racial impact statements](#) be required for all criminal justice bills. Most states already require fiscal and environmental impact statements for certain legislation. Racial impact statements evaluate if a bill may create or exacerbate racial disparities should the bill become law. Check out the status of your state's legislation surrounding these statements [here](#).
- Research your local prosecutors. Prosecutors have a lot of power to give fair sentences or Draconian ones, influence a judge's decision to set bail or not, etc. In the past election, a slew of fair-minded prosecutors were elected. We need more.

- Call or write to state legislators, federal legislators, and your governor to end solitary confinement in excess of 15 days. It is [considered torture by the UN](#), and it is [used more frequently on black and Hispanic prisoners](#). For more information on solitary, two good overviews can be found [here](#) and [here](#).
- Find out how slavery, the Civil War, and the Jim Crow era are being taught in your local school. Advocate that history is taught correctly and certain parts are not skipped over or barely mentioned. Advocate that many voices be used in the study of history. Is the school teaching about post-Civil War convict leasing, the parent to our current mass incarceration system? Talking about slavery alone, is your school showing images such as [Gordon's scourged back](#), [a slave ship hold](#), and [an enslaved nurse holding her young master](#)? Are explorers, scientists, politicians, etc who are POC discussed? Are male and female authors who are POC on reading lists? Are Japanese internment camps being discussed? Is history explained correctly in history books? As an example of a severe failure to teach the reality of slavery and its ramifications, check out [image 1](#) and [image 2](#) . There are a lot of great resources out there with a little googling, like [PBS's resources for teaching slavery](#), [this POC Online Classroom blog](#), [Teaching for Change](#), and [The National Association for Multicultural Education](#).

Use Your Wallet

- Donate to anti-white supremacy work such as:
 - [Black Lives Matter DC](#)
 - [National Council for Incarcerated and Formerly Incarcerated Women and Girls.](#)
 - [the NAACP, Southern Poverty Law Center.](#)
 - [United Negro College Fund](#)
 - [Black Youth Project 100, Color of Change](#)
 - [The Sentencing Project](#)
 - [Families against Mandatory Minimums](#)
 - [A New Way of Life](#)
 - [Dream Defenders.](#)
- [Donate](#) books that feature POC as protagonists and heroes - racial make-up of the class doesn't matter. Every kid of every race should

be exposed to people of different races, religions, and countries. Not sure what books to get [here is a list](#) of books and where you can purchase them.

- Support Black Businesses. Find them on [WeBuyBlack](#), [The Black Wallet](#), and [Official Black Wall Street](#).
- Don't buy from companies that use prison labor. Find a good list [here](#).
- If there are black children/teens in your life, contribute to their college savings plans. You can also contribute to an HBCU or to the UNCF
- [Donate](#) to groups that are working to put women of color into elected office, to get out the vote, and to restore voting rights to disenfranchised voters.

Action In The Community

- Many companies have recruiting channels that are predominantly white. Work with your HR department to find out what they are doing to diversify the company, starting with how they advertise job postings to how they ensure fair hiring practices.
- Find and join a local “[white space](#)” to learn more about and talk out the conscious and unconscious biases us white folks have. If there's not a group in your area, start one.
- Participate in reparations. One way is through this [Facebook group](#). (Don't understand the concept or need for reparations, [read this first](#))

Books, Articles, and Films

[List of films and books](#) for children, young adults, and adults.

Read books, watch movies and TV shows that are written by, performed by, and produced by black people.

Read these books by yourself or start a book club! Watch these films or better yet, gather a group together, watch them and discuss! Read and

watch history but also take in media that shows POC as lead characters and in their full humanity.

For you book lovers out there, [Ally Henny](#) suggests four things that you can do to de-colonize your bookshelf this year:

1. Add books written by black, brown, and indigenous people. Try to add at least one book from an author of color for every book written by a White person that you buy this year.
2. Purge books that are racist or written by problematic authors. The goal isn't to run away from alternative viewpoints or ideas with which we disagree, but these should not be the dominant voices in your library. There are some beloved works that are racist trash and belong in university libraries (where they can be studied for the trash that they are) and not in our personal collections.
3. Don't pigeonhole authors of color. Black, brown, and indigenous people can do more than talk about race...pick books from your favorite genre written by authors of color.
4. Don't hold authors of color to a higher standard. Not every book written by a black, brown, or indigenous author will automatically be great and that's 100% okay. If you have mediocre or crappy books written by white authors, you can also have some mediocre books from people of color on your shelves, too.