

For BIPOC (Black & Indigenous People of Color) Colleagues:

- [4 Self-Care Resources for Days When the World is Terrible](#)
- [Radical Self-Care in the Face of Mounting Racial Stress](#)
- [PoC Online Classroom Self-Care Resources](#)
- [Racial Trauma and Self-Care in Tragedy](#)
- [BREAKING ISOLATION: Self-Care and Community Care Tools for our People](#)
- [Radical Self-Care: 25 Tips for Black People](#)
- [#IRunWithMaud Panel hosted by Brooklyn Friends](#)

For Non-Black Colleagues of Color:

- [Four Person-to-Person Things I Do to Address Anti-Blackness con Mi Gente](#)
- [TO ALL NON-BLACK LATINX: DISTRACTING PEOPLE FROM BLM IS ANTI-BLACK VIOLENCE](#)
- [30+ Ways Asians Perpetuate Anti-Black Racism Everyday](#)
- [20+ Allyship Actions for Asians to Show Up for the Black Community Right Now](#)

For White Colleagues:

- Anti-racism Resources for White People Google Doc
- [75 Things White People Can Do for Racial Justice](#)
- Actors, allies and accomplices: [Opportunities for White People in the Fight for Racial Justice](#)
- Racial equity: [21-Day Racial Equity Habit Building Challenge](#)
- Layla Saad's book [Me and White Supremacy](#)
- [How Amy Cooper and George Floyd represent two versions of racism that black Americans face every day](#)
- [White people, here's how to be a better ally and proactively anti-racist](#)
- [How to be an ally in light of George Floyd's murder](#)
- [Black People Need Stronger White Allies — Here's How You Can Be One](#)

For Talking To and Teaching Young Children About Race:

- [Black Lives Matter at School 2020 Curriculum Resource Guide](#) (Pre-K-12 resources, lesson plans, language to use with children and young people, etc. Introduction to the Google Drive [here.](#))
- [Black Lives Matter Facts for Kids \(Kiddle\)](#)
- [Your Kids Aren't Too Young to Talk About Race](#) (Pretty Good Design, highly recommended)
- [George Floyd. Ahmaud Arbery. Breonna Taylor. What do we tell our children?](#)
- [How To Talk To Your Kids About Race, Racism And Police Violence](#) (wbur podcast)
- [RESOURCES FOR TALKING ABOUT RACE, RACISM AND RACIALIZED VIOLENCE WITH KIDS](#) (Center for Racial Justice, highly recommended)
- [Anti-Racism Resources For All Ages](#)
- [Let's Talk: Discussing Race, Racism, and Other Difficult Topics with Students, Teaching Tolerance](#)
- [Raising Race-Conscious Children](#)
- [A Family Guide to Talking About Race](#)
- [Reading While White: Working for Racial Diversity and Inclusion in Books for Children & Teens](#)

Educational Books on Fighting Racism

We offer [this list](#) as a resource for readers who, like us, are looking to learn.

[Black-owned bookstores by state](#)

[20 Children's Books to Help Foster Conversations on Race](#)

Featuring books for kids of all ages, from toddlers to middle graders.

STRETCH YOUR BRAIN

[5 Books on Civil Rights You Can Read Now for Under \\$3](#)

Including 'Me and White Supremacy' by Layla F. Saad.

BOOK CLUB FAVORITES

[Book Club Guide: 'White Fragility' by Robin DiAngelo](#)

DiAngelo offers a helpful discussion guide for her 'New York Times' bestseller.

Activism

[Justice in June](#)

Podcasts

[How to be an anti-racist](#)

Articles

[How to be an ally during times of tragedy](#)