

This quick sheet is geared towards non-Black people, though generally this sheet has resources that are useful for all. This is an ongoing WIP doc—feel free to suggest any amendments to melreplies404@gmail.com. As resources and information are added quickly, this document's structure is in an ongoing state of flux and will continue to change. The current way that this doc is compiled is in reaction to the speed of how information and documents are being spread on IG and Twitter. Ideally over time I will find ways to present slower methods of learning that are integrated into our daily lives, as this is a lifelong mission and commitment we must take. I will present pre-existing frameworks, writers, authors, and structures that have already been built, and limit the erasure of all of the hard work already done in the Black community in past generations. Currently the ways that information and writing is being spread on IG and Twitter, despite being grateful for the efforts made by younger people, tends to erase some of that history and the previous voices left under-acknowledged, unheard, or buried. Overall I acknowledge that as a non-Black person, I would not be able to share this knowledge without all the work from the Black community.

This does not fall on the responsibility of Black people

If you're non-Black, it means you benefit from systemic racism. If you benefit from it, that means you have the agency and the means—which means it's your job to help the most. Uplift and support the Black community right now. Do the work!

Latest update: this document has slowed in updates as a result of preoccupying personal life events. This document will continue to be updated, though it is also being considered to take the form of a website or more interactive document, to be a more efficient and helpful resource. While those updates are yet to come, this first section of links are where you will find most of the information/resources that you need.

Boost

- [Patia's Fantasy World Master List to Dismantle Systemic Racism](#)
 - [MASTER DOC to support the Black community](#)
 - [NATIONAL RESOURCE LIST](#) for more community bail funds, memorial funds, political education resources, the names of organizations to put on your radar, and general advice/tips for people attending protests or using social media as an organizing tool.
 - [Blacklivesmatters.carrrd.co](https://blacklivesmatters.carrrd.co)
 - [An extensive document for Mutual Aid and funding needs](#)
 - [Petitions that haven't met their goal](#)
-

WHAT YOU CAN DO

PROTESTING

- **Preparation**

- [What to know and how to prepare before heading to a protest](#)
- [Read this **extremely informative** Pocket Guide to Direct Action from BUFU](#)
- [Know that you should NOT post photos/videos of protestors online](#) to protect the identities of protestors.
 - If you are documenting police brutality, you should completely color out whole bodies that are not involved. Take screenshots in lieu of original photos (metadata is attached).
- Consider bringing/making some sort of shield to protect from rubber bullets. Use a garbage can lid (heavy duty plastic or metal) or a lid from a large heavy duty storage container. Line the edges/fronts with foam/mats for added protection. Glue with 3M adhesive spray.
- [View this Live Mapping of Police Scanners for protests in NY, LA, ATL, SF, PHL, CHI](#)
- Know where to find supplies/resources/mutual aid
 - MPLS: [Mutual Aid Map](#)
 - NYC: Use [Supply-map.net](#) to know where to find supply locations for [BLM protestors](#) (water, food, PPE, first aid, bathrooms, and more).
 - LA: [People for People Los Angeles Mutual Aid](#)

- **Find protest info**

- [NYC](#)
- [MPLS](#)
 - [Things You Can Do To Support The Resistance From Home](#)

- **Follow Black organizers**

- Non-Black folks: This is not your movement.
 - Do NOT grab the mic. Do not start any chants.
 - Do NOT cause unnecessary destruction, begin violence, or provoke the police.
 - Be prepared to follow and listen to Black organizers.
 - During escalation, blockade the front or perimeter of the group. Get in the way of cops trying to hurt or arrest Black folks.
 - Do not disperse without a cue from organizers. They will usually give info on how to safely leave. Staying together until the end sends the best message and ensures the safety of Black folks. If you leave early you are making it easier for cops to arrest everyone else, and possibly endangering yourself as well.

- [More here from @alex.janakiraman](#)

- **Learn some tactics**

- [How to put out a tear gas canister](#)
- [How to flush out your eyes](#)
- [How to safely and ethically film police misconduct](#)
- [How to protect yourself from a flashbang](#)

- **Health warnings**

- [Tear gas is an Abortifacient](#). If you are pregnant, being maced may lead to having a miscarriage.
- Consider staying home if you have asthma/respiratory problems! Tear gas can lead to death for those hard of breathing.

- **If you're arrested**

- [Understanding bail](#)
- NYC—Write any of these numbers on your arm for free legal services if you get arrested:
 - 718-505-3400.
 - Good Call: 1-833-3 GOOD CALL
 - Brooklyn Defender Services: 240-531-1971
 - **If you witness an arrest** call 347-640-2571
- [What to do if you're injured during arrest](#)
- What to say, to help you challenge later in court
 - Say "I'm not resisting", especially if the police say "stop resisting".
 - "I am not talking without my lawyer." You have the right to silence.
 - Police can pat down the outside of your clothing during arrest. However, if they start searching your belongings or the inside of your clothing, you should object and say "I do not consent to this search."
 - When detained with other protestors, do not discuss the specific details of your arrest as you may accidentally self-incriminate yourself.
- [Know your rights as an undocumented immigrant](#)
- Trans and gender non-conforming folks: you have the right to be locked in the gendered cell of your choice.
- Do NOT allow police to take a photo of your eye (iris scan).
 - Say: "I decline to allow you to scan my eye, and I have the right to refuse. It isn't compulsory. You can confirm this with your commanding officer or call my attorney."
 - Iris scans are more detailed than fingerprinting. When someone's iris is scanned, a binary code of the image is created and the data is stored in a database. False matches can lead to wrongful detention/conviction. Biometric identifiers, like SSNs, can be compromised by data breach but has no recourse—can lead to identity theft, impersonation, etc.

- Also be aware that your personal information becomes readily available publicly online after arrest. This includes your name, age, full street address, and any other details related to the arrest.
- If someone you know goes missing at protests, you can call central bookings and hospitals to find out if they have been admitted/booked.
- Do not trust a cop if they are kneeling! They are fake virtue-signaling. They have done this to draw in protesters closer to shoot tear gas canisters at them.

Feeling helpless or overwhelmed about going to protests? Just zoom out—look at this map of roles. If you are unable to attend any protests, there are other ways to contribute. Action can take many forms.

GENERAL TIMELY ACTIONS/MORE PROTEST RESOURCES

Email and contact

If you can, make pre-written emails as personalized as you can, and edit the subject line. They will be more impactful when personalized and more likely to be read.

- ****(Go to Defund12.org to find pre-written emails to send for most US states!****
- Send these pre-written emails for justice for Tony Mcdade, Breonna Taylor, and George Floyd and many more. Just plug in your name and a few details.
****Make sure to check out the “Location-specific” tab on the bottom for more!****
- This website makes it easy for anyone to find and email (or tweet at) their local reps from any state about police brutality. Just enter in your zip code. Pre-written tweets and emails will be available.
- **MPLS:**
 - Sign this petition: Tell the MPLS Council to defund the police
- **NYC:**
 - Text/Call/Email quicksheet
 - Text “HELLO” to 718-550-2312 to get updates on NYC Jail Support (use Signal). Find info to support those being released today and future.
 - See Council Members’ stances on defunding NYPD and contact them
- **Call out your workplace**
 - Template: contact your workplace to immediately act on racial injustice
 - A Call for Change: Black professionals in advertising demand urgent action from agency leadership. Use this call as a model for how to address systemic racism in the workplace.

- **Email schools and institutions in your community and neighborhood**, somewhere you graduated or somewhere you used to work—especially if they are silent, or have only “sent their condolences”. Ask them:
 - “Is *[org name]* providing tangible support to the local *[city name]* Black communities? Organizing, donating, volunteering, or otherwise? I haven’t heard any additional public statements of action from *[org name]*.”
 - If applicable, for schools:

“I would also like to hear about the actions that *[school name]* is taking to enhance the experiences of its Black students and making sure they are seen, heard, and feel that they matter.”
 - [Or use this template for holding your academic institution accountable for racial justice](#)

Tools

- [Digital resources for a movement against police violence \(Rhizome\)](#)
- [Printers across the US offering free services related to BLM](#)

REDISTRIBUTE WHAT YOU CAN (MONEY, FOOD, RESOURCES)

- Where to donate
 - [An extensive document for Mutual Aid and funding needs](#) *(repeat from top of doc)*
 - [MASTER DOC to support the Black community](#) *(repeat from top of doc)*
 - [NATIONAL RESOURCE LIST](#) *(repeat from top of doc)* for more community bail funds, memorial funds, political education resources, the names of organizations to put on your radar, and general advice/tips for people attending protests or using social media as an organizing tool.
 - [List of people connected to matching donations—double your impact!](#)
 - [115 Ways to Donate in Support of Black Lives](#)
 - Who to donate in Minneapolis
 - [Local Minneapolis orgs and businesses](#)
 - [TC Supply Fund](#)
 - Who to donate in NYC
 - [NYC Fundraisers and orgs](#)
 - Bail funds: Venmo @FTP4Bailfund run by [Decolonize This Place](#)
 - [Donate to the National Bail Out](#)
 - [Donate equally across 38 bail outs](#)

- [List of all bail funds in the US](#)
 - [Donate to the Herbal Mutual Aid fund](#)
 - [How to donate to BLM when you don't even have money!](#)
- If you are venmo-ing people/orgs for supplies/relief/etc:
 - Do NOT describe the items or mention “protests”, BLM, etc. They have been freezing bail funds and people’s accounts so that no money gets through.
 - Instead, use emojis or non-descript language.
- Do **NOT** donate to:
 - Change.org. You can sign their petitions, but do not donate—that money goes towards them/advertising, not to the actual causes.
 - Color of Change. They are already well-funded and have a history of spending their money poorly, and have a high turnover rate for their Black staff.
 - Campaign Zero. They support 8CantWait which advocates for an ineffective, regressive police reform. What we need is to defund the police and redirect taxpayer money to educational and social programs.
 - Anything run by Shaun King. He is not accountable and does not follow through.
 - The Black Lives Matter Foundation, or the Black Lives Matter Global Network. The former is not officially associated with the movement and does not have goals that align with the BLM movement. The latter currently is not transparent with how it handles funding so it is best to donate directly to local Black-lead organizations or Black individuals.
- Ask your employer if they will match your donations to double your impact.
- Raise funds with your “creative”/tech networks:
 - Anecdote: in a separate friend group we individually donated to orgs, raising **\$1,955**. We saved those receipts, and found 2 people to basically match that with \$1,955 and \$1,855 each, totaling in \$5,765. Then, we got into contact with a tech CTO that we found on Twitter (you can search for matchers, just make sure you can somehow vet them) who was willing to match *that*. So we raised **\$11,530** in a matter of three days! ***All you have to do is put some work in.***
- Consider pausing funding to these orgs, which have received a lot of funding now (so you can divert funds to other orgs):
 - Minnesota Freedom Fund
 - Brooklyn Bail Fund
 - Reclaim the Block

- Northstar Health Collective
- We Love Lake Street

SUPPORT BLACK INDIVIDUALS + BLACK-OWNED BUSINESSES + ORGS

_____ (apologies this section will have some re-organizing soon)

- In California
 - [Pomona \(brief list\)](#)
- In Minneapolis (list)
 - [General list](#)
 - [Coffee shops](#)
- In New York
 - [In Brooklyn \(map\)](#)
 - [In Bushwick \(brief list\)](#)
 - [In NYC \(list\)](#)
 - [In Hudson Valley \(spreadsheet\)](#)
- [In Vermont \(brief list\)](#)
- In Tio'tia:ke Montreal
 - [Support Black and Indigenous trans-feminine and two-spirit people](#)
- People + health
 - [Black Disabled Lives](#)
 - [List to directly support Black individuals](#)
 - [Another list of general donation links](#)
 - Black Queer and Trans orgs
 - [List 1](#)
 - [List 2](#)
 - [List 3](#)
 - [Foundation for Black Women's Wellness](#)
 - [EXHALE: a mutual aid for Black womxn](#)
 - [Mutual Aid for Sex Workers](#)
 - [Disabled Black Sex Worker Fund](#)
 - [Relief fund for Black models](#)
 - [Black Joy Collective](#)
 - [The Nina Pop and The Tony McDade Mental Health Recovery Fund for Black Trans People](#)
 - [Loveland Therapy Fund for Black Women & Girls](#)
 - [Black-owned businesses selling sex and intimacy-related products](#)
 - [Black astrologers, tarot readers, and other spiritual practitioners](#)
 - [BIPOC Outdoor businesses](#)
- Food/drink/farm/garden

- [Black-owned coffee brands](#)
- [Black-owned wineries in the US](#)
- [Black-owned online plant stores](#)
- [Local Black farmers across the US](#)
- [More Black-owned farms + community gardens](#)
- [Local Black cannabis in the east bay CA](#)
- [Black Earth Farms: Grassroots Pan African & Pan Indigenous Farming Collective growing food in the East Bay](#)
- Arts/music
 - [See in Black: Black photographers are selling printed photos to benefit this list of orgs](#)
 - [Black ceramicists](#)
 - [Black illustrators](#)
 - [Black trans femmes in the arts](#)
 - [Hire BIPOC photo assistants and techs](#)
 - [Black producers/artists/labels on Bandcamp](#)
 - [Black-owned magazines and zines](#)
- General shopping
 - [Black-owned bookstores Global Map](#)
 - [Black-owned bookstores in the US](#)
 - [Black-owned bookstores with online orders](#)
 - [Black-owned Etsy shops](#)
 - [Black-owned clean beauty and skincare brands](#)
 - [Black-owned independent jewellers](#)
- [14 Black funds and 23 creative ecosystems to support](#)

EVERYDAY ACTIONS

- Being anti-racist is to be actively against racism, which is 24/7 work. Ask yourself: How do you fight white supremacy in your daily lives? How are you continuously trying to do better? How do you include your Black community? How are we prepared to react when Black people are hurt and mistreated through racism? How do we change the way we work and think so that it's not always a reaction?

Personal

- [How to rest and recover while you fight for social change](#)
- [Caring for yourself to care for others](#)
- [White fragility self-test](#)

Friends

- [How to appropriately check in on your Black friends](#)

Talk with your family and educate

- [How to Talk to Your Family About Racism: A Guide for White People](#)
- [10 Examples of White Privilege to Show White Family Members Who Still Don't Get It](#)
- [Naysayers: Talking with the naysayers](#)
- [Asians: general talking points and resources](#) (currently geared towards Korean-Americans)
- [Explaining BLM in Vietnamese](#)
 - [More Vietnamese terms when addressing anti-Blackness](#)
- If you have kids:
 - [Talking to your kids about race](#)
 - [Know the difference between being an inclusive parent vs. an anti-racist parent](#)
 - [A list of Black parenting resources to amplify and learn from](#)
 - [Anti-Racism For Kids 101: Starting To Talk About Race](#)
 - [George Floyd. Ahmaud Arbery. Breonna Taylor. What do we tell our children?](#)
 - [Talking to children after racial incidents](#)
 - [Having 'The Talk': Expert Guidance On Preparing Kids For Police Interaction](#)

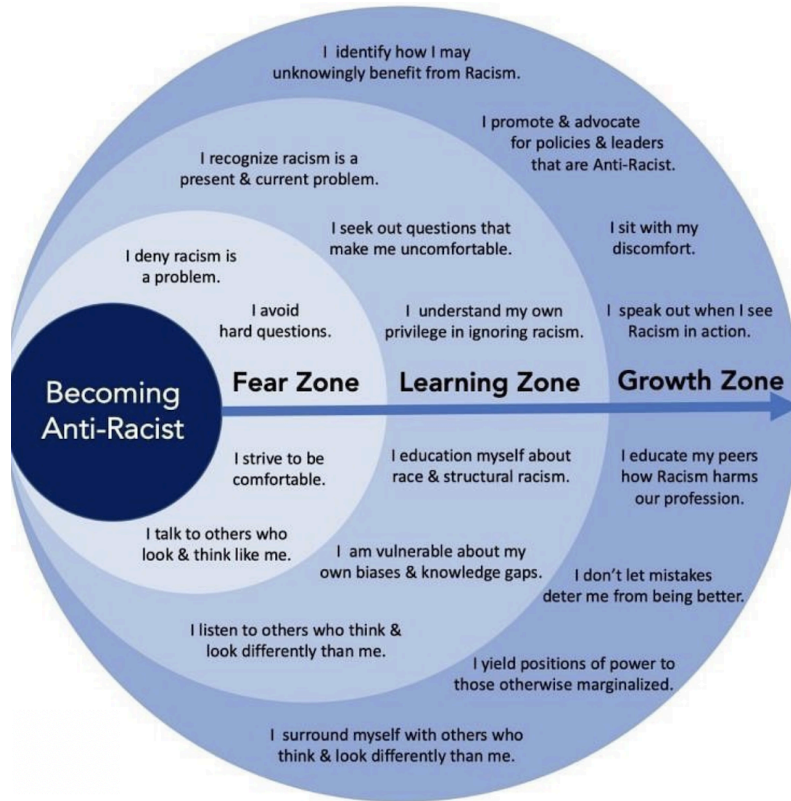
Workplace

- For graphic designers: [way to decolonize your design practice](#)
- [How to build an anti-racist company](#)
- [What it looks like to lead an anti-racist company](#)
- If you are currently employed:
 - And you manage Black people, you should encourage them to take a mental health day(s) as paid sick days
 - If you are not a manager, you should fight for this above right with your managers.

In public places

- Call out store owners following Black customers around.
- If you see a Black person confronted by a cop, stop what you're doing and stay by their side so they are not alone. Be prepared to record video if necessary.

READINGS



Organizers/authors/educators to follow on IG to learn from

Short-form/IG posts

How to not be paralyzed by inaction

- [How to start helping when you don't know what to do](#)
- [Immediate diagrams illustrating how to grow from here \(as opposed to sitting in silence\)](#). How “cancel culture” and white fragility are related and interconnected.
- [Advice for white men](#)

~~Allyship~~ Being an accomplice + comradeship

- [How to be a supportive non-Black](#)
- [How to avoid performative allyship](#)
- [Accomplices Not Allyship: Abolishing the Ally Industrial Complex](#)
- [Quotes from Assata Shakur](#) along with writing by Eric Angelo Morrison-Smith. Helpful breakdown of allyship vs. accomplices.
- [Understanding the four levels of solidarity](#)
- [Understanding reparations](#)

Mistakes

- [You did something problematic, what now?](#) A brief look at accountability because messing up is inevitable.
- [Learn what racial gaslighting sounds like](#)
- [30+ Ways Asians Perpetuate Anti-Black Racism Every Day](#)

Learning

- 14 points on the limits of knowledge and care
- An extremely brief and abbreviated definition of abolitionism
- Ways that social workers function as an extension of the prison-industrial complex & carceral state
- Everyday Urban Planning vocab/theory for the anti-racist
- Understanding Medical Racism
- What is environmental racism?
- Imagine a world without police
- A brief history on Rikers Island Correctional Facility and how cash bail is racist
- A brief history on Black women's hair
- If you're a white artist

Lists/repositories of readings

- [Abolition readings](#)
- [Anti-racism resources and readings for non-Black people](#)
- [Anti-racism resources and readings specifically for Asian people](#)
- [Black History Month Library](#)
- [SPACE/RACE](#): readings produced by a group of architectural historians, art historians, architects, and urbanists in reaction to the August 2017 events in Charlottesville. Readings on how race and racism are constructed with spatial means, and on how in turn space can be shaped by racism.
- [More critical reading](#)

Do NOTs

- Do NOT call the police to solve community issues. You are simply calling for an act of violence. If your property is being stolen or damaged, file an insurance claim or go directly to the police station—do not bring the police to the community. [More here from PFW](#)
 - [Tips specifically for LA](#)
 - [10 Ways to Stop Relying on the Police](#)
- [Do NOT post a black square on IG. This is wildly UNproductive.](#)
- Do NOT keep circulating images of Black people being hurt and abused. You are creating a circle of trauma and dehumanizing Black people.
- [6 Questions to STOP asking your Black friends right now](#)
- [Things not to say to a bi-racial Black woman](#)
- Do NOT center this narrative around yourself (non-Black people). If you want to have a confessional-style conversation, you should do that privately within your respective family or a community that you do NOT benefit from. Black people do NOT need or want to hear your complaints, whines, gripes, let

alone take up more space. But maybe the non-Black people around you should be confronted with that.

- Do NOT donate to any fundraisers hosted by Shaun King! [He has an extensive history of collecting funds for pro-Black movements which have disappeared.](#)
- Do NOT ask Black people to educate you. Don't put additional burden on them. You can search everything online or have conversations with others.
- [Do NOT use AAVE](#) or share digital blackface GIF reactions.
- [Do NOT support these companies that use prison labor.](#) This is not a comprehensive list so always do your research with where you buy from.

MORE INFO TO SHARE WITH NON-BLACK PEOPLE WHO NEED TO HEAR IT

For the following section, I have been sharing these blurbs with a lot of non-Black communities and directly with co-workers/employers to make sure they understand the situation (sometimes they need extra help because they're not paying attention!) and then I follow it up with action lists.

—

What's happening in Minneapolis right now?

Say his name: **George Floyd.**

A Black man was mistreated and murdered by the police, all because of the claim that George Floyd tried to use a counterfeit \$20 bill in a local family-owned grocery store.

When was the last time you checked if your \$20 was counterfeit? Who is to say it was intentional—and even if so, is it worth calling the police? Regardless of what George Floyd was trying to buy, something less than \$20 in a grocery store is not worth taking a human's life.

After George Floyd was murdered, we are now witnessing an uprising.

- Riot: characterized by unruly mobs, often engaging in violence and mayhem. Think [American sports riots--primarily white rioters.](#)

- Uprising: resistance to authority or control or systemic oppression Something long brewing over time. However, when Black people are involved, the media or people often misuse the word “riot”.

Peaceful but frustrated protests led to the destruction of property of large corporations such as Target.

Why Target?

Because this specific Target has been built in a way that displaced a Black community, and [Target's relationship with the police](#). For more context, Minnesota is among the worst states in racial equality. [Neighborhoods, housing and interstate highways have been built in such ways that have displaced and destroyed black communities](#).

- Note, destroying property and looting in itself is not violent. This is a symbolic, peaceful act. No people were harmed during these early lootings. Something to compare it to: remember the 1773 Boston Tea Party?

However, as tensions have escalated, white nationalists and the KKK—yes, in full regalia—have been coming in droves from outside of Minnesota to take advantage of a vulnerable community. They have been breaking into and looting black-run businesses and non-profits to further destroy and cause chaos to the Black community. Many buildings have burned down to the ground. Some street cleanups and food drives have had to be cancelled because there have been death threats to community organizers. Some local business owners have had to stay up all night guarding their restaurants.

- I have confirmed sources from following firsthand accounts from friends in Minneapolis on the frontlines.

While the situation now involves “outsiders”, this is not an “insider” vs. “outsider” problem. The “inside” and “outside” is all of America. Minneapolis has become a stage between white supremacy and the defense of Black lives. This is all in addition to the police brutality problem and its excessive military force used on peaceful protesters.

—

Talking point to explain looting:

- Firstly, know that: black lives > property damage. Merchandise can be replaced, buildings can be rebuilt, black lives cannot be reborn.
- Watch: [Tamika Mallory, National Co-Chair of Women's March, recent speech in Minneapolis](#)
 - "I don't give a damn if they burn down Target. Because Target should be on the streets with us calling for the justice that our people deserve. Where was Auto Zone at the time when Philando Castile was shot in a car, which is actually what they represent? So if you are not coming to the people's defense, then don't challenge us when young people and other people who are frustrated and instigated by the people you pay (*referring to police instigators and how corporations have specific ties to and help fund the police department*)."
- Watch: [Van Jones, news commentator and author, speaks on CNN](#)
 - *"If you speak up and you're not heard, you might yell.
If you yell and you're not heard you might scream.
If you scream and you're not heard you might throw something."*
- Read: [In Defense of Looting, The New Inquiry](#)