

## **Anti-Racism Resources**

*This is a non-exhaustive list for an audience of medical students at the University of Alberta, collected from resources shared from peers across the country. This list may be updated over time.*

### **Training and Online Courses**

Call It Out by the Ontario Human Rights Commission: A 30-minute interactive eCourse that offers a foundation for learning about race, racial discrimination and human rights protections under Ontario's *Human Rights Code*. The course offers a historical overview of racism and racial discrimination, explains what “race,” “racism” and “racial discrimination” mean, and provides approaches to preventing and addressing racial discrimination.

<http://www.ohrc.on.ca/en/learning/elearning/call-it-out>

How To Be More Than a Performative Ally In Medicine infographic and resource from the University of Toronto [Invisible Challenges in Medicine Resource](#)

CFMS anti-racism book club and summer reading course: [sign up here](#)

Anti-Racism Resources for White People, an american developed resource:

[bit.ly/ANTIRACISMRESOURCES](http://bit.ly/ANTIRACISMRESOURCES)

Anti-Racism Prompts and Historical Underpinnings, an American-oriented resource from the Smithsonian National Museum of African American History and Culture:

<https://t.co/mq9SzLjob8?amp=1>

San'yas Indigenous Cultural Safety Training Program: Indigenous Cultural Safety Training is a unique, on-line training program designed to enhance self-awareness, and strengthen the skills of those who work both directly and indirectly with Indigenous people. The goal of the Indigenous Cultural Safety (ICS) training is to develop understanding and promote positive partnerships between service providers and Indigenous people. <http://www.sanyas.ca/home>

Harvard Implicit Association Test: A short, 10-minute test designed to help you understand your unconscious bias. <https://implicit.harvard.edu/implicit/canada/takeatest.html>

Canada Research Chairs Unconscious Bias Training Module: To raise awareness about how unconscious bias can impact the research peer review process.

<https://www.chairs-chaire.gc.ca/program-programme/equity-equite/bias/module-eng.aspx?pedisable=false>

### **Follow and Support these Accounts and Organizations:**

University of Alberta Black Medical Students' Association ([Twitter](#) [Facebook](#) and [Instagram](#))

Black Medical Students' Association of Canada ([Twitter](#) and [Facebook](#))  
Canadian Race Relations Foundation ([Website](#) and [Facebook](#))  
Canadian Medical Association Equity in Medicine ([Twitter](#))

## **Podcasts**

The Nod by Brittney Luse and Eric Endings: The Nod tells the stories of Black life that don't get told anywhere else. Our show ranges from an explanation of purple drink's association with Black culture to the story of an interracial drag troupe that traveled the nation in the 1940s. We celebrate the genius, the innovation, and the resilience that is so particular to being Black — in America, and around the world. (on Spotify and Apple podcasts)

Identity Politics by Ikhlas Saleem and Makkah Al: Identity Politics is a podcast that features new stories and perspectives about race, gender and Muslim life in America. From pop culture to politics, each episode co-hosts Ikhlas Saleem and Makkah Ali invite guests to talk about issues impacting their lives as Muslims at the intersection of multiple identities.

<http://identitypoliticspod.com/>

Colour code. (Globe and Mail 2016): Welcome to the Globe and Mail's new podcast series about race in Canada. For hosts Denise Balkissoon and Hannah Sung, it's first things first: things first: What is race? And why do we need this conversation right now? (on Spotify and Apple podcasts)

Black Tea (Frequency 2018): The diversity that makes Canada special isn't often reflected in the stories we hear and the discussions we have. Black Tea will change that. Writers Andray Domise and Melayna Williams are here to have the tough but important conversations right out in the open, and have some laughs while doing it. Join them each week for insightful and uncomfortable discussions; about issues that matter to Canada's Black communities.

<https://frequencypodcastnetwork.com/podcasts/black-tea/>

Race, Health, Happiness: Navigating professional life as a "racialized" person can be exhausting. Join Dr. O, a Public Health Physician Specialist in Toronto, as she interviews guests who are overcoming the obstacles of overt and institutionalized racism to achieve their professional goals while creating healthy and fulfilling lives. If you'd like to learn about thriving in the face of adversity while staying well, this is the podcast for you.

<http://racehealthhappiness.buzzsprout.com>

White Coat, Black Art. Episode: "I am a white settler." and why that matters in healthcare (26:29). Dr. Brian Goldman interviews Cheryl Ward, B.C. provincial lead for the *San'yas Indigenous Cultural Safety Program*.

<https://www.cbc.ca/radio/whitecoat/i-am-a-white-settler-why-that-matters-in-healthcare-1.390035>

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Taken: Eagle Vision's commitment to Missing and Murdered Indigenous Women and Girls and their families began when Founding Partner Lisa Meeches (Anishinaabe from Long Plain First Nation) was expecting her first daughter, and had a dream that she needed to use her skills in media to combat this issue. Over the past several years, with the award-winning series Taken, the #SacredMMIWG campaign, and now the Taken podcast, the Eagle Vision team has worked with families, law enforcement, advocates, academics, elders and knowledge keepers across the country to create a platform that helps shed light on these stories, and hopefully will bring new clues to help solve the cases. Please share this 10-part podcast series with your networks, in the hope that these crimes will be solved. <https://www.takenthepodcast.com/> (available on Spotify and Apple podcasts)

Hoodrat to Headwrap: A Decolonized Podcast: For lovers on the margins by sexuality educator Ericka Hart and her partner Ebony Donnley. They are both Black trans folks who do incredible Black liberation work. [Ericka's instagram page](#) is also full of free unlearning resources as well. This podcast is about black queer love ethics, pop culture, house plants and a sea of books. <https://podcasts.apple.com/us/podcast/hoodrat-to-headwrap-a-decolonized-podcast/>

Code Switch: This is a podcast for fearless conversations about race! Hosted by journalists of color, this podcast tackles the subject of race head-on. They explore how it impacts every part of society — from politics and pop culture to history, sports and everything in between. This podcast makes ALL OF US part of the conversation — because we're all part of the story. <https://www.npr.org/podcasts/510312/codeswitch>

## **Documentaries**

Freedom Summer Written and directed by Lu Asfaha (11:48) Black youth in Toronto learn about self-love and Black liberation at Freedom School, a summer camp run by Black Lives Matter. [https://www.cbc.ca/shortdocs/m\\_shorts/freedom-summer](https://www.cbc.ca/shortdocs/m_shorts/freedom-summer)

Deeply Rooted by Cazhmere (23:02) Filmmaker Cazhmere is a 7<sup>th</sup>-generation black Canadian. Despite this deep history, she's constantly asked to explain where she's from – even though the answer is always “Canada.” <https://gem.cbc.ca/media/short-docs/season-1/episode-25/38e815a-00bb7981a6d>

Disruptor Conductor by Sharon Lewis (44:08) Daniel Bartholomew-Poyser is an unlikely hero on a mission to create live orchestral shows that are for everyone. [https://www.cbc.ca/cbcdocs/m\\_episodes/disruptor-conductor](https://www.cbc.ca/cbcdocs/m_episodes/disruptor-conductor)

The Skin We're In by Charles Officer (44:11)- A documentary about anti-Black racism in Canada <https://www.cbc.ca/firsthand/episodes//the-skin-were-in>

There's Something In The Water (2019) is a Netflix Documentary by actress Ellen Page and Dr. Ingrid Waldron, a sociologist at Dalhousie University. This documentary is an examination of environmental racism, exploring the disproportionate effect of industrial damage on Black

Canadian and First Nations communities in Nova Scotia.

<https://www.netflix.com/title/81206890>

13th (2016) is a film that explores the "intersection of race, justice, and mass incarceration" in the United States. It is titled after the Thirteenth Amendment to the United States Constitution, adopted in 1865, which abolished slavery throughout the United States and ended involuntary servitude except as a punishment for conviction of a crime. Available on [netflix](#) or for free on [youtube](#).

When They See Us (2019) is an American drama depicting the real-life events "of what led to the wrongful 1990 conviction (and eventual exoneration in 2002) of a handful of teenage boys from Harlem — Korey Wise, Kevin Richardson, Antron McCray, Yusef Salaam, and Raymond Santana — in the violent rape and assault of 28-year-old New York banker Trisha Meili on April 19, 1989." Available on [Netflix](#).

## Books

[\*Policing Black Lives: State Violence in Canada from Slavery to the Present\*](#) by Robyn Maynard

[\*White Fragility\*](#) by Robin DiAngelo

[\*So You Want to Talk about Race\*](#) by Ijeoma Oluo

[\*Decolonizing Academia: Poverty, Oppression and Pain\*](#) by Clelia O. Rodríguez

[\*Racism and Anti-Racism in Canada\*](#) by David Este, Liza Lorenzetti and Christa Sato

[\*Critical Race Theory \(3rd edition\)\*](#) by Richard Delgado

[\*The Skin We're In\*](#) by Desmond Cole

[\*Boomerang Ethics: How Racism Affects Us All\*](#) by Joseph Mensah and Christopher J. Williams

[\*Becoming an Ally, 3rd Edition Breaking the Cycle of Oppression in People\*](#) by Anne Bishop

[\*North of the Color Line\*](#) by Sarah-Jane Mathieu

[\*Me and White Supremacy\*](#) by Layla F Saad

[\*Between the World and Me\*](#) by Ta-Nehisi Coates

[\*The Assassination of Fred Hampton\*](#) by Jeffrey Haas

[Decolonization Reading List \(From Edmonton Public Library\)](#)

## History

Short Film on Amber Valley in Alberta: About 100 km North of Edmonton is Amber Valley, one of the first all-Black settlements in Canada. Arriving in 1909, the pioneers of this community battled the elements and racism to not only survive but thrive.

<https://www.youtube.com/watch?v=OxXJubB2cPQ&feature=youtu.be&app=desktop>

Canadian Museum for Human Rights: The museum is currently doing virtual tours of their exhibits that focus both on Canadian history as well as international events many of which are centred on racial injustices. <https://humanrights.ca/visit/explore-the-museum-from-home>

Blog by Queen's researcher Edward Thomas, detailing his work on the 1918 Ban on Black medical students at Queen's University <https://sites.google.com/view/ghosted-legacies>

Racial Segregation of Black People in Canada by Natasha Henry, outlines some history on racial segregation of black people in Canada in different public institutions. This also outlines some of the history of racial segregation at medical schools in Canada.

<https://www.thecanadianencyclopedia.ca/en/article/racial-segregation-of-black-people-in-canada>

Reclaiming Power and Place: Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls The National Inquiry's Final Report reveals that persistent and deliberate human and Indigenous rights violations and abuses are the root cause behind Canada's staggering rates of violence against Indigenous women, girls and 2SLGBTQQIA people. The two volume report calls for transformative legal and social changes to resolve the crisis that has devastated Indigenous communities across the country.

<https://www.mmiwg-ffada.ca/final-report/>

#### **Black Lives Matter Movement Charities to Donate To:**

1. [Split a donation between 70+ community bail funds, mutual aid funds, and racial justice organizers](#)
2. [List of bail funds](#)
3. [Minnesota Freedom Fund](#)
4. [George Floyd Memorial Fund](#)
5. [Black Lives Matter](#)
6. [IRun with Maud](#)
7. [Black Visions Collection](#)
8. [Reclaim the Block](#)
9. [Campaign Zero](#)
10. [Communities United Against Police Brutality](#)
11. [Homeless Black Trans Women Fund](#)
12. [Loveland Foundation](#)

#### **Canadian-Based Organizations Supporting Anti-racism Work:**

1. [The Come Up \(Edmonton\)](#)
2. [Black Women in Motion](#)
3. [Black Youth Helpline](#)
4. [Zero Gun Violence Movement](#)
5. [Harriet Tubman Community Organization](#)
6. [Black Legal Action Centre](#)
7. [Future Ancestors Services](#)

#### **How to donate to the Black Lives Matter movement when you don't have \$\$\$:**

1. [Francesa Grace \(youtube\)](#)
2. [Omuriceu \(youtube\)](#)

3. [BLM Stream to Donate](#) (includes a playlist of videos where all ad-generated funds are being directed to BLM charities)

#### **Other**

Being Conscious about our Unconscious Bias: A blog post briefly exploring unconscious bias at the intersection of critical thinking and leadership.

<http://qaspire.com/2018/01/22/being-conscious-about-our-unconscious-biases/>

Cultural Safety: Respect and Dignity in Relationships: This 5 minute animated video introduces cultural safety and related concepts in an easily understandable way. It invites health care providers to participate in making the health system more culturally safe for Indigenous people and families. The video was produced by the Indigenous Health (formerly Aboriginal Health) team of Northern Health. <https://www.youtube.com/watch?v=MkxcuhdglwY>