



## PLUS1 FOR BLACK LIVES: TOOLKIT

1. Weekly Breakdowns
2. Donate
3. Read + Watch + Listen
4. Be An Ally
5. Take Action
6. Stay Informed

**[Sign up for weekly updates!](#)**

*This toolkit is a living document that we will add to as we learn more and as the landscape evolves.  
Please feel encouraged to share this document with your colleagues.*

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## WEEKLY BREAKDOWNS.

*Updated every Wednesday.*

**Week of June 1st:** Let's Talk About Bail. Click [here](#) for this week's breakdown.

**Week of June 8th:** Defund or Reform? Click [here](#) for this week's breakdown.

**Week of June 15th:** Juneteenth. Click [here](#) for this week's breakdown.

**Week of June 22nd:** Voter Suppression. Click [here](#) for this week's breakdown.

**Week of June 29th:** Save the US Postal Service. Click [here](#) for this week's breakdown.

**Week of July 6th:** Race and Mental Health (pt 1). Click [here](#) for this week's breakdown.

**Week of July 13th:** Race and Mental Health (pt 2). Click [here](#) for this week's breakdown.

**Week of July 20th:** We'll be back next week.

**Week of July 27th:** The School-to-prison Pipeline. Click [here](#) for this week's breakdown.

## DONATE.

We've developed the PLUS1 For Black Lives Fund to support organizations working towards dismantling white supremacy and addressing the necessary systems change needed to produce true equality and freedom for all.

This movement is building quickly and many folks have started donating money, which is amazing. At PLUS1 we want to ensure money gets directed to the folks who need it most, when they need it. This will include The Bail Project, Equal Justice Initiative, Impact Justice and other grassroots organizations.

Here's the link.

**USA:** <https://www.blacklives.plus1.org/>

**CANADA:** [www.plus1.org/antiracismcanada](http://www.plus1.org/antiracismcanada)

We're listening to partners' needs and will be updating our fund in real time in order to get the resources to the organizations on the ground doing the really hard work.

We've also put together another list of organizations we know, trust, and love that are working locally and nationally in Canada and the US toward deep, systemic change. We've collated those [HERE](#) and are keeping it up to date as their needs for funding change.

## READ + WATCH + LISTEN

**Articles:**

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[Slavery gave America a fear of black people and a taste for violent punishment. Both still define our criminal-justice system.](#) - Bryan Stevenson  
[What does it mean when people call to defund the police?](#) - Daniel Nicheanian  
[COVID-19 Racial Equity and Social Justice](#) - Racial Equity Tools  
[Get To Work](#) - Barak Obama

### **Books:**

[A People's History of the United States](#) - Howard Zinn  
[Between the World and Me](#) - Ta-Nehisi Coates  
[Eloquent Rage: A Black Feminist Discovers Her Superpower](#) - Dr. Brittney Cooper  
[From #BlackLivesMatter to Black Liberation](#) - Keeanga-Yamahtta Taylor  
[Heavy: An American Memoir](#) - Kiese Laymon  
[How We Fight for Our Lives: A Memoir](#) - Saeed Jones  
[Just Mercy](#) - Bryan Stevenson  
[Policing Black Lives: State Violence in Canada from Slavery to the Present](#) - Robyn Maynard  
[Sister Outsider](#) - Audre Lorde  
[So You Want to Talk about Race](#) - Ijeoma Oluo  
[Stamped From the Beginning: The Definitive History of Racist Ideas in America](#) - Ibram X. Kendi  
[The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#) - Michelle Alexander  
[Until We Are Free: Reflections on Black Lives Matter in Canada](#) - Edited by Rodney Diverlus, Sandy Hudson, Syrus Marcus Ware  
[White Fragility: Why It's So Hard for White People to Talk About Racism](#) - Robin DiAngelo  
[Women, Race, and Class](#) - Angela Y. Davis

**\*\*Support Black owned bookstores [here](#).\*\***

### **Watch:**

"13TH" (Ava DuVernay) → Netflix  
"AMERICAN SON" (Kenny Leon) → Netflix  
"IF BEALE STREET COULD TALK" (Barry Jenkins) → Hulu  
"WHEN THEY SEE US" (Ava DuVernay) → Netflix  
"FRUITVALE STATION" (Ryan Coogler) → [Tubi](#)  
"DEAR WHITE PEOPLE" (Justin Simien) → Netflix  
"WHOSE STREETS?" (Sabaah Folayan) → Hulu  
"I AM NOT YOUR NEGRO" (Raoul Peck) → Available to Rent  
"BLACK POWER MIXTAPE: 1967-1975" → Available to Rent  
"CLEMENCY" (Chinonye Chukwu) → Available to Rent  
"JUST MERCY" (Destin Daniel Cretton) → Available to Rent  
"KING IN THE WILDERNESS" — HBO

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“SEE YOU YESTERDAY” (Stefon Bristol) — Netflix  
“SELMA” (Ava DuVernay) → Available to Rent  
“THE HATE U GIVE” (George Tillman Jr.) → Hulu with Cinemax  
“WHEN THEY SEE US” (Ava DuVernay) — Netflix  
“Black PANTHERS: VANGUARD OF THE REVOLUTION” → Available to Rent  
“THE SPOOK WHO SAT BY THE DOOR” (Ivan Nixon) → [Watch here](#)  
2011 INTERVIEWS WITH SAM GREENLEE → [Watch here](#)  
“MUDBOUND” (Dee Rees) → Netflix  
“DO THE RIGHT THING” (Spike Lee) → Available to Rent  
“DAUGHTERS OF THE DUST” → Available to Rent

### **Classes:**

Open [Yale Course](#) on African American History

### **Listen:**

[1619 \(New York Times\)](#)  
[About Race](#)  
[Code Switch \(NPR\)](#)  
[Intersectionality Matters! hosted by Kimberlé Crenshaw](#)  
[Momentum: A Race Forward Podcast](#)  
[Pod For The Cause \(from The Leadership Conference on Civil & Human Rights\)](#)  
[Pod Save the People \(Crooked Media\)](#)  
[Seeing White](#)  
[74 Seconds](#)  
[16 Shots](#)  
[Witness History: Witness Black History](#)

## **BE AN ALLY.**

An ally is someone who is not a member of an underrepresented group, but who takes action to support that group. The below resources include low to high engagement texts, tools, and exercises. We encourage you to read what you can and bookmark them for easy access when you have time to continue your work.

[A Guide to Allyship](#)  
[Anti-Racism Resources for White People](#)  
[Black Lives Matter Allyship & Action](#)  
[Me and White Supremacy Workbook](#)  
[Shareable Anti-racism Resource Guide](#)  
[White Privilege: Unpacking the Invisible Knapsack](#)  
[75 Things White People Can Do For Racial Justice](#)

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## TAKE ACTION.

Sign petitions, send emails, call representatives, share and circulate widely. We encourage you to film yourself calling your representatives and share the videos as a way to encourage and support your community in doing the same. We've included a few links below to help get you started, you can also take a look at the [Black Lives Matter Allyship & Action](#) (put together by Creators For Justice X Young Entertainment Activists) for more ways to act.

### **Sign Petitions here:**

[50+ petitions](#) to sign!

[We Are Done Dying](#): Support NAACP policy demands

[#DefundThePolice](#): Black Lives Matter is calling for a national defunding of police and demanding investment and resources in Black communities.

[#JusticeforFloyd](#): Demand the officers who killed George Floyd are charged with murder.

UPDATE 5/28: Minnesota Governor Tim Walz has asked Minnesota Attorney General Keith Ellison to take over the prosecution of the officers who murdered George Floyd.

UPDATE 6/3: The remaining three officers who stood by and did nothing to stop former Officer Derek Chauvin from killing George Floyd have been charged with aiding and abetting murder. And finally, Chauvin's murder charges have been upgraded to the second-degree.

UPDATE 7/18: [Officer who killed George Floyd drew scrutiny long before.](#)

UPDATE 7/27: Prosecutors in George Floyd's death now say they may revisit audio-visual coverage of ex-cops' trials.

[Justice for Breonna Taylor](#): Demand the arrests of the officers involved, and pay damages to Taylor's family

UPDATE 6/10: Detective who sought 'no-knock' warrant for Breonna Taylor's home placed on administrative reassignment.

UPDATE 6/5: FBI opens an investigation.

UPDATE 7/29: Over 100 days later, the police involved are still not charged. Judge orders city to turn over police radio conversations surrounding Breonna Taylor shooting.

[Justice For Tony McDade](#): calling for justice for McDade and to spread the word

UPDATE 7/24: [Florida Judge Just Ruled That On-Duty Cops Can't Be Victims If They Kill Someone.](#)

[Justice For Regis Korchinski-Paquet](#): Get Mayor John Tory, MPP Bhutla Karpoche, and Toronto Police Chief Mark Saunders to commit to a transparent investigation and to hold the officers involved accountable in the death of Regis Korchinski-Paquet through firing and filing charges.

UPDATE 7/15: [Lawyers for Regis Korchinski-Paquet's family says their investigation suggests potential for charges.](#)

[Justice for Sean Reed](#): Demand that the officers who killed Sean Reed be charged with murder.

UPDATE 6/10: Special prosecutor calls on IMPD to hand over Dreasjon 'Sean' Reed case to state police.

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UPDATE 6/10: Police officers involved have been identified.

[Reclaim the Block](#): Tell Minneapolis City Council to defund the police.

UPDATE 6/4: Minneapolis Park Board votes to end relationship with Minneapolis police, differentiate uniforms.

UPDATE 6/2: Minneapolis Public Schools Terminate Contract With Police After George Floyd's Death.

UPDATE 5/28: University of Minnesota will scale back ties with Minneapolis police after George Floyd's death.

UPDATE 7/27: [Minneapolis commission considers a new Police Department proposal](#).

[Run With Ahmaud](#): Tell Joyette Holmes and the GBI to bring charges against the McMichael's and William Bryan, and investigate and bring charges against Glynn County Police Officer Robert Rash.

UPDATE 6/4: Judge advances murder trial for all three white men charged in death of Ahmaud Arbery.

Easily call and write your representatives with [these](#) samples.

### **Protest Safely:**

Below outlines what to wear and bring with you, your rights while protesting, what to do if stopped by police, what to do if you believe your rights have been violated, and dealing with mace and tear gas.

### **What To Wear + Bring**

- **Wear** mask and goggles/sunglasses, nondescript, solid color, layered clothing; cover identifying tattoos, emergency contacts written down on your arm, tie your hair up.
- **Bring** water, snacks, ID, bandages and first aid supplies, protest signs, fully charged phone ready to document everything.
- **Don't bring** contact lenses, makeup, anything you don't want to be arrested for, jewelry, turn face/touch ID off.

### **Your Rights at a Protest**

- **You have the right to gather** (no permit necessary) at "traditional public forums," such as streets, sidewalks, and parks.
- When you are lawfully present in any public space, **you have the right to photograph anything in plain view**, including federal buildings and the police.
- **Police officers may not confiscate or demand to view your photographs** or video without a warrant, nor may they delete data under any circumstances.
- **Police cannot detain you without reasonable suspicion** that you have or are about to commit a crime or are in the process of doing so.

### **WHAT TO DO IF YOU ARE STOPPED BY THE POLICE**

- **Stay calm. Make sure to keep your hands visible.** Don't argue, resist, or obstruct the police.

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- **Point out that you are not disrupting** anyone else's activity and that the First Amendment protects your actions.
- **Ask if you are free to leave. If the officer says yes, calmly walk away.**
- **If you are under arrest, you have a right to ask why.** Otherwise, say you wish to remain silent and ask for a lawyer immediately. **Don't say anything or sign anything without a lawyer.**
- **You have the right to make a local phone call**, and if you're calling your lawyer, police are not allowed to listen.
- **You never have to consent to a search of yourself or your belongings.** If you do explicitly consent, it can affect you later in court.
- **Police officers may not confiscate or demand to view your photographs or video without a warrant**, nor may they delete data under any circumstances.

### **IF YOU BELIEVE YOUR RIGHTS HAVE BEEN VIOLATED**

- When you can, write down everything you remember, including the officers' badge and patrol car numbers and the agency they work for.
  - Get contact information for witnesses.
  - Take photographs of any injuries.
- Once you have all of this information, you can file a written complaint with the agency's internal affairs division or civilian complaint board.

### **DEALING WITH MACE + TEAR GAS**

- Make you prepare before hand with eye and face covering and avoid makeup (oils in makeup cling to the mace and tear gas) and contact lenses.
- Do not rub or touch any part of your face as this increases irritation and aggregation.
- Try to find cold milk and pour on your face to reduce pain. Water works but only if you have a continuous source of it.
- When you get home immediately take off all of your clothes for washing and take a 20 cold shower.
- Submerge your face in 1 part dish soap to 3 part water for 15 seconds at a time. Do not rub your face.

### **STAY INFORMED.**

[@rachel.cargle](#)  
[@theslacktivists](#)  
[@thegreatunlearn](#)  
[@iamrachelricketts](#)  
[@mireillecharper](#)  
[@ibramxk](#)  
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@kendrick38  
@nelstamp  
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@ibramxk  
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**\*\*Sign up for newsletters from the non-profits you donate to to stay up to date on the movement\*\***