



Anti-Racist Resource List

Compiled April 2021

This compilation was put together for the [MPHA 2021 Annual Conference](#). MPHA members and nonmembers are welcome to utilize this resource. It is a living document and updates/suggestions are welcomed at info@mpha.net.

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Trainings

- [Dismantling Racism Works](#) (web workbook)
 - This web-based workbook was originally designed to support the Dismantling Racism Works 2-day basic workshop. The workbook is now offered as a resource to the community.
- [Intercultural Development Inventory \(IDI\) Qualifying Seminar](#)
 - This seminar trains people in using the IDI as a tool for increasing intercultural competence of individuals, teams, and organizations. By completing the seminar, individuals become licensed Qualified Administrators.
- [Justice in June: A course of action and learning](#)
 - The death of George Floyd on May 26, 2020 in Minneapolis, MN has highlighted issues of racial justice for the nation. This is true for sign language interpreters as well. With oversight from Bryanna Wallace, Autumn Gupta created a month-long learning course with resources – much as one might build a marathon training plan. We share it here as a resource for interpreters to be better prepared for working with the reality of our world.
- [NASPA National Multicultural Institute](#)
 - This conference exists to connect those with responsibilities for and those who are passionate about multicultural education at institutions across the country.
- [National Conference on Race and Ethnicity in Higher Education \(NCORE\)](#)
 - This conference covers issues of race and ethnicity in American higher education. The focus is on creating and sustaining comprehensive institutional change designed to improve racial and ethnic relations on campus, and to expand educational access and success to culturally diverse, traditionally underrepresented populations.
- [Social Justice Training Institute \(SJTI\)](#)
 - SJTI provides a forum for the professional and personal development of social justice educators and practitioners to enhance and refine their skills and competencies to create greater inclusion for all members of the campus community.
- [Strategies for Trauma Awareness and Resilience](#)
 - The STAR Training is a 5 day evidence-based, research and practice supported, multicultural training integrating neurobiology, trauma healing and resilience, restorative justice, nonviolent conflict transformation and broadly defined spirituality that is accessible to individuals from diverse personal, educational and professional backgrounds. STAR provides an inclusive, transformational system to not only address individual and community trauma healing needs, but also STAR teaches resilience strategies that set the stage for authentic sustained individual and community engagement, healing and reconciliation. STAR was developed at the Center for Justice and Peacebuilding (Learn More) following the United States tragedy of September 11, 2001, and since then STAR has had a 16 year reputation of national and international success. STAR was originally developed with an inclusive multicultural, multi-faith perspective and is having a

powerful, growing collective impact within diverse communities locally and globally.

- [The Intercultural Communication Institute \(ICI\)](#)
 - The ICI conducts a certificate program in intercultural relations, provides referrals and information on intercultural topics, and offers various workshops through its Summer (SIIC) and Winter (WIIC) Institutes.
- [National Association for Multicultural Education \(NAME\) Annual Conference](#)
 - This conference covers issues of equity, inclusion, diversity, and justice in schooling. Visit the website to access valuable resources related to diversifying education.
- [The Overcoming Racism Conference](#)
 - This conference is designed for individuals who are working to overcome racism in themselves, their organizations and their communities.
- [The Privilege Institute \(TPI\)](#)
 - The Privilege Institute (TPI) provides challenging, informative, and practical strategies, programs, and resources. We equip and empower people, organizations, institutions, and communities committed to action and accountability related to issues of diversity, power, privilege, and leadership. The Privilege Institute has developed a diverse and multi-disciplinary network of students, educators, diversity practitioners, social workers, faith communities, businesses, and community leaders and representatives of the public and private sectors working to advance learning about diversity, power, privilege and equitable leadership. Most importantly, at TPI, we always keep it REAL: Research. Education. Action. Leadership.
- [The National Summit For Courageous Conversation](#)
 - Each fall, Pacific Educational Group brings together dedicated racial equity leaders from throughout the United States and around the world to engage in a deepened conversation about systemic racism and its impact on opportunity and achievement for all people. The National Summit for Courageous Conversation (NSCC) is uniquely designed for educators, civic and community leaders, and other professionals who are committed to elevating individual and organizational racial literacy and consciousness to eradicate racial disparities that are predictably evident in achievement. The NSCC is PEG's venue for bringing together the most promising and effective racial equity leadership voices, practices, and results for examination and broader dissemination across the United States and globally.
- [White People Confronting Racism](#)
 - This workshop is for white people who want to challenge the racism around them — and in their own heads and hearts — and who are searching for a way to strengthen their work for racial justice. It's for white folks who already do anti-racism work but want to develop their skills and deepen their approach. And it's for white folks who want a better understanding of how white privilege and racism operate in society and inside of them.

Books to Purchase

- [52 Activities For Improving Cross-Cultural Communication](#) by Donna M. Stringer and Patricia A. Cassidy (2009)
 - 52 Activities for Improving Cross-Cultural Communication is a practical trainer's manual that includes applications from many sectors, such as business, diversity, cross-cultural fields, and from many trainers in the U.S., Europe, Asia, the Middle East and Latin America. Exercises are organized according to audience, time required to perform and the risk level for participants, a unique feature created by the authors, and are easily adaptable to the user's particular need and situation.
- [A Good Time For The Truth: Race in Minnesota](#) by Sun Yung Shin (2016)
 - Essays that challenge, discomfort, disorient, galvanize, and inspire all of us to evolve now, for our shared future.
- [American Cultural Patterns: A Cross-Cultural Perspective](#) by Edward C. Stewart and Milton J. Bennett (2005)
 - Beginning with a discussion of the issues relative to contact between people of different cultures, the authors examine the nature of cultural assumptions and values as a framework for cross-cultural analysis. They then analyze the human perceptual process, consider the influence of language on culture, and discuss nonverbal behavior. Central to the book is an analysis of American culture constructed along four dimensions: form of activity, form of social relations, perceptions of the world, and perception of the self. American cultural traits are isolated out, analyzed, and compared with parallel characteristics of other cultures. Finally, the cultural dimensions of communication and their implications for cross-cultural interaction are examined.
- [American Nations: A History of the Eleven Rival Regional Cultures of North America](#) by Colin Woodard (2011)
 - According to award-winning journalist and historian Colin Woodard, North America is made up of eleven distinct nations, each with its own unique historical roots. In American Nations he takes readers on a journey through the history of our fractured continent, offering a revolutionary and revelatory take on American identity, and how the conflicts between them have shaped our past and continue to mold our future. From the Deep South to the Far West, to Yankeedom to El Norte, Woodard (author of American Character: A History of the Epic Struggle Between Individual Liberty and the Common Good) reveals how each region continues to uphold its distinguishing ideals and identities today, with results that can be seen in the composition of the U.S. Congress or on the county-by-county election maps of any hotly contested election in our history.
- [An Indigenous Peoples' History Of The United States](#) by Roxanne Dunbar-Ortiz
 - Today in the United States, there are more than five hundred federally recognized Indigenous nations comprising nearly three million people, descendants of the fifteen million Native people who once inhabited this land. The centuries-long genocidal program of the US settler-colonial regimen has largely been omitted from history. Now, for the first time, acclaimed historian and activist Roxanne

Dunbar-Ortiz offers a history of the United States told from the perspective of Indigenous peoples and reveals how Native Americans, for centuries, actively resisted expansion of the US empire.

- [Basic Concepts Of Intercultural Communication](#) edited by Milton J. Bennett (1998)
 - How do people understand one another when they do not share a common cultural experience? This is the first fundamental question posed in editor Milton J. Bennett's *Basic Concepts of Intercultural Communication*. The ideas contained in this collection have been assembled from time-tested classics and more contemporary viewpoints. Bennett has selected and ordered the articles in developmental sequence to generate a coherent conceptual picture of how to successfully communicate with other cultures.
- [Between The World And Me](#) by Ta-Nehisi Coates
 - In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden?
- [Black Marxism: The Making of the Black Radical Tradition](#) by Cedric J. Robinson (1983)
 - In this ambitious work, first published in 1983, Cedric Robinson demonstrates that efforts to understand Black people's history of resistance solely through the prism of Marxist theory are incomplete and inaccurate. Marxist analyses tend to presuppose European models of history and experience that downplay the significance of Black people and Black communities as agents of change and resistance. Black radicalism, Robinson argues, must be linked to the traditions of Africa and the unique experiences of Blacks on Western continents, and any analyses of African American history need to acknowledge this.
- [Black People Invented Everything: The Deep History of Indigenous Creativity](#) by Sujun Kumar Dass
 - Who Invented the traffic light? What about transportation itself? Farming? Art? Modern chemistry? Who made? Cats? What if I told you there was ONE answer to all of these questions? That one answer? BLACK PEOPLE, Seriously. And this book is like a mini-encyclopedia, full of more evidence than WikiLeaks and just as eye-opening. Do you know just how much Black inventors and creators have given to modern society? Within the past 200 years, Black Americans have drawn on a timeless well of inner genius to innovate and engineer the design of the world we live in today. But what of all the Black history before then? Before white people invented the Patent Office, Black folks were the original creators and builders, developing ingenious ways to manage the world's changes over millions of years, everywhere you can imagine, from Azerbaijan to Zagazig With wit and wisdom (and tons of pictures) this book digs deeper than the

whitewashed history we learn in school books and explores how our African ancestors established the foundation of modern society Have you inherited this genius? What can you do with it? Inspired by solutions from the past, we can develop strategies for a successful future.

- [Blindspot: Hidden Biases of Good People](#) by Mahzarin R. Banaji and Anthony G. Greenwald (2016)
 - “Blindspot” is the authors’ metaphor for the portion of the mind that houses hidden biases. Writing with simplicity and verve, Banaji and Greenwald question the extent to which our perceptions of social groups—without our awareness or conscious control—shape our likes and dislikes and our judgments about people’s character, abilities, and potential. In *Blindspot*, the authors reveal hidden biases based on their experience with the Implicit Association Test, a method that has revolutionized the way scientists learn about the human mind and that gives us a glimpse into what lies within the metaphoric blindspot. The title’s “good people” are those of us who strive to align our behavior with our intentions. The aim of *Blindspot* is to explain the science in plain enough language to help well-intentioned people achieve that alignment. By gaining awareness, we can adapt beliefs and behavior and “outsmart the machine” in our heads so we can be fairer to those around us. Venturing into this book is an invitation to understand our own minds. Brilliant, authoritative, and utterly accessible, *Blindspot* is a book that will challenge and change readers for years to come.
- [Conscious Business: How to Build Value through Values](#) by Fred Kofman (2013)
 - Consciousness is the main source of organizational greatness. Conscious business, explains Fred Kofman, means finding your passion and expressing your essential values through your work. A conscious business seeks to promote the intelligent pursuit of happiness in all its stakeholders. It produces sustainable, exceptional performance through the solidarity of its community and the dignity of each member.
- [Cultures And Organizations: Software of the Mind](#) by Michael Minkov, Gert Jan Hofstede, and Geert Hofstede (2010)
 - Based on research conducted in more than seventy countries over a forty-year span, *Cultures and Organizations* examines what drives people apart--when cooperation is so clearly in everyone's interest. With major new contributions from Michael Minkov's analysis of data from the World Values Survey, as well as an account of the evolution of cultures by Gert Jan Hofstede, this revised and expanded edition:
 - Reveals the "moral circles" from which national societies are built and the unexamined rules by which people think, feel, and act
 - Explores how national cultures differ in the areas of inequality, assertiveness versus modesty, and tolerance for ambiguity
 - Explains how organizational cultures differ from national cultures--and how they can be managed
 - Analyzes stereotyping, differences in language, cultural roots of the 2008 economic crisis, and other intercultural dynamics

- [Deaf Gain: Raising the Stakes for Human Diversity](#) edited by H-Dirksen L. Bauman and Joseph J. Murray (2014)
 - Deaf people are usually regarded by the hearing world as having a lack, as missing a sense. Yet a definition of deaf people based on hearing loss obscures a wealth of ways in which societies have benefited from the significant contributions of deaf people. In this bold intervention into ongoing debates about disability and what it means to be human, experts from a variety of disciplines—neuroscience, linguistics, bioethics, history, cultural studies, education, public policy, art, and architecture—advance the concept of Deaf Gain and challenge assumptions about what is normal.
- [Detours: A Decolonial Guide to Hawai'i](#) edited by Hokulani K. Aikau and Vernadette Vicuña Gonzalez (2019)
 - Many people first encounter Hawai'i through the imagination--a postcard picture of hula girls, lu'aus, and plenty of sun, surf, and sea. While Hawai'i is indeed beautiful, Native Hawaiians struggle with the problems brought about by colonialism, military occupation, tourism, food insecurity, high costs of living, and climate change. In this brilliant reinvention of the travel guide, artists, activists, and scholars redirect readers from the fantasy of Hawai'i as a tropical paradise and tourist destination toward a multilayered and holistic engagement with Hawai'i's culture and complex history. The essays, stories, artworks, maps, and tour itineraries in Detours create decolonial narratives in ways that will forever change how readers think about and move throughout Hawai'i.
- [Dying Of Whiteness: How the Politics of Racial Resentment Is Killing America's Heartland](#) by Jonathan M. Metz (2020)
 - In election after election, conservative white Americans have embraced politicians who pledge to make their lives great again. But as physician Jonathan M. Metz shows in Dying of Whiteness shows, the policies that result actually place white Americans at ever-greater risk of sickness and death. Interviewing a range of everyday Americans, Metz examines how racial resentment has fueled progun laws in Missouri, resistance to the Affordable Care Act in Tennessee, and cuts to schools and social services in Kansas. e shows these policies' costs: increasing deaths by gun suicide, falling life expectancies, and rising dropout rates.
- [Experiential Activities For Intercultural Learning](#) by H. Ned Seelye (1995)
 - The need for new approaches, methods, and techniques in cross-cultural training and intercultural education are virtually insatiable, especially for experiential activities. The emphasis in this book is on activities that foster the development of intercultural awareness and cross-cultural sensitivity, helping learners understand some of the principal dimensions of intercultural communication, cross-cultural human relations, and cultural diversity.
- [Fatal Invention: How Science, Politics, and Big Business Re-create Race in the Twenty-First Century](#) by Dorothy Roberts (2012)
 - Though the Human Genome Project proved that human beings are not naturally divided by race, the emerging fields of personalized medicine, reproductive

technologies, genetic genealogy, and DNA databanks are attempting to resuscitate race as a biological category written in our genes. This groundbreaking book by legal scholar and social critic Dorothy Roberts examines how the myth of race as a biological concept--revived by purportedly cutting-edge science, race-specific drugs, genetic testing, and DNA databases--continues to undermine a just society and promote inequality in a supposedly "post-racial" era.

- [From Values To Action: The Four Principles of Values-Based Leadership](#) by Harry M. Kraemer (2011)
 - In this highly-anticipated book, Harry Kraemer argues that today's business environment demands values-based leaders who, in doing the right thing, deliver outstanding and lasting results. The journey to becoming a values-based leader starts with self-reflection. He asks, If you are not self-reflective, how can you know yourself? If you do not know yourself, how can you lead yourself? If you cannot lead yourself, how can you lead others? Kraemer identifies self-reflection as the first of four principles that guide leaders to make choices that honor their values and candidly recounts how these principles helped him navigate some of the toughest challenges he faced in his career.
- [How To Be An Antiracist](#) by Ibram X. Kendi
 - Antiracism is a transformative concept that reorients and reenergizes the conversation about racism—and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types. Racism intersects with class and culture and geography and even changes the way we see and value ourselves. In *How to Be an Antiracist*, Kendi takes readers through a widening circle of antiracist ideas—from the most basic concepts to visionary possibilities—that will help readers see all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves.
- [How We Get Free: Black Feminism and the Combahee River Collective](#) edited Keeanga-Yamahtta Taylor (2017)
 - The Combahee River Collective, a path-breaking group of radical black feminists, was one of the most important organizations to develop out of the antiracist and women's liberation movements of the 1960s and 70s. In this collection of essays and interviews edited by activist-scholar Keeanga-Yamahtta Taylor, founding members of the organization and contemporary activists reflect on the legacy of its contributions to Black feminism and its impact on today's struggles.
- [I Know Why The Caged Bird Sings](#) by Maya Angelou
 - Sent by their mother to live with their devout, self-sufficient grandmother in a small Southern town, Maya and her brother, Bailey, endure the ache of abandonment and the prejudice of the local “powhitetrash.” At eight years old and back at her mother’s side in St. Louis, Maya is attacked by a man many times her age—and has to live with the consequences for a lifetime. Years later, in San

Francisco, Maya learns that love for herself, the kindness of others, her own strong spirit, and the ideas of great authors (“I met and fell in love with William Shakespeare”) will allow her to be free instead of imprisoned. Poetic and powerful, *I Know Why the Caged Bird Sings* will touch hearts and change minds for as long as people read.

- [I'm Still Here: Black Dignity in a World Made for Whiteness](#) by Austin Channing Brown
 - In a time when nearly every institution (schools, churches, universities, businesses) claims to value diversity in its mission statement, Austin writes in breathtaking detail about her journey to self-worth and the pitfalls that kill our attempts at racial justice. Her stories bear witness to the complexity of America's social fabric—from Black Cleveland neighborhoods to private schools in the middle-class suburbs, from prison walls to the boardrooms at majority-white organizations. For readers who have engaged with America's legacy on race through the writing of Ta-Nehisi Coates and Michael Eric Dyson, *I'm Still Here* is an illuminating look at how white, middle-class, Evangelicalism has participated in an era of rising racial hostility, inviting the reader to confront apathy, recognize God's ongoing work in the world, and discover how blackness—if we let it—can save us all.
- [Locking Up Our Own: Crime and Punishment in Black America](#) by James Forman Jr. (2018)
 - Former public defender James Forman, Jr. is a leading critic of mass incarceration and its disproportionate impact on people of color. In *Locking Up Our Own*, he seeks to understand the war on crime that began in the 1970s and why it was supported by many African American leaders in the nation's urban centers. Forman shows us that the first substantial cohort of black mayors, judges, and police chiefs took office amid a surge in crime and drug addiction. Many prominent black officials, including Washington, D.C. mayor Marion Barry and federal prosecutor Eric Holder, feared that the gains of the civil rights movement were being undermined by lawlessness—and thus embraced tough-on-crime measures, including longer sentences and aggressive police tactics. In the face of skyrocketing murder rates and the proliferation of open-air drug markets, they believed they had no choice. But the policies they adopted would have devastating consequences for residents of poor black neighborhoods. A former D.C. public defender, Forman tells riveting stories of politicians, community activists, police officers, defendants, and crime victims. He writes with compassion about individuals trapped in terrible dilemmas—from the men and women he represented in court to officials struggling to respond to a public safety emergency. *Locking Up Our Own* enriches our understanding of why our society became so punitive and offers important lessons to anyone concerned about the future of race and the criminal justice system in this country.
- [My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#) by Resmaa Menakem
 - In this groundbreaking book, therapist Resmaa Menakem examines the damage caused by racism in America from the perspective of trauma and body-centered

psychology. My Grandmother's Hands is a call to action for all of us to recognize that racism is not only about the head, but about the body, and introduces an alternative view of what we can do to grow beyond our entrenched racialized divide.

- [Racism Without Racists: Color-Blind Racism and the Persistence of Racial Inequality in America](#) by Eduardo Bonilla-Silva
 - Eduardo Bonilla-Silva's acclaimed Racism without Racists documents how, beneath our contemporary conversation about race, there lies a full-blown arsenal of arguments, phrases, and stories that whites use to account for—and ultimately justify—racial inequalities. The fifth edition of this provocative book makes clear that color blind racism is as insidious now as ever. It features new material on our current racial climate, including the Black Lives Matter movement; a significantly revised chapter that examines the Obama presidency, the 2016 election, and Trump's presidency; and a new chapter addressing what readers can do to confront racism—both personally and on a larger structural level.
- [Redefining Realness: My Path to Womanhood, Identity, Love & So Much More](#) by Janet Mock (2014)
 - With unflinching honesty and moving prose, Janet Mock relays her experiences of growing up young, multiracial, poor, and trans in America, offering readers accessible language while imparting vital insight about the unique challenges and vulnerabilities of a marginalized and misunderstood population. Though undoubtedly an account of one woman's quest for self at all costs, Redefining Realness is a powerful vision of possibility and self-realization, pushing us all toward greater acceptance of one another—and of ourselves—showing as never before how to be unapologetic and real.
- [Riding The Waves Of Culture: Understanding Diversity in Global Business](#) by Fons Trompenaars and Charles Hampden-Turner
 - The ability to lead effectively in a global business environment is perhaps the most valuable skill anyone can bring to an organization. The most thoroughly researched and highly respected resource of its kind, Riding the Waves of Culture doesn't just help you stay afloat in today's diverse work environment; it provides the knowledge you need to seize the advantage and compete for the long run.
- [Sister Outsider: Essays and Speeches](#) by Audre Lorde (1984)
 - In this charged collection of fifteen essays and speeches, Lorde takes on sexism, racism, ageism, homophobia, and class, and propounds social difference as a vehicle for action and change. Her prose is incisive, unflinching, and lyrical, reflecting struggle but ultimately offering messages of hope. This commemorative edition includes a new foreword by Lorde-scholar and poet Cheryl Clarke, who celebrates the ways in which Lorde's philosophies resonate more than twenty years after they were first published. These landmark writings are, in Lorde's own words, a call to “never close our eyes to the terror, to the chaos which is Black which is creative which is female which is dark which is rejected which is messy which is”

- [The Art Of Focused Conversation: 100 Ways to Access Group Wisdom in the Workplace](#) by The Institute for Cultural Affairs (2000)
 - Communication within many organizations has been reduced to email, electronic file transfer, and hasty sound bytes at hurried meetings. More and more, people appear to have forgotten the value of wisdom gained by ordinary conversations. The Art of Focused Conversation convincingly restores this most human of attributes to prime place within businesses and organizations, and demonstrates what can be accomplished through the medium of focused conversation.
- [The Autobiography Of Malcolm X](#) by Malcolm X (1964)
 - In the searing pages of this classic autobiography, originally published in 1964, Malcolm X, the Muslim leader, firebrand, and anti-integrationist, tells the extraordinary story of his life and the growth of the Black Muslim movement. His fascinating perspective on the lies and limitations of the American Dream, and the inherent racism in a society that denies its nonwhite citizens the opportunity to dream, gives extraordinary insight into the most urgent issues of our own time. The Autobiography of Malcolm X stands as the definitive statement of a movement and a man whose work was never completed but whose message is timeless. It is essential reading for anyone who wants to understand America.
- [The Blacker The Berry](#) by Wallace Thurman (1929)
 - This novel, associated with the Harlem Renaissance, is considered groundbreaking for its exploration of colorism and racial discrimination within the black community, where lighter skin was often favored, especially for women. The novel tells the story of Emma Lou Morgan, a young black woman with dark skin. It begins in Boise, Idaho and follows Emma Lou in her journey to college at USC and a move to Harlem, New York City for work. Set during the Harlem Renaissance, the novel explores Emma Lou's experiences with colorism, discrimination by lighter-skinned African Americans due to her dark skin. She learns to come to terms with her skin color in order to find satisfaction in her life.
- [The Bluest Eye](#) by Toni Morrison (1970)
 - In Morrison's bestselling first novel, Pecola Breedlove—an 11-year-old Black girl in an America whose love for its blond, blue-eyed children can devastate all others—prays for her eyes to turn blue: so that she will be beautiful, so that people will look at her, so that her world will be different. This is the story of the nightmare at the heart of her yearning, and the tragedy of its fulfillment.
- [The Body Keeps The Score: Brain, Mind, and Body in the Healing of Trauma](#) by Bessel van der Kolk
 - Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world's foremost experts on trauma, has spent over three decades working with survivors. In The Body Keeps the Score, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and

meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain’s natural neuroplasticity. Based on Dr. van der Kolk’s own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

- [The Condemnation Of Blackness: Race, Crime, and the Making of Modern Urban America](#) by Khalil Gibran Muhammad (2019)
 - How did we come to think of race as synonymous with crime? A brilliant and deeply disturbing biography of the idea of black criminality in the making of modern urban America, *The Condemnation of Blackness* reveals the influence this pernicious myth, rooted in crime statistics, has had on our society and our sense of self. Black crime statistics have shaped debates about everything from public education to policing to presidential elections, fueling racism and justifying inequality. How was this statistical link between blackness and criminality initially forged? Why was the same link not made for whites? In the age of Black Lives Matter and Donald Trump, under the shadow of Ferguson and Baltimore, no questions could be more urgent.
- [The Fire Next Time](#) by James Baldwin
 - At once a powerful evocation of James Baldwin's early life in Harlem and a disturbing examination of the consequences of racial injustice, the book is an intensely personal and provocative document from the iconic author of *If Beale Street Could Talk* and *Go Tell It on the Mountain*. It consists of two "letters," written on the occasion of the centennial of the Emancipation Proclamation, that exhort Americans, both black and white, to attack the terrible legacy of racism. Described by *The New York Times Book Review* as "sermon, ultimatum, confession, deposition, testament, and chronicle...all presented in searing, brilliant prose," *The Fire Next Time* stands as a classic of literature.
- [The Inclusion Dividend: Why Investing in Diversity & Inclusion Pays Off](#) by Mark Kaplan and Mason Donovan (2019)
 - Tens of thousands of leaders every year attend their award winning inclusion programs. *The Inclusion Dividend* has continually hit the best-seller list, listed as a must-read, and leveraged in corporate and academic classrooms across the world. Diversity and inclusion is a journey. This 2nd Edition takes you further along that journey with updated research and more concepts. In today's increasingly diverse, global, interconnected business world, diversity and inclusion is no longer just the right thing to do, it is a core leadership competency and central to the success of business. Working effectively across differences such as gender, culture, generational, race, and sexual orientation not only leads to a more productive, innovative corporate culture, but also to a better engagement with customers and clients. *The Inclusion Dividend* provides a framework to tap the bottom line impact that results from an inclusive culture. Most leaders have the intent to be inclusive, but translating that into a truly inclusive outcome with employees, customers and other stakeholders requires a focused change effort. The authors provide straightforward advice on how to

achieve the kind of meritocracy that will result in a tangible dividend and move companies ahead of the competition.

- [The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#) by Michelle Alexander (2020)
 - Seldom does a book have the impact of Michelle Alexander's *The New Jim Crow*. Since it was first published in 2010, it has been cited in judicial decisions and has been adopted in campus-wide and community-wide reads; it helped inspire the creation of the Marshall Project and the new \$100 million Art for Justice Fund; it has been the winner of numerous prizes, including the prestigious NAACP Image Award; and it has spent nearly 250 weeks on the New York Times bestseller list. Most important of all, it has spawned a whole generation of criminal justice reform activists and organizations motivated by Michelle Alexander's unforgettable argument that we have not ended racial caste in America; we have merely redesigned it. As the Birmingham News proclaimed, it is undoubtedly the most important book published in this century about the U.S.
- [Their Eyes Were Watching God](#) by Zora Neale Hurston (1978)
 - One of the most important and enduring books of the twentieth century, *Their Eyes Were Watching God* brings to life a Southern love story with the wit and pathos found only in the writing of Zora Neale Hurston. Out of print for almost thirty years—due largely to initial audiences' rejection of its strong black female protagonist—Hurston's classic has since its 1978 reissue become perhaps the most widely read and highly acclaimed novel in the canon of African-American literature.
- [They Came Before Columbus: The African Presence in Ancient America](#) by Ivan Van Sertima (1976)
 - *They Came Before Columbus* reveals a compelling, dramatic, and superbly detailed documentation of the presence and legacy of Africans in ancient America. Examining navigation and shipbuilding; cultural analogies between Native Americans and Africans; the transportation of plants, animals, and textiles between the continents; and the diaries, journals, and oral accounts of the explorers themselves, Ivan Van Sertima builds a pyramid of evidence to support his claim of an African presence in the New World centuries before Columbus.
- [Understanding Intercultural Communication](#) by Stella Ting-Toomey and Leeva C. Chung
 - Written in a conversational style, this book introduces students to the foundations of intercultural communication, a vibrant discipline within the field. Authors Stella Ting-Toomey and Leeva Chung take a multicontextual, inclusive approach that balances international and intercultural communication issues against U.S. domestic diversity issues. In addition to emphasizing a value-oriented perspective on intercultural encounters, the text contains a robust ethical chapter, complete with specific guidelines that will help students become ethical intercultural communicators.
- [Understanding White Privilege: Creating Pathways to Authentic Relationships Across Race](#) by Frances E. Kendall (2006)

- Racial privilege is hard to see for those who were born with access to power and resources. Yet it is very visible for those to whom it was not granted. *Understanding White Privilege* is written for individuals and those in organizations who grapple with race every day, as well as for those who believe they don't need to. It is written for those who have tried to build authentic professional relationships across races but have felt unable to do so. It is written for those who believe strongly in the struggle for racial justice and need additional information to share with their friends and colleagues. Inviting readers to think personally about how race--theirs and others'--frames experiences, relationships, and the way we each see the world, *Understanding White Privilege* focuses squarely on white privilege and its implications by offering specific suggestions for what we each can do to bridge the racial chasm.
- [Waiting 'Til The Midnight Hour: A Narrative History of Black Power in America](#) by Peniel E. Joseph (2007)
 - With the rallying cry of "Black Power!" in 1966, a group of black activists, including Stokely Carmichael and Huey P. Newton, turned their backs on Martin Luther King's pacifism and, building on Malcolm X's legacy, pioneered a radical new approach to the fight for equality. Drawing on original archival research and more than sixty original oral histories, Peniel E. Joseph vividly invokes the way in which Black Power redefined black identity and culture and in the process redrew the landscape of American race relations. In a series of character-driven chapters, we witness the rise of Black Power groups such as the Student Nonviolent Coordinating Committee and the Black Panthers, and with them, on both coasts of the country, a fundamental change in the way Americans understood the unfinished business of racial equality and integration. *Waiting 'Til the Midnight Hour* traces the history of the Black Power movement, that storied group of men and women who would become American icons of the struggle for racial equality.
- [Well-Read Black Girl: Finding Our Stories, Discovering Ourselves](#) edited by Glory Edim (2018)
 - Remember that moment when you first encountered a character who seemed to be written just for you? That feeling of belonging remains with readers the rest of their lives—but not everyone regularly sees themselves in the pages of a book. In this timely anthology, Glory Edim brings together original essays by some of our best black women writers to shine a light on how important it is that we all—regardless of gender, race, religion, or ability—have the opportunity to find ourselves in literature.
- [West Indian Immigrants: A Black Success Story?](#) By Suzanne Model (2011)
 - West Indian immigrants to the United States fare better than native-born African Americans on a wide array of economic measures, including labor force participation, earnings, and occupational prestige. Some researchers argue that the root of this difference lies in differing cultural attitudes toward work, while others maintain that white Americans favor West Indian blacks over African Americans, giving them an edge in the workforce. Still others hold that West

Indians who emigrate to this country are more ambitious and talented than those they left behind. In *West Indian Immigrants*, sociologist Suzanne Model subjects these theories to close historical and empirical scrutiny to unravel the mystery of West Indian success.

- [When They Call You A Terrorist: A Black Lives Matter Memoir](#) by Patrisse Cullors and asha bandele
 - Championing human rights in the face of violent racism, Patrisse is a survivor. She transformed her personal pain into political power, giving voice to a people suffering inequality and a movement fueled by her strength and love to tell the country—and the world—that Black Lives Matter. *When They Call You a Terrorist* is Patrisse Khan-Cullors and asha bandele’s reflection on humanity. It is an empowering account of survival, strength and resilience and a call to action to change the culture that declares innocent Black life expendable.
- [White Fragility: Why It's So Hard for White People to Talk About Racism](#) by Robin DiAngelo
 - In this “vital, necessary, and beautiful book” (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and “allows us to understand racism as a practice not restricted to ‘bad people’ (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.
- [Women And Collective Action In Africa: Development, Democratization, and Empowerment, with Special Focus on Sierra Leone](#) by Filomina Chioma Steady
 - This book examines women's movements and women's collective action in Africa. Steady begins her examination in pre-colonial times, moving through the colonial period to the present. She looks at the various arenas which collective action has and can influence, comparing the impact on economic growth, education, democratizations, family formation, and women's rights. Steady uses Sierra Leone as the focus of her inquiry, in order for a detailed story to illustrate larger themes, but in every area makes comparisons to different parts of Africa; the case study here guides a larger inquiry. Written as a text, the book carefully explains the theoretical ideas (e.g., all key terms are defined, and then there is a discussion of how they relate to African issues specifically) and the historical knowledge (e.g., all historical events are described, there is no assumption of knowledge of African history) necessary to understand the meaning of current women's groups. What results is a clear and comprehensive treatment of an issue which is increasingly central to understanding changes taking place on the African continent today.

Children's Books Lists

- [5 Black Children's Authors and Illustrators You Should Know](#)
- [A Diverse #SummerReading List For Kids](#)
- [1000 Black Girl Books Resource Guide](#)
- [Books for Black Boys](#)
- [American Indians in Children's Literature](#)
- [28 great kids' books about Black history](#)
- [24 Children's Books To Read To Your Kids In Honor Of Black History Month](#)

Recorded Webinars/Videos

- [13th](#) on Netflix (2016)
 - In this thought-provoking documentary, scholars, activists and politicians analyze the criminalization of African Americans and the U.S. prison boom.
- [Achieving Health Equity: Tools for a National Campaign Against Racism](#) (2016)
 - The three dimensions of health intervention are providing health services, addressing the social determinants of health (including poverty), and addressing the social determinants of equity (including racism). Racism—including institutionalized, personally-mediated, and internalized racism—is a root cause of “racial”/ethnic differences in health outcomes. Dr. Camara Jones as she presents analogies and allegories to help illustrate the three levels of racism and the impacts of racism on the health and wellbeing of our nation. The discussion will equip attendees to ask “How is racism operating here?” and to organize, strategize, and act.
- [Advancing Racial Equity Webinar Series](#) (2020)
 - Alarming disparities within the COVID-19 pandemic — such as higher hospitalizations and death rates among Black, Latino and Native communities — are sadly predictable and highlight the urgent need to address the root causes of health inequities. APHA hosted this webinar series to give an in-depth look at racism as a driving force of the social determinants of health and equity. This series explores efforts to address systems, policies and practices designed to limit and shape opportunities for people of color. Our presenters highlight collective and individual actions we can take to advance racial equity and justice.
- [Black Doll White Doll](#) (2007)
 - High school student Kiri Davis explores the self-image of black children in the US by repeating the historic “doll test” of Dr. Kenneth Clark that led to school desegregation. The experiment shows how many Black children are trapped by low self-esteem.
- [Black youth suicide attempt rate increasing at alarming rate](#) (2020)
 - A study commissioned by the Congressional Black Caucus shows in recent years self-reported suicide attempts by Black teens increased by 73 percent. The rate

decreased for white teens. Black children younger than 13 were twice as likely to die by suicide than white children.

- [Chuck Collins: Born On Third Base](#) (2016)
- [Dorothy Roberts: The problem with race-based medicine](#) (2015)
- [Dr. Greg Carr Discusses His Black Curriculum](#) (2019)
 - Dr. Greg Carr, Chair of Howard's Africana Studies Department, discusses his inclusive history curriculum that he has helped implement throughout the country and abroad.
- [Dr Jacqueline Battalora- Birth of a White Nation](#) (2014)
- [Dr. Robin DiAngelo discusses 'White Fragility'](#) (2018)
 - University of Washington professor Dr. Robin DiAngelo reads from her book "White Fragility: Why It's So Hard for White People to Talk About Racism," explains the phenomenon, and discusses how white people can develop their capacity to engage more constructively across race.
- [Environmental Racism Is the New Jim Crow](#) (2017)
 - African Americans face disproportionate rates of lead poisoning, asthma, and environmental harm. Staff writer Vann R. Newkirk II argues that discrimination in public planning is to blame. "Pollution and the risk of disaster are assigned to black and brown communities through generations of discrimination and political neglect," says Newkirk II. The environment is a system controlled and designed by people—"and people can be racist."
- [Filomina Steady | African Women's Leadership through the Ages](#) (2018)
- [How American Health Care Is Defined By Systemic Racism](#) | NowThis (2020)
 - 'Black Americans die at a quicker and faster rate in our health care system' — This ER doctor explains how deeply racism has permeated health care in the U.S.
- [How to Overcome Our Biases? Walk Boldly Towards Them](#) (2014)
 - Our biases can be dangerous, even deadly — as we've seen in the cases of Michael Brown in Ferguson, Missouri, and Eric Garner, in Staten Island, New York. Diversity advocate Vernā Myers looks closely at some of the subconscious attitudes we hold toward out-groups. She makes a plea to all people: Acknowledge your biases. Then move toward, not away from, the groups that make you uncomfortable. In a funny, impassioned, important talk, she shows us how.
- [How Studying Privilege Systems Can Strengthen Compassion](#) (2012)
- [How We're Priming Some Kids for College and others for prison](#) (2015)
 - In the United States, two institutions guide teenagers on the journey to adulthood: college and prison. Sociologist Alice Goffman spent six years in a troubled Philadelphia neighborhood and saw first-hand how teenagers of African-American and Latino backgrounds are funneled down the path to prison — sometimes starting with relatively minor infractions. In an impassioned talk she asks, "Why are we offering only handcuffs and jail time?"
- [Ibram X. Kendi, Robin DiAngelo discuss race in America](#) (2020)
 - The events in Minneapolis and the protests that followed have sparked some very difficult conversations about race. We turned to two leading scholars and best-selling authors who have written extensively about race in America: Ibram X.

Kendi, of Boston University, and Robin DiAngelo, from the University of Washington in Seattle.

- [Ivan Van Sertima - Egypt Revisited](#) (2017)
- [Langfocus](#)
 - As a language enthusiast and lover of learning, my mission is to inspire others to learn a language they are passionate about, to engage with other cultures, and to deepen their understanding of human communication.
- [Let's Get to the Root of Racial Injustice](#) (2016)
 - In this inspiring and powerful talk, Megan Francis traces the root causes of our current racial climate to their core causes, debunking common misconceptions and calling out "fix-all" cures to a complex social problem.
- [Native American Girls Describe the REAL History Behind Thanksgiving](#) | Teen Vogue (2016)
 - 6 Native American girls school us on the REAL history of Thanksgiving.
- [Robert Bullard: How Environmental Racism Shapes the US](#) (2020)
 - The U.S. is segregated, and so is pollution. These words come from the so-called "father of environmental justice," Robert Bullard. As a sociologist, he has proved that minority communities in Houston suffer most from pollution and has written more than a dozen books on sustainable development, environmental racism and climate justice. He sits down with Walter to discuss his life's work.
- [Slavery by Another Name](#) (2012)
 - Slavery by Another Name is a 90-minute documentary that challenges one of Americans' most cherished assumptions: the belief that slavery in this country ended with the Emancipation Proclamation. The film tells how even as chattel slavery came to an end in the South in 1865, thousands of African Americans were pulled back into forced labor with shocking force and brutality. It was a system in which men, often guilty of no crime at all, were arrested, compelled to work without pay, repeatedly bought and sold, and coerced to do the bidding of masters. Tolerated by both the North and South, forced labor lasted well into the 20th century.
- [Teenagers Discuss Microaggressions and Racism](#) (2015)
 - This workshop's mission was to educate parents on the concept of "microaggressions," defined as a form of unintentional discrimination, and their impact on teens' self-esteem. SheKnows Media's Hatch program creates KidsSpeak content for grown-ups, made by kids on a mission.
- [The Impact of Racism on the Health and Well-Being of the Nation](#) (2015)
 - Stigma, inequalities and civil rights injustices remain in our society today.* Unfortunately, skin color plays a large part in how people are viewed, valued and treated. We know that racism, both intentional and unintentional, affects the health and well-being of individuals and communities and stifles the opportunity of many to contribute fully to the future and growth of this nation. Join the leadership of the American Public Health Association in a webinar series about racism's impact on health and disparities.
- [Tim Wise - Making America Great for the First Time](#) (2020)

- Tim Wise is an antiracist activist, essayist, and author of seven books on racism, inequality, and white privilege. He spoke to the San José City College community on April 20, 2017. His talk is presented in nine parts.
- [Why These Native Americans Observe A National Day Of Mourning Each Thanksgiving \(2017\)](#)
 - In America's indigenous communities, the Thanksgiving holiday is a reminder of loss. HuffPost visited Plymouth, Mass., to speak with the United American Indians of New England as the group plans their annual National Day of Mourning.

Website Resources

- [Anti-racism resources for white people](#)
 - This document is intended to serve as a resource to white people and parents to deepen our anti-racism work. If you haven't engaged in anti-racism work in the past, start now. Feel free to circulate this document on social media and with your friends, family, and colleagues.
- [Sisterhood of Salaam Shalom](#)
 - The mission of the Sisterhood of Salaam Shalom is to build trust, respect, and relationships between Muslim and Jewish women and teenage girls. Together we commit to stand up for one another, educate one another about our faith and cultural practices, engage in social action, and work to end acts of hate for all human beings.
- [Where Race Lives](#)
 - Where you live in the U.S. isn't just a matter of preference. It's also about providing for the future. Does everyone have the same access to home ownership, good schools, and resources? Explore how government policies and past discrimination have made generating wealth easier for some Americans than others.
- [Minnesota Compass: What works in DEI efforts \(and what doesn't\)](#)
 - Wilder Research conducted a literature review to better understand which diversity, equity, and inclusion (DEI) policies and practices in the workplace have been found to make an impact.
- [Pollen and Twin Cities Daily: Confronting White Supremacy in the Workplace Syllabus](#)
 - We at the Twin Cities Daily Planet and Pollen have compiled this four-part syllabus to offer resources that help you begin to deeply understand and challenge workplace norms, and explore new realities around equity and justice.
- [New England Journal of Medicine Race and Medicine articles](#)
 - The Race and Medicine collection reflects NEJM's commitment to understanding and combating racism as a public health and human rights crisis. Our commitment to antiracism includes efforts to educate the medical community about systemic racism, to support physicians and aspiring physicians who are Black, Indigenous, and people of color, and ultimately to improve the care and lives of patients who are Black, Indigenous, and people of color.

Readings

- [103 Things White People Can Do for Racial Justice](#) by Corinne Shutack (2020)
- [America's Racial Contract is Showing](#) by Adam Serwer (2020)
- [Attack on the Capitol: Why We Must Call It What It Is](#) by Jeremy Courtney (2021)
- [Confronting White Supremacy in the Workforce](#) by Caroline Taiwo
- [Deradicalization in the Deep South: How a former neo-Nazi makes amends](#) by DJ Cashmere (2019)
- [Exploring Our Unconscious Biases](#) by Sam Fulwood III (2015)
- [Food—Systems—Racism: From Mistreatment to Transformation](#) by Eric Holt-Giménez and Breeze Harper (2016)
- [From Alt-Right to Gryper: White Nationalists Rebrand For 2020 And Beyond](#)
 - This report is about the new white nationalist marketing strategy known as “groyper.” It follows efforts of white nationalists to mainstream their movement led some leaders, like white nationalist millennial Richard Spencer, to re-cast themselves as the so-called Alt-Right (Alternative Right). The intentionally nebulous term was meant to attract a wider swath of the far-right.
- [Here's What The Racial Wealth Gap In America Looks Like Today](#) by Sarah Hanson (2020)
- [In Search of 'Willie' Lynch: Sometimes the truth can be found in myth, fiction -- even in a lie](#) by Mike Adams, The Baltimore Sun (1998)
- [It's not White Fragility, it's White Flammability](#) by Sun Yung Shin (2020)
 - Yes, most white people's egos, their senses of themselves as deserving — having earned — everything they have or their ancestors had, are extremely fragile when accused of even the minutest act of racism, or even receiving benefits gotten through direct or indirect exploitation of non-white people. But is “white fragility” the best term?
- [A Race to Close the Disproportionate COVID-19 Mortality Rates in Minnesota's Asian Community](#) by The Coalition of Asian American Leaders (CAAL) and Hmong Public Health Association (HPHA) (2021)
 - The findings draw attention to the disproportionate COVID-19 mortality rates among Hmong, Karen, Karenni community members, and affirm the community's concerns about the inequities many predicted would exist for this population. CAAL and HPHA hope this report urges policy-makers to use and publish more disaggregated health data related to COVID-19 infections and mortality. According to the report, 49% of all Asian COVID-19 deaths in Minnesota were from the Hmong community alone, disproportionately higher compared to mortality rates among white Minnesotans. Hmong, Karen, and Karenni COVID-19 death markedly ranked the highest in the City of St. Paul. This trend is consistent and persistent among various Asian ethnic communities.
- [Nonwhite Voters Are Not Immune To The Appeal Of Right-wing Populism](#) by Murtaza Hussain (2020)
 - From Toronto's Rob Ford to Donald Trump, racist candidates attract nonwhite support. What gives?

- [Performing Whiteness](#) by Sarah Bellamy, the Paris Review (2020)
- [Perspective: Intersectionality](#) by Tyree Oredein, DrPH (2019)
- [Roots Deeper than Whiteness: Remembering who we are for the well-being of all](#) by David Dean (2018)
 - The argument of the essay itself can be found in its title: those of us who are socially classified as white have roots deeper than “whiteness.” We are people – or, more accurately, peoples – whose identity and cultural center has been manipulated to serve a very specific function within capitalism. When we understand this story, we can more easily divest ourselves of the dysfunctional role we have been groomed to play, and join with people of color in the creation of a life sustaining society.
- [The 1619 Project](#) by The New York Times (2019)
 - In August of 1619, a ship appeared on this horizon, near Point Comfort, a coastal port in the British colony of Virginia. It carried more than 20 enslaved Africans, who were sold to the colonists. America was not yet America, but this was the moment it began. No aspect of the country that would be formed here has been untouched by the 250 years of slavery that followed. On the 400th anniversary of this fateful moment, it is finally time to tell our story truthfully
- [The Case for Reparations](#) by Ta-Nehisi Coates
- [The Characteristics Of White Supremacy Culture](#) by Kenneth Jones and Tema Okun (2001)
- [The Cultural Unity of Black Africa, The Domains of Matriarchy and of Patriarchy in Classical Antiquity](#) by Cheikh Anta Diop (1991)
 - This is an overview of Cheikh Anta Diop's critical work on the history of Africa from an African perspective, as well as a non-Eurocentric view of European history.
- [The Intersectionality Wars](#) by Jane Coaston
- [The Suppressed Speech Of Wamsutta \(Frank B.\) James, Wampanoag](#) (1970)
 - Three hundred fifty years after the Pilgrims began their invasion of the land of the Wampanoag, their "American" descendants planned an anniversary celebration. Still clinging to the white schoolbook myth of friendly relations between their forefathers and the Wampanoag, the anniversary planners thought it would be nice to have an Indian make an appreciative and complimentary speech at their state dinner. Frank James was asked to speak at the celebration. He accepted. The planners, however, asked to see his speech in advance of the occasion, and it turned out that Frank James' views — based on history rather than mythology — were not what the Pilgrims' descendants wanted to hear. Frank James refused to deliver a speech written by a public relations person. Frank James did not speak at the anniversary celebration. If he had spoken, this is what he would have said.
- [The Negro Artist and the Racial Mountain](#) by Langston Hughes (2002)
- [The Vast and Beautiful World of Indigenous Europe](#) by Lyla June (2018)
 - In the following essay, which Lyla has graciously allowed to be reposted on White Awake, she shares her personal story of connecting with loving ancestors from

ancient, “Indigenous Europe”. May her story inspire our own, whatever our heritage may be. May those of us who have directly inherited the legacy of European colonization – through our biological ancestry – be empowered to seek healing from the “genocide within”, and wake up to our true nature as children of this beautiful Earth ... and may we do this for the benefit of all beings.

- [“Tips for Creating Effective White Caucus Groups”](#) developed by Craig Elliott
- [Trump’s Capitol Hill terrorists affirmed the truth: America should not be restored. It must be rebuilt](#) by Jeneé Osterheldt, Boston Globe (2021)
- [Unpacking the Invisible Knapsack of Settler Privilege](#) by Dina Gilio-Whitaker (2018)
- [White Privilege: An Account to Spend](#) by Dr. Peggy McIntosh (2009)
- [White Privilege: Unpacking the Invisible Knapsack](#) by Peggy McIntosh (1989)
- [Who Gets to Be Afraid in America?](#) by Ibram X. Kendi (2020)
- [Willie Lynch letter: The Making of a Slave](#) (1712)
 - **Trigger Warning: This article is very hard to read.** This speech was said to have been delivered by Willie Lynch on the bank of the James River in the colony of Virginia in 1712. Lynch was a British slave owner in the West Indies. He was invited to the colony of Virginia in 1712 to teach his methods to slave owners there.

Anti-Racist Tools

- [Black History Flashcards](#) by Urban Intellectuals
- [Interactive Map of the United States where racism has been declared a public health crisis or emergency](#), made by APHA
- [Racial Inventory List](#), made by What’s Race Got to Do With It?
 - Hand out copies of the questionnaire to participants. Allow approximately 5-10 minutes for everyone to fill in their answers (instructions are on the handout). Note that each item is written as a POSITIVE statement, so advantage or “privilege” yields a higher score. When everyone is finished, tally all the scores on the blackboard by race (allow people to self-identify) and then come up with an average score for each racial group represented. Afterwards, go around the room and ask people for their reactions – what surprised them, what didn’t, what they think the scores mean or reflect, how they feel about the activity and/or results, and what would have to change to bring the scores closer together (i.e., impact of individual actions vs. societal/structural changes).

Podcasts/Audio

- [1619](#) by The New York Times
 - An audio series on how slavery has transformed America, connecting past and present through the oldest form of storytelling.
- [Chumbawamba - The Diggers' Song](#)
- [Dick Gaughan - World Turned Upside Down](#)

- [My Father Stood For The Anthem. For The Same Reason That Colin Kaepernick Sits](#) by CodeSwitch, NPR (4 minutes)
- [Nice White Parents](#) by Serial and The New York Times (2020)
 - We know American public schools do not guarantee each child an equal education. Two decades of school reform initiatives have not changed that. But when Chana Joffe-Walt, a reporter, looked at inequality in education, she saw that most reforms focused on who schools were failing: Black and brown kids. But what about who the schools are serving? In this five-part series, she turns her attention to what is arguably the most powerful force in our schools: White parents.
- ['Racism Is Death. Anti-Racism Is Life' Says Author Ibram Kendi](#) on NPR LifeKit (17 minutes)
- [The Dangerous Legacy Of White Male America](#) by The Cut (32 minutes)
- [The Power Of Martin Luther King Jr.'s Anger](#) by CodeSwitch, NPR (5 minutes)
- [The role of spirituality and prayer in the Black Lives Matter movement](#) on Life Examined (25 minutes)
 - KCRW's Jonathan Bastian talks with Melina Abdullah, co-founder of Black Lives Matter Los Angeles and Professor of Pan-African Studies at California State University, Los Angeles and Hebah Ferrag, assistant director of research at USC Center for Religion and Civic Culture about the role of the church, prayer and rituals in the Black Lives Matter movement.
- ['There Is No Neutral': 'Nice White People' Can Still Be Complicit In A Racist Society](#) by All Things Considered, NPR (8 minutes)
- [Unlocking Us: Brené with Ibram X. Kendi on How to Be an Antiracist](#)
- [When Calling The Po-Po Is A No-No](#) by Code Switch, NPR (4 minutes)
- [When Civility Is Used As A Cudgel Against People Of Color](#) by CodeSwitch, NPR (6 minutes)
- [White Lies](#) by NPR
- ['Your Body Being Used': Where Prisoners Who Can't Vote Fill Voting Districts](#) by CodeSwitch, NPR (6 minutes)

Anti-white Supremacy Organizations

- [Your Local Black Lives Matter Chapter](#)
- [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#)
- [National Association for the Advancement of Colored People](#)
- [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](#)