



# STUFF TO PACK FOR YOUR ANTIRACIST JOURNEY



This is a lifelong journey. If you pack too much at one time you'll fall over and what good would that be? Start small and click on any/all of these recommended videos, articles and books. You can always "google" more later.



## MY TEENAGE LIFE BEING BLACK IN CANADA

If you want practical strategies, this is your first stop

## BEYOND DIVERSITY

This lecture is long but worth listening to; presented by one of the best anti-racist speakers in the world, Tim Wise

## HOW TO BE ANTIRACIST: IT'S MORE THAN BOOKS, QUOTES AND BLACKOUT TUESDAY

Another really good practical video

## BUILDING CRITICAL CONSCIOUSNESS FOR EDUCATIONAL EQUITY

A keynote delivered from Canadian historian Afua Cooper



## 7 WAYS WE KNOW SYSTEMIC RACISM IS REAL

An informative and concise web-page from the founders of Ben & Jerry's

## HOW 'WHITE FRAGILITY' SUPPORTS RACISM

A helpful interview with Robin Diangelo, author of White Fragility: Why It's So Hard for White People to Talk About Racism

## RESOURCES FOR AGITATORS

This is gold! The hottest resource on this list!

## ADULTIFICATION BIAS IN BLACK GIRLS

A summary of the groundbreaking research study from Georgetown Law Center



## UNCOMFORTABLE CONVERSATIONS WITH A BLACK MAN

Emmanuel Acho tackles often tough questions one at a time with clarity and practical advice. This link will take you to the videos but you should get the book too!

## ME AND WHITE SUPREMACY

A 28-day challenge written by Layla F. Saad encouraging white people to confront privilege and to use it for good, Take this along on your journey

## ANTI-RACIST REFLECTIONS FROM AN ANGRY WHITE MALE

A collection of short essays from one of the world's leading anti-racist scholars Tim Wise. They are all good!

## BLACK FATIGUE: HOW RACISM ERODES THE MIND, BODY, AND SPIRIT

This book written by D.E.I. expert Mary-Frances Winters illuminates the myriad dire consequences of "living while Black,"



# STEPS TO TAKE ON YOUR **ANTIRACIST** JOURNEY



If you only remember three words, remember ARC:



**AWARENESS RELATIONSHIPS COMMITMENT**

If you want more action points then here are some of the practical things you can DO on a daily basis to take steps forward on your antiracism journey. You won't do them all the time but remember, it's not about the destination... it's about moving in that direction one day at a time.

## ADMIT ADMIT ADMIT!

Remember, a racist person denies denies denies. But an actively antiracist person always admits admits admits when they have done something racist, said something racist, believed a racist idea and / or supported a racist idea, rule or policy...even if it's embarrassing.

## LEARN LEARN LEARN +LISTEN LISTEN LISTEN

A racist believes they know enough. An actively antiracist person knows that they can always learn more and are willing to learn. It can be through books you read, videos you watch, and definitely through people you listen to.

## PUT PRIVILEGE IN ITS PROPER PLACE

A racist ignores their privilege (or advantage). As an actively antiracist person: stay aware of your privilege, acknowledge it, and don't be ashamed of it, remember you didn't do anything to earn your privilege, be aware that some / many others don't have that privilege and use that privilege everyday for equity (good) for the peace of all

## CALL OUT / CALL IN

Call out behaviour, words or ideas that are racist even if it's uncomfortable --- this may be something you do out-loud or in a group or situation. Call a person who is doing something racist in --- this may be something you do quietly on the side

## CONNECT WITH OTHER ANTIRACISTS

Hang with, talk with, vent with and learn from people who are also becoming actively anti-racist. Support one another as you keep walking forward.

## TALK LIKE WE BELONG TO EACHOTHER

Start referring to people of other skin colour as societal siblings - if not outloud... then at least in your head. Do it on purpose and it will eventually become natural. Kind of like "brain washing" yourself into caring about others... but not in a weird way :).

## FOLLOW THE LEAD OF THOSE WHO HAVE THE **MOST** TO LOSE

Read literature and research and articles and blogs from black authors and scholars and teachers and theorists. Follow them on social media. Promote their work. Most importantly, heed their words.

## DE-CENTRE SELF / TRANSFER POWER

Make it about your students. Learn from them. Learn their culture and their lens and collaborate with them to make their education the highest it can be.

## BE A STUDENT OF ANTIRACIST PRACTICE

Look at policies, rules, trends in your school, community. Are they racist or anti-racist (there is no neutral). Figure out how to have an antiracist / abolitionist lens when you're creating curriculum. Break habits that harm (e.g. using the same textbook we've always used or lacking in representation when it comes to materials).

## HAVE RADICAL HUMILITY

If you're not apart of a typically racialized group, imagine what life would have been like if you were or if things were flipped the other way.

## DON'T STOP

Don't let this be a moment... let it be a movement.