



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.



"HISTORY OF RACISM IN CANADA"

From YouTuber Q&EH, this video is short and sweet and makes you smarter!

"13" THE DOCUMENTARY

A must-see documentary about of the criminalization of black people and the school-to-prison pipeline. Best to watch with a caring adult.

THE SCHOOL THAT TRIED TO END RACISM

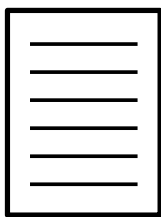
A 4 min. video about a British school helps its students uncover and eradicate hidden racial biases.

SYSTEMIC RACISM EXPLAINED

Here's a closer look at what systemic racism is, and how we can solve it.

UNCOMFORTABLE CONVERSATIONS WITH A BLACK MAN

Here's a closer look at what systemic racism is, and how we can solve it.



7 WAYS WE KNOW SYSTEMIC RACISM IS REAL

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

5 CHARTS THAT SHOW WHAT SYSTEMIC RACISM LOOKS LIKE IN CANADA

A helpful article from CTV News.



THIS BOOK IS ANTI-RACIST

This book is crazy good! Some of the best and simplest answers to hard questions!

STAMPED: RACISM, ANTIRACISM, AND YOU: A REMIX

This book is NOT a History_Book... but wow! You will learn so much!



STEPS TO TAKE ON YOUR **ANTIRACIST** JOURNEY



If you only remember three words, remember ARC:



AWARENESS RELATIONSHIPS COMMITMENT

You want more? 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!

Get comfortable with getting uncomfortable. Remember, a racist denies denies denies. But an antiracist always admits admits admits when they have bias, 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 antiracist 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. Even ask your teachers about courses you can take!

GET COMFORTABLE WITH GETTING **UNCOMFORTABLE**

We must understand that discomfort is at the root of all growth and learning; welcome it as much as you can

PUT PRIVILEGE IN ITS PROPER PLACE

A racist ignores their privilege (or advantage). As you become more antiracist:

- stay aware of your privilege / acknowledge it / 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
- use that privilege everyday for equity (good) instead of inequity (bad)

CONNECT WITH OTHER ANTIRACISTS

Hang with, talk with, vent with and learn from people who are moving in the antiracist journey too. Especially people who are older and smarter than you :). 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 :).

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

HAVE RADICAL HUMILITY

All this means is that you are grateful for the good in your life but are very aware that things could be worse (especially if you are not typically racialized,). It is a reality check that you give yourself. It can help you stay humble and help you want to come alongside others in the fight to end racism.

DON'T STOP

Racism won't stop so let's not stop becoming actively (day by day, little by little) anti-racist with our thoughts, words, and actions.