

Step 1

Choose the statement that most reflects how you feel

I want to do the work, where do I start?

Path

1

2

3

4

5

I'm feeling a little overwhelmed, and I'm working on understanding things like systemic racism (e.g. white privilege).

I'm learning a lot and recognizing my own privilege as well as how institutionalized racism has impacted the black, indigenous, and people of color (BIPOC) communities.

I'm starting to understand. I want to do more and keep learning – How do I turn my learning into more action? How do I learn to, in the moment, identify things like micro-aggressions and white supremacy culture?

I think I have a good grasp of how we got here as a country, but I want to learn more so I have confidence to call out wrongs. I want to be able to engage in conversations even when I don't agree.

I want to keep doing the hard work towards anti-racism because I know it's a continuing journey not a destination.

Step 2

Follow the column down over about 2-4 weeks



Listen

Read: [America Needs to Change, Case for Reparations](#)
Listen: [This Land](#)
Watch: [Just Mercy](#), [Brian Banks](#), [Uncomfortable Conversations with a Black Man Ep 1](#), [Colorblind or Color Brave](#)

Read: [Walking While Black, Who Gets to Be Afraid in America](#)
Listen: [1619 Podcast](#), [More Beautiful](#)
Watch: [The Symbols of Systemic Racism](#), [I am Not Your Negro Documentary](#), [Looking Back at the Impact of the GI Bill](#)

Read: [How Microaggressions Cause Lasting Pain](#)
Listen: [Miseducation](#)
Watch: [Time: The Kalief Browder Story](#), [Uncomfortable Conversations with a Black Man Ep 2](#), [How We Can Start to Heal the Pain](#)

Read: [So You Want to Talk About Race](#), [Open Letter to Corporate America](#)
Listen: [Strange Fruit](#)
Watch: [Selma](#), [Uncomfortable Conversations with a Black Man Ep 3](#), [American Son](#), [Color of Fear](#)

Read: [Welcome to the Anti-Racism Movement – Here's What You've Missed](#),
Listen: [NPR Code Switch](#), [History and Meaning of Juneteenth](#)
Watch: [Murder to Mercy](#), [Strong Island](#)

Step 3

Choose a few links in both "Listen" and "Learn" to read, listen or watch

Listen to voices and stories to further your understanding of the BIPOC experience



Learn

Read: [Terms to Know, All in Your Head, Still Separate, Still Unequal, Whitening Resumes, Understanding Systemic Racism, What do These Terms Mean?, The Person You Mean to Be](#)
Listen: [Interrupt the Systems, Knock and Announce](#)
Watch: [Slavery to Mass Incarceration, How to Recognize your White Privilege, Racism Has a Cost for Everyone, Systemic Racism Explained, When They See Us](#)

Read: [Terms to Know, Very Abbreviated History of the Destruction of Black Neighborhoods, Racism Defined, The New Jim Crow, Native American Treaties, Indigenous People's "Home"](#)
Listen: [Miss Buchanan's Period of Adjustment](#)
Watch: [We Need to Talk about an Injustice, The GI Bill & Inequality in America, We are All Going Against the Grain, The Segregation Myth](#)

Read: [Terms to Know, Microaggressions Are a Big Deal, Micro Inequity Behaviors, The Subtle Linguistics of Polite White Supremacy, White Supremacy Culture, How to Respond to Micro-aggressions?](#)
Listen: [Seeing White](#)
Watch: [3 Myths of Racism, 13th, Train Yourself to See It, "Micro Inequity" Defined](#)

Read: [Terms to Know, Talking About Race, The Whole US is Southern, How to be an Antiracist, Performative Allyship is Deadly, Why Are All the Black Kids Sitting Together](#)
Listen: [How to be an Antiracist, There Goes the Neighborhood, Shifting Away from a Deficit Perspective on African American English](#)
Watch: [The Difference Between Being Not Racist and Anti-Racist, Dangers of Whitewashing Black History, How to Deconstruct Racism One Headline at a Time](#)

Read: [Terms to Know, How to Talk to Your Family about Racism on Thanksgiving, Naming White Supremacy Culture in Ourselves, Unraveling the Truth about 'Black on White' Crime](#)
Listen: [Dismantling White Fragility, The Importance of Black Doctors](#)
Watch: [Here's How We Can Make a Deeper Change to Stop Systemic Racism, Path to End Systemic Racism](#)

Learn and increase your knowledge on key concepts in the work of eradicating racism



Reflect

Step 4

Use tools here to reflect on your learning

Reflect on what you have learned and use the resources to understand your journey

[Growth Zones, Unpacking the Knapsack, Reflecting on White Privilege](#)

[Growth Zones, White People, Enough](#)

[Growth Zones, Me and White Supremacy, Checklist – Am I supporting White Supremacy](#)

[Growth Zones, Antiracist Checklist for Whites, Allyship Reflection](#)

[Growth Zones, Allyship Reflection](#)



Act

[Support black owned businesses](#)
[Buy from Black Women](#)
Continue your research on systemic racism and white privilege
Boost Black artists that you genuinely support (musicians, graphic designers, etc.), especially underground or up-and-coming artists

[Use social media to further your understanding Yale course – African American History Educate, Advocate and Donate](#)

[Amplify marginalized voices](#)
[Recognizing Microaggressions](#)
[Ten Lessons for Talking About Race, Racism, and Racial Justice](#)
[97 Things White People Can Do For Racial Justice](#)
[Acknowledge \(& fix\) your own Microaggressions & Microinequities](#)
Expand your network to diversify the people you connect and engage with

[Speak Up](#)
[5 Tips for Being an Ally](#)
[Resources to have a conversation about race](#)
Exercise the knowledge gained and engage in a conversation, with empathy, where you don't agree
[Resources for Accountability and Actions for Black Lives](#)

[Dear White People, This is What We Want You to Do](#)
[Anti-Racist Resource Guide](#)

Step 5

Take action to support then start at the top of the next column to the right

Act on the work you have done to grow and further your understanding