

## Taking Action Against Racism

*Being antiracist requires ongoing, often difficult work. It's normal and okay to make mistakes and experience feelings of guilt, discomfort, and sadness during this process. Remember that the work you're doing is important and necessary, and to push through tough emotions.*

### LEARN

[13<sup>th</sup>](#): A documentary directed by Ava Duvernay on how the country's history of racial inequality drives the high rate of incarceration in America.

[5 Tips for Being an Ally](#): A video by Francesca Ramsey (@chescaleigh).

[Being Antiracist](#): Information and activities from the National Museum of African American History & Culture.

[Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do](#) by Jennifer Eberhardt

[How to Be An Antiracist](#) by Ibram X. Kendi

[Ijeoma Oluo: "So You Want to Talk About Race" | Talks at Google](#): A video of a talk given by bestselling author of [So You Want to Talk About Race](#), Ijeoma Oluo.

[Implicit Association Test \(IAT\)](#): An assessment to uncover subconscious biases you may hold.

[Just Mercy: A Story of Justice and Redemption](#) by Bryan Stevenson

[Mindful of Race: Transforming Racism from the Inside Out](#) by Ruth King

Mona Chalabi: An [Instagram](#) account with visual representations of data on social issues, including race.

[Racism and Violence: How to Help Kids Handle the News](#): A conversation between Kenya Hameed, PsyD and Jamie Howard, PhD of Child Mind Institute.

[Stamped from the Beginning: The Definitive History of Racist Ideas in America](#) by Jason Reynolds and Ibram X. Kendi

[The Anatomy of White Guilt](#): A paper from the Unitarian Universalist Association.

[The Comprehensive Guide to Anti-Racism Resources](#): A guide for anti-racism supports — articles, videos, podcasts, books, films, resources for parents, and more — created by Sarah Sophie Flicker and Alyssa Klein.

The Conscious Kid: An [Instagram](#) account and [Patreon](#) site with information on parenting and education through a critical race lens.

[The Cycle of Liberation](#): A chapter written by Bobbie Harro for *Readings for Diversity and Social Justice*.

[The Cycle of Socialization](#): A chapter written by Bobbie Harro for *Teaching for Diversity and Social Justice*.

[The Emotional Lives of White People](#): A paper from the Unitarian Universalist Association.

[The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#) by Michelle Alexander

[The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing](#): A book by Dr. Anneliese A. Singh.

[Toward a Racially Just Workplace](#): A Harvard Business Review article by Laura Morgan Roberts & Anthony J. Mayo.

[When They Call You a Terrorist: A Black Lives Matter Memoir](#) by Patrisse Khan-Cullors and Asha Bandele

### TEACH & TAKE ACTION

[75 Things White People Can Do for Racial Justice](#) | Corinne Shutack

[Addressing Race and Trauma in the Classroom: A Resource for Educators](#) | The National Child Traumatic Stress Network

[Dismantling Racism: A Resource Book for Social Change Groups](#) | Western States Center

[Racism and Violence: How to Help Kids Handle the News](#) — [Racismo y violencia: cómo ayudar a los niños a sobrellevar las noticias](#) | Child Mind Institute

[Social Justice Resources: They're Not Too Young to Talk About Race](#) | The Children's Community School

[Social Justice: Resources for Talking with Your Children](#) | Glazer Children's Museum

[Talking About Race](#) | National Museum of African American History & Culture

[Tolerance Lesson: Talking About Race and Racism \(Grade Level 9-12\)](#) | Teaching Tolerance