



STUFF TO PACK FOR YOUR ACTIVELY ANTI-RACIST JOURNEY



This is a lifelong journey. If you pack too much at one time, it will be too heavy, you will fall over and what good would that be? Start small and click on any of these recommended videos, articles and books.



BEYOND DIVERSITY

This lecture is long but worth listening to. It is presented by Tim Wise, author of "Anti-Racist Reflections From an Angry White Male"

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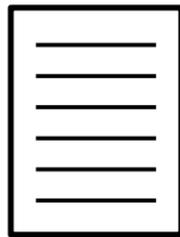
A must-see Netflix documentary about the criminalization of Black people and the school-to-prison pipeline.

RACISM AND IT'S IMPACT ON MENTAL HEALTH

DEI expert Mary-Frances Winters describes how racism erodes the mind, body, and spirit.

UNCOMFORTABLE CONVERSATIONS WITH A BLACK MAN

Emmanuel Acho tackles tough questions one at a time with clarity and practical advice.



7 WAYS WE KNOW SYSTEMIC RACISM IS REAL

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

HOW 'FRAGILITY' SUPPORTS RACISM AND HOW WHITE PEOPLE CAN STOP IT

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

103 THINGS WHITE PEOPLE CAN DO FOR RACIAL JUSTICE

Just click on it :)

HOW TO ADDRESS SUBTLE RACISM

Helpful explanations and practical ways to respond.



NICE WHITE LADIES

Written by a white woman for white women (and everyone else too)!

THE BLACK FRIEND: ON BEING A BETTER WHITE PERSON

Author Fredrick Joseph gives both the tools and the chance to do better.

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.



STEPS TO TAKE FOR YOUR **ACTIVELY ANTI-RACIST** JOURNEY

Remember ARC:



AWARENESS RELATIONSHIPS COMMITMENT

*Taken from Jemar Tisby's book How To Fight Racism

Want *more* tips? Below are some practical things you can DO on a daily basis to take steps forward on your actively anti-racist journey.

ADMIT ADMIT ADMIT!

A racist person usually denies denies denies but an actively anti-racist person admits admits admits. They admit when they have bias, when they have done something racist, said something racist, or when they have believed or supported a racist idea --- even if it's embarrassing. Dr. Maya Angelou said, "do the best you can until you know better. Then when you know better, do better".

LEARN LEARN LEARN + LISTEN LISTEN LISTEN

A racist person usually thinks they know enough. An actively anti-racist person knows that they can always learn more. You can learn through books, articles or videos, and definitely through conversations. You can even find courses to take in school or online!

GET COMFORTABLE WITH GETTING UNCOMFORTABLE

Have you ever heard of growing pains? We must understand that discomfort is at the root of all growth and learning; welcome it as much as you can. Have uncomfortable conversations, hear uncomfortable truths, and get comfortable with getting uncomfortable so that you can grow more as a person.

LIVE LIKE WE ARE FAMILY

If you are a human, then we are a part of the same human family. Since we are in the same human family, I ultimately want good for you and not harm, because that is what family members want for each other - even if sometimes we disagree with or annoy one another!

PUT PRIVILEGE IN ITS PROPER PLACE

A racist person ignores privilege. As an actively anti-racist person:

- I am aware that privilege means that I have things in my life that don't make my life harder
- I am aware of my privilege, I acknowledge it, and I'm not ashamed of it
- I also remember that I didn't do anything to earn my privilege
- I'm aware that some members of my human family don't have the same privileges as me
- I use my privilege everyday for good, as much as possible

CONNECT WITH OTHER ANTIRACISTS

Hang out with, talk with, vent with and learn from people who are moving forward in their actively anti-racist journey too. Do this with folks that are ahead of you in the journey as well as with folks who you are ahead of. Support one another as you keep moving forward.

CALL OUT / CALL IN / CALL UP

Call **out** behaviours, 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. If that's too hard, call the person who is doing something racist **in** and have a conversation one to one. Also, call them **up** to be a better human and neighbour today than they were the day before just as you are trying to be.

FOLLOW THE LEAD OF THOSE WHO HAVE THE MOST TO LOSE

Read books, articles and blogs from Black and Indigenous leaders. Follow them on social media, promote their work, and most importantly, heed their words.

BE INTENTIONAL ABOUT PLAY AND LEARNING

Do your children play with toys that look different from them? Do they read books and watch movies that feature people with different skin colours? If you do have media that feature Black and Indigenous characters, do the stories being told highlight the fullness of their lives, or do they only tell the story of slavery and civil rights? Click [here](#) for a beautiful example of a great story for kids. Click [here](#) for a list of 1000 books curated by an elementary aged student.

LOOK AT WHO YOUR "PEOPLE" ARE

Do you and your children have friends of other skin colours? Are your get-togethers only made up of folks who look like you? Make efforts to foster relationships with people who look different than you in your personal life.

HAVE RADICAL HUMILITY

Imagine it was your family member that experienced racism. Having radical humility means being honest with yourself about what other people experience and it leads us to come alongside our racialized family in the fight to end racism.