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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. 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.

HOW TO ADDRESS SUBTLE RACISM

Helpful explanations and helpful practical ways to respond.



HOW TO FIGHT RACISM (YOUNG READER'S EDITION)

This book gets straight to the point on how to actually fight racism day-to-day.

THIS BOOK IS ANTI-RACIST

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

THE BLACK FRIEND: ON BEING A BETTER WHITE PERSON

If you are a person who is not typically racialized and you want to be better...read this!



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STEPS TO TAKE ON YOUR ACTIVELY ANTI-RACIST JOURNEY!

Remember ARC:



AWARENESS **R**ELATIONSHIPS **C**OMMITMENT

*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 ANTI-RACISTS

Hang out with, talk with, vent with and learn from people who are moving forward in their actively anti-racist journey too. Try this especially with people who are older and smarter than you! 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.

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.

DON'T STOP

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

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