

Dismantling Our Internalized and Systemic Racism

- A large and incomplete list of things to read, listen to, watch, act, donate compiled from numerous sources
- Please share freely

From Philadelphia Magazine, June 5, 2020:

“Dismantling the systemic racism in our city and our nation starts with demolishing the internalized racism in ourselves. Angela Davis said, “In a racist society it is not enough to be non-racist, we must be anti-racist.” This guide is intended as a starting point for learning about how we got to where we are and how to do better in the future. This list is by no means comprehensive, but we hope that through the many resources we’ve linked to, white readers can stop asking “What do we do?” and actually start doing.” * Good advice.

What do we do?

- **Educate Yourself**
- **Face Your Own Racism and Fear-Driven Silence**
- **Show Up**
- **Support Financially**

Articles to read:

- * [Let’s Talk About Race: Resources for White Philadelphians Who Are Ready to Actually Do Something About Racism and Anti-Blackness | by Maddie Sweitzer-Lamme’ and Samantha Spengler | Philadelphia Magazine \(June 5, 2020\)](#)
- [“America’s Racial Contract Is Killing Us” by Adam Serwer | Atlantic \(May 8, 2020\)](#)
- [Ella Baker and the Black Freedom Movement \(Mentoring a New Generation of Activists\)](#)
- [“My Life as an Undocumented Immigrant” by Jose Antonio Vargas | NYT Mag \(June 22, 2011\)](#)
- [The 1619 Project \(all the articles\) | The New York Times Magazine](#)
- [The Combahee River Collective Statement](#)
- [“The Intersectionality Wars” by Jane Coaston | Vox \(May 28, 2019\)](#)
- [Tips for Creating Effective White Caucus Groups developed by Craig Elliott PhD](#)
- [“Where do I donate? Why is the uprising violent? Should I go protest?” by Courtney Martin \(June 1, 2020\)](#)
- [“White Privilege: Unpacking the Invisible Knapsack” by Knapsack Peggy McIntosh](#)
- [“Who Gets to Be Afraid in America?” by Dr. Ibram X. Kendi | Atlantic \(May 12, 2020\)](#)
- [“Your Black Colleagues May Look Like They’re Okay – Chances Are They’re Not” by Danielle Cadet, Refinery20.com \(May 28, 2020\)](#)
- <https://medium.com/@regardingpower/a-man-was-murdered-this-week-dbdd3ca61109>

Videos to watch:

- [Black Feminism & the Movement for Black Lives: Barbara Smith, Reina Gossett, Charlene Carruthers \(50:48\)](#)
- [Dr. Robin DiAngelo discusses 'White Fragility' \(1:23:30\)](#)
- ["How Studying Privilege Systems Can Strengthen Compassion" | Peggy McIntosh at TEDxTimberlaneSchools \(18:26\)](#)

Podcasts to subscribe to:

- [1619 \(New York Times\)](#)
- [About Race](#)
- [Code Switch \(NPR\)](#)
- [Intersectionality Matters! hosted by Kimberlé Crenshaw](#)
- [Momentum: A Race Forward Podcast](#)
- [Pod For The Cause \(from The Leadership Conference on Civil & Human Rights\)](#)
- [Pod Save the People \(Crooked Media\)](#)
- [Seeing White](#)

Books to read:

- [Black Feminist Thought](#) by Patricia Hill Collins
- [Eloquent Rage: A Black Feminist Discovers Her Superpower](#) by Dr. Brittney Cooper
- [Heavy: An American Memoir](#) by Kiese Laymon
- [How To Be An Antiracist](#) by Dr. Ibram X. Kendi
- [I Know Why the Caged Bird Sings](#) by Maya [Angelou](#)
- [Invisible No More: Police Violence Against Black Women and Women of Color](#) by Andrea J. Ritchie
- [Just Mercy](#) by Bryan Stevenson
- [Me and White Supremacy](#) by Layla F. Saad
- [Raising Our Hands](#) by Jenna Arnold
- [Redefining Realness](#) by Janet [Mock](#)
- [Sister Outsider](#) by Audre Lorde
- [So You Want to Talk About Race](#) by Ijeoma Oluo
- [The Bluest Eye](#) by Toni Morrison
- [The Fire Next Time](#) by James Baldwin
- [The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#) by Michelle Alexander
- [The Next American Revolution: Sustainable Activism for the Twenty-First Century](#) by Grace Lee Boggs
- [The Warmth of Other Suns](#) by Isabel Wilkerson
- [Their Eyes Were Watching God](#) by Zora Neale Hurston
- [This Bridge Called My Back: Writings by Radical Women of Color](#) by Cherrie Moraga
- [When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America](#) by Ira Katznelson
- [White Fragility: Why It's So Hard for White People to Talk About Racism](#) by Robin DiAngelo, PhD

Films and TV series to watch:

- 13th (Ava DuVernay) — Netflix
- American Son (Kenny Leon) — Netflix
- Black Power Mixtape: 1967-1975 — Available to rent
- Blindspotting (Carlos López Estrada) — Hulu with Cinemax or available to rent
- Clemency (Chinonye Chukwu) — Available to rent
- Dear White People (Justin Simien) — Netflix
- Fruitvale Station (Ryan Coogler) — Available to rent
- I Am Not Your Negro (James Baldwin doc) — Available to rent or on Kanopy
- If Beale Street Could Talk (Barry Jenkins) — Hulu
- Just Mercy (Destin Daniel Cretton) — Available to rent for free in June in the U.S.
- King In The Wilderness — HBO
- See You Yesterday (Stefon Bristol) — Netflix
- Selma (Ava DuVernay) — Available to rent for free in June in the U.S.
- The Black Panthers: Vanguard of the Revolution — Available to rent
- The Hate U Give (George Tillman Jr.) — Available to rent for free
- When They See Us (Ava DuVernay) — Netflix

Organizations to follow on social media:

- Antiracism Center: [Twitter](#)
- Audre Lorde Project: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Black Women's Blueprint: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Color Of Change: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Colorlines: [Twitter](#) | [Instagram](#) | [Facebook](#)
- The Conscious Kid: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Equal Justice Initiative (EJI): [Twitter](#) | [Instagram](#) | [Facebook](#)
- Families Belong Together: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Justice League NYC: [Twitter](#) | [Instagram](#) + Gathering For Justice: [Twitter](#) | [Instagram](#)
- The Leadership Conference on Civil & Human Rights: [Twitter](#) | [Instagram](#) | [Facebook](#)
- The Movement For Black Lives (M4BL): [Twitter](#) | [Instagram](#) | [Facebook](#)
- MPowerChange: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Muslim Girl: [Twitter](#) | [Instagram](#) | [Facebook](#)
- NAACP: [Twitter](#) | [Instagram](#) | [Facebook](#)
- National Domestic Workers Alliance: [Twitter](#) | [Instagram](#) | [Facebook](#)
- RAICES: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Showing Up for Racial Justice (SURJ): [Twitter](#) | [Instagram](#) | [Facebook](#)
- SisterSong: [Twitter](#) | [Instagram](#) | [Facebook](#)
- United We Dream: [Twitter](#) | [Instagram](#) | [Facebook](#)

More anti-racism resources to check out:

- [75 Things White People Can Do for Racial Justice](#)
- [Anti-Racism Project](#)
- [Jenna Arnold's resources \(books and people to follow\)](#)
- [Rachel Ricketts' anti-racism resources](#)
- [Resources for White People to Learn and Talk About Race and Racism](#)
- [Save the Tears: White Woman's Guide by Tatiana Mac](#)
- [Showing Up For Racial Justice's educational toolkits](#)
- [The \[White\] Shift on Instagram](#)
- ["Why is this happening?" — an introduction to police brutality from 100 Year Hoodie](#)
- [Zinn Education Project's teaching materials](#)

Resources for Families

- [Supporting Vulnerable Students in Stressful Times: Tips for Parents](#)
- [Resources for Discussing Police Violence, Race, and Racism with Students](#)
- [Discussing Hate and Violence with Children](#)
- [Helping Students Make Sense of News Stories About Bias and Injustice](#)
- [How to Support Your Child's Resilience in a Time of Crisis](#)

Resources for Parents of Younger Students

- [Beyond the Golden Rule: A Parent's Guide to Preventing and Responding to Prejudice \(Southern Poverty Law Center\)](#)
- [Social Justice \(National Association of School Psychologists\)](#)
- [Talking Race with Young Children \(National Public Radio\)](#)
- [Books you should consider reading](#)

Where to DONATE

- [George Floyd Memorial Fund](#)
- [Minnesota Freedom Fund](#): Community based nonprofit that pays criminal bail and immigration bonds for individuals who have been arrested while protesting police brutality
- [Black Visions Collective](#): A black, trans, & queer led organization that is committed to dismantling systems of oppression and violence and shifting the public narrative to create transformative long-term change.
- [Reclaim the Block](#): Coalition that advocates for and invests in community led safety initiatives in Minneapolis
- [Campaign Zero](#): Online platform and organization that utilizes research based policy solutions to end police brutality in America
- [Unicorn Riot](#): Non-profit organization that is dedicated to exposing the root causes of dynamic social and environmental issues