



I UNDERSTAND
+ THAT I WILL
NEVER UNDERSTAND
HOWEVER,
I STAND WITH

BECOMING ANTI-RACIST

23 Things You Can Watch, Listen, or Do.

This toolkit is a starting point. There are many valuable resources available to support you as you seek to understand and become anti-racist, and these are a few that our team has found helpful. The first step is being open to learning and committing to the ongoing journey of becoming anti-racist.

AS A WHITE PERSON, WHERE CAN I START?

Read (10 min):

[4 Steps We Can Take as White People](#)
by Christina Marie Noel

"If I'm being completely honest, a large part of my hesitation to write about racism has stemmed from the fear of somehow "getting it wrong." I was afraid I might offend someone, use the wrong language, or accidentally be disrespectful in some way."

WHAT DOES IT MEAN TO EXPERIENCE RACISM?

Read (5 min):

[Don't understand the protests?](#)
[What you're seeing is people pushed to the edge](#)
by Kareem Abdul-Jabbar

Read (8 min):

[Who gets to be afraid in America?](#)
by Ibram X. Kendi

WHAT IS THE HISTORY OF ANTI-BLACK RACISM AND SLAVERY? WHERE DID THIS COME FROM?

Listen (Six 30-minute episodes):

[The 1619 Podcast](#)
by The New York Times

Explore:

[The full 1619 Project](#)
by The New York Times

AS A WHITE PERSON, HOW CAN I UNDERSTAND "WHITE PRIVILEGE"?

Read (20 min):

[Understanding White Privilege](#)
by Frances E. Kendall

Read (15 min):

[Unpacking the Invisible Knapsack](#)
by Peggy McIntosh

TALKING ABOUT RACE, AS A WHITE PERSON, CAN BE UNCOMFORTABLE – WHY IS THAT?

Read (15 min):

[From White Racist to White Anti-Racist, the Lifelong Journey](#)
by Tema Okun

WHY DON'T WHITE PEOPLE TALK ABOUT RACE?

Read (10 min):

[White people are still raised to be racially illiterate](#)
by Robin DiAngelo

Go Deeper:

Read the book [White Fragility](#)
by Robin DiAngelo

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WHAT IS "ANTI-RACISM"? DOES "RACIST" DESCRIBE A PERSON OR AN IDEA?

Watch (60 min):

Wesley Lowery and Ibram X Kendi discuss "[Stamped from the Beginning](#)"

- If you only have 10 minutes: start [here](#) (minute 15)

Read (10 min):

[What It Means to Be Anti-Racist](#), Vox
by Anna North

Go Deeper:

[How to be Antiracist](#)
by Ibram X Kendi

HOW DO I START CONVERSATIONS ABOUT RACE?

Respond to everyday interactions with tips from [Teaching Tolerance](#)

Start a book club with the [White Fragility group guide](#)

Note: useful tips beyond just this book

Listen:

[Talking Race with Young Children](#)
podcast by NPR

Go Deeper:

[So You Want to Talk About Race](#)
by Ijeoma Oluo

HOW DO I JUMP INTO EXISTING CONVERSATIONS ABOUT RACE?

Listen:

[Code Switch](#)

by NPR

Podcast, 20-30 minute episodes

I'M CURIOUS TO LEARN MORE NOW...WHAT ELSE CAN I READ?

[The Fire Next Time](#)

by James Baldwin

Two essays on the consequences of racial injustices written during the emerging civil rights movement

[Just Mercy](#)

by Bryan Stevenson

Dive deeper into the injustices in the U.S. criminal justice system

[Breaking Hate: Confronting the New Culture of Extremism](#)

by Christian Picciolini

Understanding how to break extreme hate in the U.S.

WHAT ELSE CAN I DO?

Put it into practice:

[Being Antiracist](#)

by Angela Y. Davis

Put it into practice:

[75 things white people can do for racial justice](#)

