

UW Medicine

Healthcare Equity Resources

Read

Basics

Blindspot – Mahzarin R. Banaji

Racism Without Racists: Color-blind Racism and the Persistence of Racial Inequality in America – Eduardo Bonilla-Silva

Biased – Jennifer L Eberhardt, PhD

Lies My Teacher Told Me: Everything Your American History Textbook Got Wrong – James W. Loewen (White author)

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

[How to Be Less Stupid About Race](#), Crystal Marie Fleming

Wondering what the term ‘white supremacy’ means and how it relates to your life? [This illustration does a great job at listing dozens of overt and covert actions that reinforce white supremacy, often unintentionally.](#)

Racism and Medicine

[Fatal Invention](#), Fatal Invention: How Science Politics, Big Business, Re-create Race in the 21st Century. Dorothy Roberts

The problem with race-based medicine. Dorothy Roberts. TEDMED 2015

[Reproductive Injustice: Racism, Pregnancy, and Premature Birth](#), Dána-Ain Davis

Just Medicine: A Cure For Racial Inequality In The American Health Care System, Dayna Bowen Matthew

The Immortal Life Of Henrietta Lacks, Rebecca Skloot (White Author)

Medical Apartheid: The Dark History Of Medical Experimentation On Black Americans From Colonial Times To The Present, Harriet A. Washington

How racism makes us sick, David R. Williams. TEDMED 2016.

Flatlining: Race, Work, And Healthcare In The New Economy, Adia Harvey Wingfield

Addressing Race in Mentorship & The Academy

Cognitive Reserve and Racial Privilege in STEM

<https://meliseedwards.com/2020/05/10/cognitive-reserve-in-stem-disproportionate-labor-and-outcomes-for-students-of-color/>

Mentoring Underrepresented Minority Students

<https://www.insidehighered.com/advice/2020/01/13/advice-mentoring-underrepresented-minority-students-when-you-are-white-opinion>

Your Black Colleagues May Look Like They're Okay — Chances Are They're Not <https://www.refinery29.com/amp/en-us/2020/05/9841376/black-trauma-george-floyd-dear-white-people>

The Disciplines Where No Black People Earn Ph.D.s

<https://www.theatlantic.com/education/archive/2019/04/lack-of-black-doctoral-students/587413/>

A Twitter thread for PIs on supporting Black students, from a Black PhD student <https://twitter.com/FutureDrDukes/status/1267508084143865859>

Defining Racism and anti-racism

Stamped From the Beginning: The Definitive History of Racist Ideas In America, Ibram X. Kendi

How To Be Antiracist, Ibram X. Kendi

Stamped: Racism, Antiracism, and You, Ibram X. Kendi & Jason Reynolds

Additional reading

[The Lemonade Syllabus](#)

[White Rage: The Unspoken Truth of Our Racial Divide](#), Carol Anderson

How Does It Feel To Be A Problem? Being Young And Arab In America, Moustafa Bayoumi

The Next American Revolution: Sustainable Activism For The Twenty-First Century, Grace Lee Boggs

[White Fragility: Why It's So Hard For White People To Talk About Racism](#), Robin DiAngelo

What Truth Sounds Like, Michael Eric Dyson

Tears We Cannot Stop: A Sermon To White America, Michael Eric Dyson

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

[Why I'm No Longer Talking to White People About Race](#), Reni Eddo-Lodge

Ghosts In The Schoolyard: Racism And School Closings On Chicago's South Side, Eve L. Ewing

How To Be Less Stupid About Race: On Racism, White Supremacy And The Racial Divide, Crystal M. Fleming

A Short History Of Reconstruction 1863-1877, Eric Foner (white author)

Tell Me Who You Are, Winona Guo & Priya Vulchi

This Book is Anti-Racist: 20 Lessons on How To Wake Up, Take Action, And Do The Work, Tiffany Jewell & Aurelia Durand

[Hood Feminism: Notes from the Women That a Movement Forgot](#), Mikki Kendall

Why We Can't Wait, Martin Luther King, Jr.

America for Americans: A History Of Xenophobia In The United States, Erica Lee

They Can't Kill Us All: Ferguson, Baltimore, and a New Era In America's Racial Justice Movement, Wesley Lowery

How Capitalism Underdeveloped Black America: Problems In Race, Political Economy And Society, Manning Marable

[The Inner Work of Racial Justice](#), Rhonda V. Magee

[Redefining Realness](#), Janet Mock

[Citizen: An American Lyric](#) Claudia Rankine

American Lynching, Ashraf H. A. Rushdy

[Me and White Supremacy](#), Layla Saad

The Politics Of The Veil, Joan Wallach Scott (white author)

[The Racial Healing Handbook](#), Anneliese A. Singh

[How We Fight White Supremacy](#), Akiba Solomon and Kenrya Rankin

The Origins Of The Urban Crisis: Race and Inequality In Postwar Detroit, Thomas Surgue (white author)

A Different Mirror A History Of Multicultural America, Ronald Takaki

[How We Get Free: Black Feminism and the Combahee River Collective](#), edited by Keeanga-Yamahtta Taylor

[From #BlackLivesMatter to Black Liberation](#), Keeanga-Yamahtta Taylor

A People's History Of The United States, Howard Zinn (white author)

An Indigenous People's History Of The United States, Roxanne Dunbar-Ortiz (white author)

Memoirs

I Know Why The Caged Bird Sing, Maya Angelou

I'm Still Here: Black Dignity In A World Made For Whiteness, Austin Channing Brown

The Best We Could: An Illustrated Memoir, Thi Bui

Between The World And Me, Ta-nehisi Coates

[Eloquent Rage](#) - A Black Feminist Discovers Her Superpower, Brittney Cooper

[Well-Read Black Girl](#), Glory Edim

Lakota Women, Mary Crow Dog & Richard Erdoes

Minor Feelings: An Asian American Reckoning, Cathy Park Hong

Good Talk: A Memoir In Conversation (Graphic Novel), Mira Jacob

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

Paper Sons, Dickson Lam

Heavy: An American Memoir, Kiese Laymon

Redefining Realness: My Path To Womanhood, Identity, Love & So Much More, Janet Mock

Citizen 13660 (Graphic Novel), Miné Okubo

I Love You's Are For White People: A Memoir, Lac Su

The Auto-Biography Of Malcolm X, Malcolm X

Essays

They Can't Kill Us Until They Kill Us, Hanif Abdurraqib

Alligator and Other Stories, Dima Alzayat

The Fire Next Time, James Baldwin

[Black is the Body](#) - Stories From My Grandmother's Time, My Mother's Time, And Mine, Emily Bernard

We Were Eight Years In Power: An American Tragedy, Ta-Nehisi Coates

We Gon' Be Alright: Notes on Race & Resegregation, Jeff Chang

[Freedom is a Constant Struggle](#) - Ferguson, Palestine, And The Foundations Of A Movement, Angela Y. Davis

If They Come In The Morning...Voices Of The Resistance, Edited by Angela Davis

The Souls of Black Folk, W.E.B. Du Bois

Bad Feminist , Roxanne Gay

[When and Where I Enter](#), Paula Giddings

[Sister Outsider](#), Audre Lorde

This Bridge Called My Back: Writings By Radical Women Of Color, Edited By Cherríe Moraga & Gloria Anzaldúa

Some Of Us Are Very Hungry Now, Andre Perry

The Fire This Time: A New Generation Speaks About Race, Jesymn Ward

Too Heavy A Load: Black Women in Defense of Themselves, Deborah G. White

Fiction

Poet X, Elizabeth Acevedo

Americanah, Chimamande Ngozi Adichie

The Paragon Hotel, Lyndsay Faye (white author)

A Negro And An Ofay: The Tales of Elliot Caprice, Danny Gardner

Homegoing, Yaa Gyasi

Their Eyes Were Watching God, Zora Neale Hurston

Welcome To Braggsville: A Novel , T. Geronimo Johnson

An American Marriage (Fiction), Tayari Jones

The Other Americans, Laila Lalami

The Year Of The Dog, Grace Lin

The Bluest Eye, Toni Morrison

All American Boys, Jason Reynolds

We Cast A Shadow, Maurice Carlos Ruffin

The Hate U Give, Angie Thomas

On Earth We're Briefly Gorgeous, Ocean Vuong

The Underground Railroad, Colson Whitehead

The Nickel Boys, Colson Whitehead

Black Studies

The Education Of Blacks In The South, 1860-1935, James D. Anderson

The Half Has Never Been Told: Slavery And The Making Of American Capitalism, Edward E. Baptist (white author)

The Color Of Money: Black Banks And The Racial Wealth Gap, Mehrsa Baradaran

A Black Women's History Of The United States, Daina Ramey Berry & Kali Nicole Gross

The Price For Their Pound Of Flesh: The Value Of The Enslaved, From Womb to Grave, In The Building Of A Nation, Daina Ramey Berry

Black Feminist Thought: Knowledge, Consciousness And Political Thought, Patricia Hill Collins

Ain't I a Woman: Black Women and Feminism, Bell Hooks

<https://www.amazon.com/Aint-Woman-Black-Women-Feminism/dp/1138821519?ascsubtag=%5B%5Dc2%5Bp%5Dckasfg8e200adury6ychvep7m%5Bd%5DD%5Bz%5Dm%5Bt%5Dw%5Br%5Dthecut.com/latest&tag=thecutonsite-20>

March Trilogy (Graphic Novels), John Lewis, Andrew Aydin, Nate Powell

North Of Slavery: The Negro In The Free States, 1780-1869, Leon F. Litwack (white author)

Black Stats: African Americans By The Numbers In The Twenty-First Century, Monique M. Morris

Pushout: The Criminalization of Black Girls in Schools, Monique M. Morris

40 Million Dollar Slaves: The Rise, Fall, And Redemption of The Black Athlete, William C. Rhoden

From #BlackLivesMatter To Black Liberation, Keeanga-Yamahtta Taylor

A More Beautiful And Terrible History: The Uses And Misuses Of Civil Rights History, Jeanne Theoharis

[The Warmth of Other Suns](#), Isabel Wilkerson

African American History: From Emancipation to the Present , Yale University AFAM 162, Free Online Course

Land and Housing

Evicted: Poverty And Profit In The American City, Matthew Desmond (white author)

The Color of Law: A Forgotten History on How Our Government Segregated America, Richard Rothstein (white author)

Teaching

[Justice In June Syllabus](#)

For All You White Folks Who Teach In The Hood...And The Rest Of Ya'll Too, Christopher Emdin

Not Light, But Fire: How To Lead Meaningful Race Conversations In The Classroom, Matthew R. Kay

Culturally Responsive School Leadership, Muhammad Khalifa

We Want To Do More Than Just Survive: Abolitionist Teaching And The Pursuit Of Educational Freedom, Bettina L. Love

Start Where You Are But Don't Stay There: Understanding Diversity, Opportunity Gaps, And Teaching In Today's Classroom, H Richard Milner IV

Cultivating Genius: An Equity Model for Culturally and Historically Responsive Literacy, Gholdy Muhammad

White Teachers Need Anti-racist Therapy (article), Bettina L. Love

Everyday AntiRacism: Getting Real About Race In Schools, Mica Pollock
(white author)

“Why Are All The Black Kids Sitting Together In The Cafeteria” And Other
Conversations On Race, Beverley Daniel Tatum, PhD

Voting

[One Person, No Vote](#), Carol Anderson

Give Us The Vote: The Modern Struggle For Voting Rights In America, Ari
Berman

Mass Incarceration

[The New Jim Crow](#), Michelle Alexander

Slavery By Another Name: The Re-enslavement Of Black Americans From
The Civil War To World War II, Douglass A. Blackmon (white author)

Choke Hold: Policing Black Men, Paul Butler

[A Bound Woman Is a Dangerous Thing: The Incarceration of African
American Women from Harriet Tubman to Sandra Bland](#) DaMaris Hill

Are Prisons Obsolete? Angela Y. Davis

[From the War on Poverty to the War on Crime](#), Elizabeth Kai Hinton

Just Mercy: A Story Of Justice And Redemption, Bryan Stevenson

Just Mercy (Movie), Directed by Destin Daniel Cretton

Solitary: Unbroken By Four Decades In Solitary Confinement My Story of
Transformation And Hope, Albert Woodfox

13th (Movie), An American Documentary Directed by Ava Duvernay

When They See Us (Mini-Series), Netflix Original Co-Written and Directed by Ava Duvernay

Ear Hustle (Podcast)

White Studies

The Invention of The White Race: Volume 1: Racial Oppression and Social Control Theodore W. Allen (white author)

The Invention of The White Race: Volume 2: The Origin of Racial Oppression in Anglo-America, Theodore W. Allen (white author)

White Rage, Carol Anderson

What Does It Mean To Be White: Developing White Racial Literacy, Robin DiAngelo (white author)

We Talk Different Episode #63-The 'What Does It Mean To Be White' Edition with Robin Di'Angelo (Podcast)

Black Like Me, John Howard Griffin

White Kids: Growing Up With Privilege In A Racially Divided America, Margaret A. Hagerman

Waking Up White, Deby Irving

The History of White People, Nell Irvin Painter

Hillbilly Elegy, J.D. Vance

White Like Me: Reflections On Race From A Privileged Son, Tim Wise (white author)

Healing and Restoration

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The Little Book on Race and Restorative Justice, Fania E. Davis

The Innerwork of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness, Rhonda V. Magee

My Grandmother's Hands: Racialized Trauma And The Pathway To Mending Our Broken Hearts And Bodies, Resmaa Menakem

The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systematic Racism, and Engage in Collective Healing, Annealiese A Singh, PhD, LPC

Race and the Church

The Cross and the Lynching Tree, James H. Cone

Unsettling Truths: The Ongoing, Dehumanizing Legacy Of The Doctrine Of Discovery, Mark Charles & Soong-Chan Rah

JK: Divided By Faith: Evangelical Religion And The Problem Of Race In America, Michael O. Emerson & Christian Smith (white author)

Rethinking Incarceration: Advocating For Justice That Restores, Dominique Du Bois Gilliard

The Very Good Gospel , Lisa Sharon Harper

White Awake: An Honest Look At What It Means To Be White, Daniel Hill (white author)

Trouble I've Seen: Changing The Way The Church View Racism, Drew Hart

An Introduction to Womanist Biblical Interpretation, Nyasha Junior

Recovering From Racism: City Ministry In "Post-Racial" America, Larry Lloyd (white author)

Woke Church: An Urgent Call For Christians In America To Confront Racism And Injustice, Eric Mason

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Road Map To Reconciliation: Moving Communities Into Unity, Wholeness and Justice, Brenda Salter McNeil

Introducing Womanist Theology, Stephanie V. Mitchem

The Long Repentance (Bible Study), Mako Nagasawa

Let Justice Roll Down, John Perkins

Prophetic Lament: A Call For Justice In Troubled Times, Soong-Chan Rah

Beyond Colorblind: Redeeming Our Ethnic Journey, Sarah Shin

Urbana 1970: Racism & World Evangelism (Sermon), Speech by Tom Skinner

Jesus And The Disinherited, Howard Thurman

The Color of Compromise, Jemar Tisby

Footnotes with Jemar Tisby (Podcast)

Reconstructing The Gospel: Finding Freedom From The Slaveholder Religion, Jonathan Wilson-Hartgrove (white author)

Centering: The Asian American Christian Podcast (Podcast)

Truth's Table (Podcast)

Articles

[On Being An Ally: Change is Necessary and Painful](#)

[Remember, No One is Coming to Save Us](#)

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

[Why We Need To Call Out Casual Racism](#)

[Black People Need Stronger White Allies: Here's How to Be One](#)

On Being Comfortable with Discomfort: Tiffany Jewell Explains What It Means To Be Anti-racist, Vanessa Willoughby

<https://www.slj.com/?detailStory=tiffany-jewell-anti-racism-childrens-nonfiction-author-interview>

The Case for Reparations, Ta-nehisi Coates.

<https://www.theatlantic.com/magazine/archive/2014/06/the-case-for-reparations/361631/>

Why I Am No Longer Talking To White People About Race, Reni Eddo-Lodge. <https://www.theguardian.com/world/2017/may/30/why-im-no-longer-talking-to-white-people-about-race>

EJI Lynching In America Interactive Resource, Equal Justice Initiative

<https://lynchinginamerica.eji.org/?fbclid=IwAR0aj9gnRJsuYZ3DQstACnOqnj8uV73gLPH4dlK49paND5O0vMzZ744mqjg>

Are All White Americans Police Officers? Andre Henry

<https://medium.com/@andrehenry/are-all-white-americans-police-officers-ca265f501d9d>

White Privilege: Unpacking The Invisible Knapsack Peggy McIntosh

<https://www.racialequitytools.org/resourcefiles/mcintosh.pdf>

America, The House That Slavery Built, Tasha Williams.

<https://psmag.com/news/america-the-house-that-slavery-built>

Blacks And Jews Entangled, Edward S. Shapiro (white author).

<https://www.myjewishlearning.com/article/blacks-and-jews-entangled/>

“America’s Racial Contract Is Killing Us” by Adam Serwer | Atlantic (May 8, 2020) <https://www.theatlantic.com/ideas/archive/2020/05/americas-racial-contract-showing/611389/>

Ella Baker and the Black Freedom Movement (Mentoring a New Generation of Activists

<https://drive.google.com/a/glaze0101.com/file/d/0By2bSIBi5sIDbXB2enJ0RzN6c3M/view?usp=sharing>

"My Life as an Undocumented Immigrant" by Jose Antonio Vargas | NYT Mag (June 22, 2011) <https://www.nytimes.com/2011/06/26/magazine/my-life-as-an-undocumented-immigrant.html>

The Combahee River Collective Statement.
<http://circuitous.org/scraps/combahee.html>

"The Intersectionality Wars" by Jane Coaston | Vox (May 28, 2019)
<https://www.vox.com/the-highlight/2019/5/20/18542843/intersectionality-conservatism-law-race-gender-discrimination>

Tips for Creating Effective White Caucus Groups developed by Craig Elliott PhD. <http://convention.myacpa.org/houston2018/wp-content/uploads/2017/11/Guidelines-for-Effective-White-Caucuses.pdf>

https://greatergood.berkeley.edu/article/item/how_to_stop_the_racist_in_your_community

<https://journals.sagepub.com/doi/full/10.1177/0963721417724239>

Listen/Watch

Podcasts

At Liberty - ACLU

The Stoop The chicken and Jollof Rice show
<https://soundcloud.com/chicken-jollof-rice>

The Nod <https://gimletmedia.com/shows/the-nod/episodes>

GirlsLikeMe
<https://podcasts.apple.com/us/podcast/girlslikeme/id1259336405>

Identity Politics <http://identitypoliticspod.com/>

Uncivil <https://gimletmedia.com/shows/uncivil>

1619 (New York Times).

<https://www.nytimes.com/2020/01/23/podcasts/1619-podcast.html>

About Race with Renni Eddo-Lodge <https://www.showaboutrace.com/>

Code Switch (NPR) <https://www.npr.org/sections/codeswitch/>

Intersectionality Matters! hosted by Kimberlé Crenshaw

<https://podcasts.apple.com/us/podcast/intersectionality-matters/id1441348908>

Momentum: A Race Forward Podcast

<https://www.raceforward.org/media/podcast/momentum-race-forward-podcast>

Pod For The Cause (from The Leadership Conference on Civil & Human Rights) <https://civilrights.org/podforthecause/>

Pod Save the People (Crooked Media) <https://crooked.com/podcast-series/pod-save-the-people/>

Seeing White <https://www.sceneonradio.org/seeing-white/>

Black Feminism & the Movement for Black Lives: Barbara Smith, Reina Gossett, Charlene Carruthers (50:48) <https://youtu.be/eV3nnFheQRo>

<http://revisionisthistory.com/episodes/13-miss-buchanans-period-of-adjustment>

Movies, Documentaries, TV Series, TED Talks

Slavery by Another Name (PBS Documentary)

Black Feminism & the Movement for Black Lives: Barbara Smith, Reina Gossett, Charlene Carruthers

<https://youtu.be/eV3nnFheQRo>

13th (Ava DuVernay) — Netflix

American Son (Kenny Leon) — Netflix

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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

How to Overcome our biases? Walk boldly toward them. Verna Myers TED Beacon Street.

"How Studying Privilege Systems Can Strengthen Compassion" | Peggy McIntosh at TEDxTimberlaneSchools (18:26) <https://youtu.be/e-BY9UEewHw>

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

Dr. Robin DiAngelo discusses “White Fragility” <https://youtu.be/45ey4jgoxeU>

See You Yesterday (Stefon Bristol) — Netflix

Selma (Ava DuVernay) — Available to rent

The Black Panthers: Vanguard of the Revolution — Available to rent

The Urgency of Intersectionality – Kimberly Crenshaw TED Women 2016

The Hate U Give (George Tillman Jr.) — Hulu with Cinemax

Where Heritage = Hate: The Truth about the Confederacy in America

When They See Us (Ava DuVernay) — Netflix

Amplifying Black Voices

An article with steps to amplify black voices:

<https://www.themarysue.com/amplify-black-voices/>

Black voices to add to your social media:

<https://www.insidehook.com/article/advice/70-black-voices-social-media>

Orgs 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
- The Leadership Conference on Civil & Human Rights: Twitter | Instagram | Facebook
- MPowerChange: Twitter | Instagram | Facebook
- Muslim Girl: Twitter | Instagram | Facebook
- NAACP: Twitter | Instagram | Facebook
- National Domestic Workers Alliance: Twitter | Instagram | Facebook

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- RAICES: Twitter | Instagram | Facebook
- Showing Up for Racial Justice (SURJ): Twitter | Instagram | Facebook
- SisterSong: Twitter | Instagram | Facebook
- United We Dream: Twitter | Instagram | Facebook

Black media to support

Blavity: An American media outlet created by and for Black millennials. Its mission is to "economically and creatively support Black millennials across the African diaspora, so they can pursue the work they love, and change the world in the process."

The Root: An African-American-oriented online magazine that provides an unflinching analysis of important issues in the Black community through insightful and savvy commentary from Black thought-leaders.

BET: The nation's leading provider of quality entertainment, music, news and public affairs television programming for the African American audience

NBCBLK: An NBC platform highlighting "stories by, for and about the Black community" with the goal of "elevating America's conversation about Black identity, politics & culture today."

TheGrio: An American news website focusing on news and events that have a unique interest and/or pronounced impact within the national African American audience.

Ebony: A magazine committed to showcasing the best and brightest, as well as highlighting disparities in Black life.

Essence: A lifestyle, fashion and beauty magazine for African American women.

Refinery 29 - Unbothered: An online platform made for and by Black millennial women, celebrating the beauty, strength, and power in the Black community.

Parenting

<https://www.nytimes.com/2020/06/02/parenting/kids-books-racism-protest.html>

Coretta Scott King Book Award Winners: books for children and young adults <https://www.commonsemmedia.org/lists/coretta-scott-king-book-award-winners>

31 Children's books to support conversations on race, racism and resistance <https://www.embracerace.org/resources/26-childrens-books-to-support-conversations-on-race-racism-resistance>

http://www.raceconscious.org/2016/06/100-race-conscious-things-to-say-to-your-child-to-advance-racial-justice/?fbclid=IwAR3WldUj2iEueccQpl5iBgy_vcnHk7kK8sH_2zRxJAle-6XuHRTpxL5Cul

Online training for raising Anti-Racist Children
<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eh168p75b6e8513b&oseq=&c=&ch=>

<https://www.kidsandrace.org/>

The First R: How Children Learn Racism, Debra Van Ausdale & Joe R. Feagin (white author)

Motherhood So White: A Memoir of Race, Gender, and Parenting In America, Nefertiti Austin

Teaching Your Kid About Black History Month (Article), Nefertiti Austin

Parenting Forward, Cindy Wang Brandt

Parenting Forward (Podcast)

Revolutionary Mothering: Love On The Front Lines, Edited by Alexis Pauline Gumbs, China Martens, and Mai'a Williams

[Raising White Kids](#), Jennifer Harvey

We Live for the We: The Political Power of Black Motherhood, Dani McClain

Fare of the Free Child podcast

Integrated Schools podcast episode "Raising White Kids with Jennifer Harvey"

Children's Literature

The Undefeated, Kwame Alexander, illustrated by Kadir Nelson

Something Happened In Our Town, Marianne Celano, Marietta Collins, and Ann Hazzard, illustrated by Jennifer Zivoin

I Am Not A Number, Jenny Kay Dupuis & Kathy Kacer, illustrated by Gillian Newland

Anti-Racist Baby, Ibram X. Kendi, illustrated by Ashley Lukashevsky

Dim Sum For Everyone! Grace Lin

Separate Is Never Equal: Sylvia Mendez And Her Family's Fight For Desegregation, Duncan Tonatuih

Young Water Protectors: A Story About Standing Rock, Aslan & Kelly Tudor

The Day You Begin, Jaqueline Woodson, illustrated by Rafael Lopez

Moses: When Harriet Tubman Led Her People To Freedom, Carole Boston Weatherford, illustrated by Kadir Nelson

Hot Hot Roti for Dada-ji, F. Zia, Illustrated by Ken Min

The Boy And The Wall, Palestinian Children in the Aida Refugee Camp

New Kid, Jerry Craft

Resources for Black Mental Health

Resource guide for Black healing, lots of good links, resources and ideas in here, put together specifically in response to Floyd protests:

<https://drive.google.com/file/d/1Eg2S10NPYhAVEMKwicHn2SHpT6KKW0aP/view?fbclid=IwAR3KRwmlch082xleaR1DKtwDHrs6VfrHW4hnpuwLrYjUz1LtFOoTk1LmhKc>

“The Safe Place” - <http://afightworthfinishing.mystrikingly.com/>
App developed by Jasmin Pierre, a Black woman who struggled with depression, educating about mental health issues geared towards Black community

<https://www.melaninandmentalhealth.com> - podcasts on Black mental health and therapy, articles, therapist search

<https://therapyforblackgirls.com> - mental health and other therapy related podcasts and other resources developed by and for Black women, includes therapist search

Black Therapists Rock: <https://www.BlackTherapistsRock.com> , includes therapist search. This group recently published a book: https://smile.amazon.com/Black-Therapists-Rock-Glimpse-Through-ebook/dp/B07N4FY24D/ref=sr_1_1?dchild=1&keywords=Black+Therapists+Rock&qid=1591191084&sr=8-1

<https://www.ngttcn.com> -geared towards queer & trans people of color

Black Mental Health Alliance: <https://blackmentalhealth.com> - additional resources

Black Lives Matter meditations, including a 17-minute meditation developed by Dr. Candice Nicole, Black Psychologist at University of Kentucky, in response to BLM movement to heal racial trauma: <http://drcandicenicole.com/2016/07/black-lives-matter-meditation/>

Self care kit from Association of Black Psychologists: <http://www.abpsi.org/pdf/FamilyCommunitySelfCareToolKit.pdf>

Radical Healing Collective: <https://www.psychologytoday.com/us/experts/the-psychology-radical-healing-collective>

Recommendations from Dr. Juliette McClendon, VA National Center for PTSD, on distinguishing racial trauma from PTSD: <https://twitter.com/DrJulietteM/status/1267102304777506817>

#BlackLivesMatter in Psychotherapy: <https://societyforpsychotherapy.org/blacklivesmatter-in-psychotherapy/>

VA Talking points for Discussing Community Trauma in Response to Killings and Mistreatment of Black and Brown Americans from the perspective of a Black clinician to talk with Black clients. It also has a section on cross-racial providers and important information on word choice and learning the facts about recent killings.

<https://drive.google.com/file/d/1C5ZmzaD5pTK4hnRpXiHFyikyFe5vOD7l/view?usp=sharing>

Managing burnout for activists of color: <https://sites.google.com/view/refillyourwell/about-this-project> .

This also contains some coping-related resources:

<https://membic.org/racejustice> and <https://www.anxiety.org/black->

[americans-how-to-cope-with-anxiety-and-racism](#) . Note this resource not developed by Black people but has been endorsed by and includes many.

UW Specific Resources for All Students

UW Counseling Center (Student Support via secure Zoom Session, by appointment)

Let's Talk (Student Support via Zoom, no appointment necessary)

Samuel E. Kelly Ethnic Cultural Center (Student Resources and Opportunities)

SafeCampus (Student & Employee 24 Hour Hotline Support)

Bias Incident Reporting Tool (Student & Employee Resources and Incident Report Form)

CareLink (Employee Resources)

Take Action

[Justice for Breonna Taylor petition](#)

[Justice for David McAtee petition](#)

[Color of Change petition to end police brutality](#)

[Justice for Tony McDade petition](#)

[How To Support Black Trans People Right Now](#)

Other resources

[Talking About Race: A Guide from the National Museum of African American History & Culture](#)

<https://www.obama.org/anguish-and-action/>

JSTOR's Institutionalized Racism Syllabus

<https://www.tolerance.org/professional-development/white-antiracism-living-the-legacy>

Want to learn more about being anti-racist? [Here's a comprehensive list of books, articles, and podcasts \(including kid-friendly resources\).](#)

Want to take action? [Start here, with 75 things people can do for racial justice.](#)

Want to talk with kids about racism? [Here's a great toolkit, an age by age guide,](#) and [a list of 31 books to support conversations on race, racism and resistance.](#)

For a vision of what economic justice for Black people in the US could look like, read [The Case for Reparations.](#)

Having trouble wrapping your head around acts of vandalism and looting at protests? You might want to read this article: [In defense of looting](#) or this [thought piece from Kareem Abdul-Jabbar.](#)

And finally, this New York Times article is a great primer for the reasons behind asks to defund the police: [Why it's time to stop funding the police.](#)

Sources

J. Kanter, PhD

Sarah Sophie Flicker

Alyssa Klein

SHAREABLE ANTI-RACISM RESOURCE GUIDE:

<https://docs.google.com/document/d/1hpub-jkm9cLzJWqZSsETqbE6tZ13Q0UbQz--vQ2avEc/edit#heading=h.4ry1uqyyppy7>

ANTI-RACISM RESOURCES FOR WHITE PEOPLE:

https://docs.google.com/document/u/1/d/1BRIF2_zhNe86SGgHa6-VIBO-QgirITwCTugSfKie5Fs/mobilebasic?urp=gmail_link

ACTIONABLE STEPS FOR THERAPISTS (AND ALL HUMAN BEINGS) IN RESPONSE TO THE RACIAL PANDEMIC:

<https://societyforpsychotherapy.org/actionable-steps-for-therapists-and-all-human-beings-in-response-to-the-racial-pandemic/>