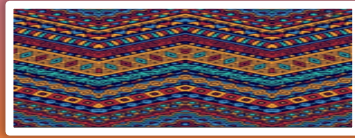


Anti-Racism Resources



Created with affectionate care and attention:
Leondria Taty, MSN, FNP-C, HNB-BC

Art

- ✓ Visit the **National Museum for Peace and Justice** – a museum in Alabama dedicated to the history of lynching - <https://museumandmemorial.eji.org/memorial>
- ✓ **The Storytelling Project Curriculum: Learning About Race and Racism through Storytelling and the Arts** - **see attachment*

Film

- ✓ “**13th**” by Ava DuVerny – documentary that explores the history of racial inequality in the United States through the framework of the 13th Amendment, that focuses on the way in which police brutality and mass incarceration go hand in hand
- ✓ **Notes From The Field**, by playwright Anna Deavere Smith. It’s an Off-Broadway show that dramatizes the accounts of students, parents, teachers, and administrators affected by America’s school-to-prison pipeline, which pushes underprivileged, minority youth out of the classroom and into incarceration. Available on YouTube - https://youtu.be/r3uVnftc_Vo
- ✓ **America To Me** – a documentary that explores America’s changed state of race, culture, and education - <https://www.starz.com/us/en/series/38818/episodes?season=1>
- ✓ **Cracking The Codes: The System of Racial Inequality** – a film that ask America to talk about the causes and consequences of systemic inequality - <https://www.filmsforaction.org/watch/cracking-the-codes-the-system-of-racial-inequity/>
- ✓ **Mirrors of Privilege: Making Whiteness Visible** - <https://vimeo.com/105256372>
- ✓ **Race: The Power of An Illusion** – PBS documentary series - <https://vimeo.com/133506632>
https://www.pbs.org/race/000_General/000_00-Home.htm (*accompanying guide)

- ✓ **Unnatural Causes: Is Inequality Making Us Sick?** – PBS documentary series - https://www.pbs.org/unnaturalcauses/about_the_series.htm (*for purchase)
- ✓ **Policing The Police** – PBS documentary - <https://www.pbs.org/wgbh/frontline/investigation/policing-the-police/>
- ✓ **Race Matters** – PBS Newsletter Series - <https://www.pbs.org/newshour/series/race-matters-america-in-crisis>
- ✓ **Scraps** - a play written by Geraldine Inoa that portrays the impact of police shooting on a college-bound football player on his survivors. Available for free viewing on YouTube - <https://youtu.be/oLdXs4A7NBw>
- ✓ **Citizen: An American Lyric** - a poetry collection turned play created by Claudia Rankine that showcases personal accounts of daily micro-aggressions that challenges viewers to reflect on what it means to be a citizen, whether black or nonblack. <https://youtu.be/cxU3MJmhzlQ>
- ✓ **Jane Elliot’s “Blue Eyes/Brown Eyes” Anti-Racism Exercise** - <https://youtu.be/ebPoSMULISU>
- ✓ **Wyatt Cenac’s Problem Areas** – HBO series that explores America’s most pressing issues, offering a unique perspective to systemic issues, while tackling more benign everyday inconveniences with comedic solutions. Complete series free on YouTube - <https://youtu.be/UDem9Znd2mM>

Video

- ✓ **Black Trauma on Replay: Reevaluating the Role of Sharing Black Death on Social Media** - <https://youtu.be/O5pigKm0J6w>
- ✓ **A Conversation on Race and Privilege with Angela Davis and Jane Elliott** - <https://youtu.be/S0jf8D5WHoo>
- ✓ **Dr. Robin DiAngo discusses 'White Fragility'** - <https://youtu.be/45ey4jgoxeU>
- ✓ **White Rage: The Unspoken Truth of Our Nation's Divide** - <https://youtu.be/YBYUET24K1c>
- ✓ **TEDx Talks: Let's Get to the Root of Racial Justice** - <https://youtu.be/-aCn72iXO9s>
- ✓ **TEDx Talks: Implicit Bias – How It Effects Us And How We Push Through** - <https://youtu.be/Fr8G7MtRNIk>
- ✓ **TEDx Talks: Are You Biased? I Am** - https://youtu.be/Bq_xYSOZrgU
- ✓ **TEDx Talks: What I Am Learning From My White Grandchildren – Truths About Race** - <https://youtu.be/u5GCetbP7Fg>
- ✓ **TEDx Talks: Fixing Racism – Racism Is At The Root Of Many of Humanity's Evils** - <https://youtu.be/POU1HjdXziM>
- ✓ **TEDx Talks: Coming To Terms With Racism's Inertia: Ancestral Accountability** - <https://youtu.be/VgufOtRq488>
- ✓ **TEDx Talks: Rx Racial Healing, Dr. Gail Christopher** - <https://youtu.be/X6hW5I38XJE>
- ✓ **The US Medical System Is Still Haunted By Slavery** courtesy of Vox - <https://youtu.be/IfYRzxeMdGs>
- ✓ **Dr. Gail Christopher – Racial Healing (longer version)** - <https://vimeo.com/350420446>

Organizations

- ✓ **Jane Elliot** – internationally known teacher, lecturer, diversity trainer that exposes prejudice and bigotry for what it is. Website offers a “Commitment To Combat Racism” self-reflection exercise - <https://janeelliott.com/commitment>
- ✓ **Equal Justice Initiative**, founded by Bryan Stevenson – nonprofit organization that provides legal representation to people who have been illegally convicted, unfairly sentenced, or abused in state jails and prisons. EJI works with communities that have been marginalized by poverty and discouraged by unequal treatment. They are committed to changing the narrative about race in America - <https://eji.org>

Podcast

- ✓ **This American Life: Episode 512 (House Rules)** – An exploration of the racial divide within housing, and how your address dictates quality of schools and hospitals, as well as things like cancer rates, unemployment, etc. - <https://www.thisamericanlife.org/512/house-rules>
- ✓ **Scene on Radio: Season 2** – an exploration of Whiteness in America - <https://www.sceneonradio.org/tag/season-2/>
- ✓ **1619: New York Times** - <https://www.nytimes.com/2020/01/23/podcasts/1619-podcast.html>
- ✓ **On Being: Race and Healing, A Body Practice** – Therapist and trauma specialist Resmaa Menakem is working with old wisdom and very new science about our bodies and nervous systems, and all we condense into the word “race.” “Your body — all of our bodies — are where changing the status quo must begin.” <https://onbeing.org/blog/race-and-healing-body-practice/>
- ✓ **On Being: Notice the Rage; Notice the Silence** – An interview by Krista Tippett of Resmaa Menakem, a therapist and trauma specialist. He helps explain why vulnerabilities and inequities laid bare by the pandemic have fallen hardest on Black bodies. He illuminates why all of the best laws and diversity training have not gotten us anywhere near healing. <https://onbeing.org/blog/race-and-healing-body-practice/>

- ✓ **The Daily (NYT): Why They're Protesting**
- ✓ **The Moth: How You See Me** - stories of how we see ourselves, the perceptions of others, and the often gaping chasm in between. The struggle to prove oneself, challenge a stereotype, keep up appearances, and finally discover what really fits - <https://themoth.org/radio-hour/how-you-see-me>
- ✓ **Unlocking Us With Brené Brown: I'm Still Here, Black Dignity in a World Made for Whiteness with Austin Channing Brown** - <https://brenebrown.com/podcast/brene-with-austin-channing-brown-on-im-still-here-black-dignity-in-a-world-made-for-whiteness/>
- ✓ **Unlocking Us With Brené Brown: How To Be Antiracist with Ibram X. Kendi** - <https://brenebrown.com/podcast/brene-with-ibram-x-kendi-on-how-to-be-an-antiracist/>
- ✓ **Therapy for Black Girls: Session 146 (The Challenges of Black Women Physicians)** - <https://youtu.be/XV5XIRaROP8>
- ✓ **Therapy for Black Girls: Session 134 (The Impact of Racial Trauma)** - <https://youtu.be/HObAk7BP114>
- ✓ **Therapy for Black Girls: Session: Session 130 (The Challenges of Black Women in Leadership)** - <https://youtu.be/J8cttFJHuHE>
- ✓ **Hay House Meditations: Spring Washam, Ending Racism with a Loving Heart Interviews** - <https://play.acast.com/s/hayhousemeditations/4c5c9a02-30f7-4df6-9e98-4337ecf5153f>
- ✓ **Hay House Meditations: Dr. Damon Silas, Racial Anxiety Guided Meditation** - <https://play.acast.com/s/hayhousemeditations/f3b7bb34-4a16-49ac-b33b-00fe9b362763>
- ✓ **NPR Code Switch: The Limits of Empathy** - <https://www.npr.org/2020/03/06/812864654/the-limits-of-empathy>

Articles

- ✓ **Unshared Bounty: How Structural Racism Contributes to the Creation and Persistence of Food Desserts** by the New York Law School Racial Justice Project - https://digitalcommons.nyls.edu/cgi/viewcontent.cgi?article=1002&context=racial_justice_project
- ✓ **New York Times Magazine 1619 Project** – created to reframe the country's history by placing the consequences of slavery and the contributions of black Americans at the

center of our national narrative (*also available as a Podcast series) -

<https://www.nytimes.com/interactive/2019/08/14/magazine/1619-america-slavery.html>

- ✓ **Confronting Racism Is About The Needs And Feeling Of White People** by Ijeoma Oluo - <https://www.theguardian.com/commentisfree/2019/mar/28/confronting-racism-is-not-about-the-needs-and-feelings-of-white-people>
- ✓ **The Myth of “Progress” Helps To Obscure The Truth – We Are Still Marching For Civil Rights** - <https://blackyouthproject.com/the-myth-of-progress-helps-to-obscure-the-truth-we-are-still-marching-for-civil-rights/>
- ✓ **The Somatic Experience of White Privilege: A Dance/Movement Therapy Approach to Racialized Interactions** - <https://hg892qzogr1cn4n8hhv8d1f9-wpengine.netdna-ssl.com/wp-content/uploads/2020/05/The-Somatic-Experience-of-White-Privilege.pdf>
- ✓ **White Privilege: Unpacking the Invisible Knapsack** by Peggy McIntosh - <http://www.deanza.edu/faculty/lewisjulie/WhitePrivilege.pdf>
- ✓ **Beyond the Barriers: Racial Discrimination and Use of Complementary and Alternative Medicine Among Black Americans** - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3341177/>
- ✓ **Doctors and Racial Bias: Still a Long Way to Go: NYT** - <https://www.nytimes.com/2019/02/25/upshot/doctors-and-racial-bias-still-a-long-way-to-go.html>
- ✓ **Race and Medicine: The Harm That Comes From Mistrust: NYT** - <https://www.nytimes.com/2020/01/13/upshot/race-and-medicine-the-harm-that-comes-from-mistrust.html>

Books

- ✓ **Between The World And Me** by Ta-Nehisi Coates – renowned journalist and writer pens a non fiction letter to his son about what it mean to be black in the 21st century
- ✓ **How To Be An Antiracist** by Ibram X. Kendi – an explanation of antiracist ideas and the depth of discrimination in the U.S, and how readers can stand against it
- ✓ **The New Jim Crow** by Michelle Alexander – explain how the mass incarceration of Black people in the United States is today’s version of the Jim Crow era
- ✓ **Overcoming Bias** by Dr. Tiffany Jana – points out the complexity of bias and shares helpful exercises and activities to help people counteract the bias in which we all have to intentionally work to overcome
- ✓ **Erasing Institutional Bias: How To Create Systemic Change** by Dr. Tiffany Jana

- ✓ **Subtle Acts of Exclusion: How To Understand, Identify, and Stop Micro-Aggressions** by Dr. Tiffany Jana
- ✓ **White Fragility: Why It's Hard For White People To Talk About Racism** by Robin DeAngelo – an exploration of the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality
- ✓ **Give Us The Ballot: The Modern Struggle For Voting Rights in America** – a narrative history about the transformation of American democracy under the Voting Rights Act and the counterrevolution that has sought to limit voting rights
- ✓ **Medical Apartheid** by Harriet A. Washington – comprehensive history of medical experimentation on African Americans
- ✓ **Stamped From The Beginning** by Ibram X. Kendi – a chronicle of the entire story of anti-black racist ideas and their power over the course of American history
- ✓ **Good White People: The Problem with Middle-Class White Anti-Racism** by Shannon Sullivan
- ✓ **The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness** by Rhonda Magee and Jon Kabat-Zinn
- ✓ **The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing** by Anneliese Singh
- ✓ **The Little Book of Racial Healing: Coming to the Table for Truth-Telling, Liberation, and Transformation** by Thomas DeWolf
- ✓ **Eliminating Race-Based Mental Health Disparities: Promoting Equity and Culturally Responsive Care Across Settings** by Monnica Williams and Daniel Rosen
- ✓ **Just Medicine: A Cure for Racial Inequality in American Health Care** by Dayna Matthew
- ✓ **Killing the Black Body: Race, Reproduction, and the Meaning of Liberty** by Dorothy Roberts
- ✓ **Black Man in a White Coat: A Doctor's Reflection on Race and Medicine** by Damon Tweedy
- ✓ **The Health Gap: The Challenge of an Unequal World** by Michael Marmont
- ✓ **Medical Bondage: Race, Gender, and the Origins of American Gynecology** by Deirdre Owens
- ✓ **Seeing Patients: Unconscious Bias in Healthcare** by Augustus White III
- ✓ **How Neighborhoods Make Us Sick: Restoring Health and Wellness to Our Communities** by Veronica Squires
- ✓ **A Terrible Thing to Waste: Environmental Racism and Its Assault on the American Mind** by Harriet Washington

- ✓ **How We Do Harm: A Doctor Breaks Ranks About Being Sick in America** by Dr. Otis Brawley
- ✓ **White Rage: The Unspoken Truth of Our Racial Divide** by Carol Anderson
- ✓ **Blindspot: Hidden Biases of Good People** by Mahzarin Banaji
- ✓ **Black Pain: It Just Looks Like We're Not Hurting** by Terrie Williams
- ✓ **Shifting: The Double Lives of Black Women in America** by Charisse Jones
- ✓ **The Immortal Life of Henrietta Lacks** by Rebecca Skloot
- ✓ **Blood Sugar: Racial Pharmacology and Food Justice in Black America** by Anthony Hatch
- ✓ **So You Want to Talk About Race** by Ijeoma Oluo
- ✓ **Dying of Whiteness: How the Politics of Racial Resentment is Killing America's Heartland** by Jonathan Metzl
- ✓ **Racism: Science Tools for the Public Health Professional** (ebook available through the American Public Health Association) - <https://secure.apha.org/imis/ItemDetail?!ProductCode=978-087553-3032&CATEGORY=BK>

Workbooks/Guidelines

- ✓ **Race, Power, and Policy: Dismantling Structural Racism** - https://www.racialequitytools.org/resourcefiles/race_power_policy_workbook.pdf
- ✓ **10 Steps To Non Optical Allyship** - <https://www.vogue.co.uk/arts-and-lifestyle/article/non-optical-ally-guide>
- ✓ **Guide To Allyship** - <https://guidetoallyship.com>
- ✓ **Moving The Race Conversation Forward: How The Media Covers Racism And Other Barriers To Productive Racial Discourse (Part 1 and 2)** - **see attachment*
- ✓ **Racial Equity Tools** – a website designed to support individuals and groups working to achieve racial equity. A good place to start within **Racial Equity's Toolbox: Core Concepts** – <https://www.racialequitytools.org/fundamentals/core-concepts>
Understanding The System of Racial Inequity Curriculum - <https://www.racialequitytools.org/module/understanding-the-system-of-racial-inequity>

Glossary of Race Equity Terms -

https://www.racialequitytools.org/resourcefiles/RET_Glossary_Updated_October_2019_.pdf

Implicit Bias – <https://www.racialequitytools.org/act/communicating/implicit-bias>

Racial Reconciliation and Racial Healing –

<https://www.racialequitytools.org/act/strategies/racial-reconciliation-and-racial-healing>

- ✓ **Dismantle Collective** – an all person of color group whose goal is to name, disrupt, and dismantle white supremacy:
White 101 Allyship Resources – <https://www.dismantlecollective.org/resources/>

- ✓ **Dismantling Racism** – an organization that offers support to anti-racist movements:
White Supremacy Resources – <https://www.dismantlingracism.org/white-supremacy-culture.html>

- ✓ **Guidelines for Being Strong White Allies -**
<https://www.racialequitytools.org/resourcefiles/kivel3.pdf>

- ✓ **Being AntiRacist** by the Smithsonian National Museum of African American History & Culture - <https://nmaahc.si.edu>

Training/Workshops

- ✓ **TMI Consulting** – provides diversity and inclusion consulting services to corporations, churches, and universities - <https://tmiconsultinginc.com>
- ✓ **Center for the Healing of Racism** – organization that facilitates the healing of racism through education and dialogue in a safe and supportive environment, in order to empower individuals and transform communities - <https://www.centerhealingracism.org>
- ✓ **American Public Health Association (APHA): The Impact of Racism on the Health and Well-Being of the Nation Webinar Series** - <https://apha.org/events-and-meetings/webinars/racism-and-health>

**Note: Highlighted references offer perspectives of race and racism from a healthcare model and/or a holistic health/healing art framework.*