



21-Day Racial Equity Habit Building Challenge

Resources to Read, Watch, and Learn

Overviews of Race and Racism:

Allegories on Race and Racism by Dr. Camara Jones (video)

<https://www.youtube.com/watch?v=GNhcY6fTyBM>

Cracking the Codes: The System of Racial Inequity (film)

<http://crackingthecodes.org/>

How I learned to stop worrying and love discussing race by Jay Smooth (video)

<http://tedxtalks.ted.com/video/TEDxHampshireCollege-Jay-Smooth>

Levels of Racism: A Theoretic Framework and a Gardener's Tale (journal article)

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1446334/pdf/10936998.pdf>

Race: The Power of an Illusion (PBS series)

http://www.pbs.org/race/000_General/000_00-Home.htm

Racing to Justice: Transforming Our Conceptions of Self and Other to Build an Inclusive Society (book) <http://diversity.berkeley.edu/racing-justice>

The Way Home: Women Talk About Race in America (video)

<http://world-trust.org/shop/films/way-home-women-talk-race-america/>

Systems and Structural Racism:

"The Business Case for Racial Equity" quantifies the cost of racism in the U.S.

(report) <http://www.wkkf.org/news-and-media/article/2013/10/the-business-case-for-racial-equity-quantifies-the-cost-of-racism-in-the-us>

The Case for Reparations by Ta-Nehisi Coates (article with photos and video)

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

The Making of Ferguson (article) <http://prospect.org/article/making-ferguson-how-decades-hostile-policy-created-powder-keg>

Systems Primer (report)

http://kirwaninstitute.osu.edu/docs/systems_thinking_and_race_primer_july2009.pdf

Systems Thinking and Race (report)

http://www.racialequitytools.org/resourcefiles/Powell_Systems_Thinking_Structural_Race_Overview.pdf

The Ultimate White Privilege Statistics and Data Post (blog post/article)

<http://www.jbw Tucker.com/ultimate-white-privilege-statistics/>



Implicit Bias, Stereotype Threat:

Addressing Implicit Bias, Racial Anxiety and Stereotype Threat in Health Care and Education (report) http://perception.org/app/uploads/2014/11/Science-of-Equality-111214_web.pdf

Book Review: *Belonging: A Culture of Place* by bell hooks (book review) <http://www.nwp.org/cs/public/print/resource/3100>

State of the Science: Implicit Bias Review 2013 (report) http://www.issuelab.org/resource/state_of_the_science_implicit_bias_review_2013

Survey of Americans on Race, Section 1: Racial Discrimination, Bias, and Privilege (report) <http://kff.org/report-section/survey-of-americans-on-race-section-1-racial-discrimination-bias-and-privilege/>

What 'Zootopia' has to say about the police, race relations, and diversity (commentary) <http://fusion.net/story/275485/zootopia-police-racism-race-relations-commentary/>

Whiteness and White Privilege:

18 Things White People Should Know/Do Before Discussing Racism (blog post) <http://www.thefrisky.com/2014-06-12/18-things-white-people-should-knowdo-before-discussing-racism/>

Curriculum for White Americans to Educate Themselves on Race and Racism—from Ferguson to Charleston (resource list) <http://citizenshipandsocialjustice.com/2015/07/10/curriculum-for-white-americans-to-educate-themselves-on-race-and-racism/>

Dear White America by George Yancy (article) <http://opinionator.blogs.nytimes.com/2015/12/24/dear-white-america/?smid=fb-nytimes&smtyp=cur&r=0>

DeRay Mckesson Helps Stephen Colbert Address His Privilege (video) <https://www.youtube.com/embed/qffC01b-7Js>

Explaining White Privilege to a Broke White Person (blog post) http://www.huffingtonpost.com/gina-crosleycorcoran/explaining-white-privilege-to-a-broke-white-person_b_5269255.html?utm_hp_ref=tw

How White People Got Made (article) <https://medium.com/message/how-white-people-got-made-6eeb076ade42>

Waking Up White by Debby Irving (book) <http://debbyirving.com/the-book/>

White Like Me: Reflections on Race From a Privileged Son by Tim Wise (book) <http://www.timwise.org/books-and-dvds/white-like-me/>

White Privilege: Unpacking the Invisible Backpack by Peggy McIntosh (essay excerpt) <https://www.deanza.edu/faculty/lewisjulie/White%20Priviledge%20Unpacking%20the%20Invisible%20Knapsack.pdf>



Food Systems Specific:

- An Annotated Bibliography on Structural Racism Present in the U.S. Food System (bibliography)
http://foodsystems.msu.edu/uploads/files/structural_racism_food_system_annotated_bib_3rd_edition.pdf
- Backgrounder: Dismantling Racism in the Food System (article series)
<http://foodfirst.org/publication/backgrounder-dismantling-racism-in-the-food-system/>
- Bread for the World (data) <http://www.bread.org/library/facts-hunger-and-poverty-united-states-and-internationally>
- Building the Case for Racial Equity in the Food System (report)
<http://www.centerforsocialinclusion.org/building-the-case-for-racial-equity-in-the-food-system/>
- The Color of Food and Brown.Girl.Farming by Natasha Bowens (book, multimedia project, and blog) <http://thecoloroffood.com/>
- Commentaries on Race and Ethnicity (journal article series)
<http://www.agdevjournal.com/component/content/article/584.html>
- Cultivating Equality: Delivering Just and Sustainable Food Systems in a Changing Climate (report) http://foodtank.com/assets/files/CARE-Food-Tank-CCAFS_Report_Cultivating-Equality.pdf
- Food Deserts and the Politics of Food Insecurity: Structures and Sustainability Professor Angela Odoms-Young, PhD (video)
<https://www.youtube.com/watch?v=GPln4xx8C0Q>
- Food + Justice = Democracy: LaDonna Redmond at TEDxManhattan, (video)
<https://www.youtube.com/watch?v=ydZfSuz-Hu8>
- Food Justice Voices: Chant Down Chant Down Babylon: Building Relationship, Leadership, and Power in the Food Justice Movement, Why Hunger (dialogue)
http://www.whyhunger.org/uploads/fileAssets/1d6191_6fc3bb.pdf
- Food Voices: Stories from the People Who Feed Us, Andrianna Natsoulas (book)
<http://www.foodvoices.org/>
- The Hidden Wound by Wendell Berry (book review) <https://www.kirkusreviews.com/book-reviews/wendell-berry-10/the-hidden-wound/>
- The Man Working Behind the Scenes to Bring Racial Equality to the Food System (article) <http://civileats.com/2016/01/25/joe-leonard-the-man-working-to-change-the-usda/>
- Racialized Rhetoric's of Food Politics: Black Farmers, the Case of Shirley Sherrod, and Struggle for Land Equity and Access (journal article)
<http://dx.doi.org/10.13008/2151-2957.1214>
- Structural Racialization and Food Insecurity in the United States (report)
<http://diversity.berkeley.edu/sites/default/files/Structural%20Racialization%200%20%26%20Food%20Insecurity%20in%20the%20US-%28Final%29.pdf>



- Structural Racism and Our Food by the Center for Social Inclusion (slides)
[https://www.lgbtfunders.org/commonvision/resources/Structural Racism and Our Food.pdf](https://www.lgbtfunders.org/commonvision/resources/Structural%20Racism%20and%20Our%20Food.pdf)
- Tangled Roots and Bitter Fruits: What Ferguson Can Teach the Food Movement (blog post) <http://foodfirst.org/tangled-roots-and-bitter-fruit-what-ferguson-can-teach-the-food-movement/>
- The US Farm Bill: Corporate Power and Structural Racialization in the US Food System (report) <http://diversity.berkeley.edu/farbillreport>
- What Ferguson Means for the Food Justice Movement (article series) http://issuu.com/whyhunger/docs/what_ferguson_means_for_the_food_justice_movement
- What is the Color of the New Economy? And Why It Matters (blog post) <https://pennloh.wordpress.com/2013/10/14/what-is-the-color-of-the-new-economy-and-why-it-matters/>
- Witness to Hunger (photographs and stories – research and advocacy project) <http://www.centerforhungerfreecommunities.org/our-projects/witnesses-hunger>

For Conversations with Children:

- Between the World and Me by Ta-Nehisi Coates (book) <http://www.randomhousebooks.com/campaign/between-the-world-and-me-2/>
- Chocolate Me by Taye Diggs (book) <http://chocolatemetoo.com/>
- The Colors of Us by Karen Katz (book) <http://www.karenkatz.com/picturebook-8.html>
- EmbraceRace (online community) <http://www.embracerace.org/>
- Let's Talk about Race by Julius Lester (book) <http://www.teachingchildrenphilosophy.org/BookModule/LetsTalkAboutRace>
- A Letter to My Son by Ta-Nehisi Coates (article) <http://www.theatlantic.com/politics/archive/2015/07/tanehisi-coates-between-the-world-and-me/397619/>
- Mixed Me by Taye Diggs (book) <http://us.macmillan.com/mixedme/tayediggs>
- The Skin You Live In by Michael Taylor (book) <http://www.chicagochildrensmuseum.org/index.php/experience/the-skin-you-live-in-turns-10>



Tools to Implement:

Addressing Unconscious Bias Using Multiple Learning Modalities & Arts-Centered Exercises <http://ow.ly/ZVVMl>

Continuum on Becoming an Anti-Racist Multicultural Institution
<http://www.seattle.gov/Documents/Departments/Arts/Downloads/Grants/Civic%20Partners/Continuum-on-Becoming-a-Multicultural-Antiracist-Institution.pdf>

Implicit Bias Test <https://implicit.harvard.edu/implicit/takeatest.html>

Race, Equity and Inclusion Guide; Embracing Equity: 7 Steps to Advance and Embed Race Equity and Inclusion Within Your Organization
<http://www.aecf.org/resources/race-equity-and-inclusion-action-guide/>

Racial Equity Impact Assessment Toolkit
<https://www.raceforward.org/practice/tools/racial-equity-impact-assessment-toolkit>

Racial Equity Resource Guide, Healing America
<http://www.racialequityresourceguide.org/guides-workshops/racial-equity-impact-assessment-toolkit>

Racial Equity Toolkit to Assess Policies, Initiatives, Programs, and Budget Issues, City of Seattle
http://www.seattle.gov/Documents/Departments/RSJI/RacialEquityToolkit_FINAL_August2012.pdf

Organizations To Connect With:

Like Facebook Pages and follow Twitter feeds of organizations and networks that post daily about issues of power and privilege.

Google who's who in your area by typing in 'Racial Justice (name of city/town).'

A few emails and phone calls later, you'll likely have an idea of how to get on the mailing list of one or more organizations in your area who are addressing issues of power and privilege.

Some organizations and sites to check out:

Beautiful Solutions, Value: Advances Justice

<https://solutions.thischangeseverything.org/value/advances-justice>

Centers for Disease Control and Prevention's National Center Office of Minority Health and Health Equity <http://www.cdc.gov/minorityhealth/>

Center for Place, Culture, and Politics at CUNY <http://pcp.gc.cuny.edu/>

Center for Social Inclusion <http://www.centerforsocialinclusion.org/>

ColorofChange <http://colorofchange.org/>

Economic Policy Institute <http://www.epi.org/>

Equal Justice Initiative <http://www.eji.org/>

Government Alliance on Race and Equity <http://racialequityalliance.org/>



Haas Institute for a Fair and Inclusive Society <http://diversity.berkeley.edu/haas-institute>

Interaction Institute for Social Change <http://interactioninstitute.org>

New Economy Coalition <http://neweconomy.net/>

PolicyLink <http://www.policylink.org/>

Race Forward <http://www.raceforward.org/>

The Root <http://www.theroot.com/>

Upworthy <http://www.upworthy.com/>

World Trust: Social Impact Through Film and Dialogue <http://world-trust.org/about/>

Actions and Engagement Ideas:

This can be the hardest part for white people new to racial justice work. Engaging in racially mixed settings can trigger age-old power and privilege dynamics. The goal is to enter the process to learn and bridge knowledge gaps, not to take over, lead, and impose solutions.

Stay engaged even when your mind and body start sending you signals to shrink or walk away.

Ask clarifying questions.

Acknowledge what you don't know.

Journal to process emotions such as shame and anger that can guide you to deeper self-awareness about how power and privilege impacts you.

Find a mentor within your own racial group to support and guide your growth.

Take a course or workshop. This one goes hand in hand with 'Connect' above. The network of people you discover may point you to a class, or finding a class first may point you to a network.

Prepare yourself to interrupt racial jokes. For some advice about how, visit this site: http://www.oneonta.edu/development/multicultural/Interrupting_slurs.asp

Organize a film night or book group with family, friends, colleagues, or neighbors to learn and discuss together the dynamics and realities of privilege and power.

Attend an event in your area where issues of power and privilege are being addressed. Universities and bookstores often host speakers who draw the network you'll want to plug into to keep engaged and motivated.