



In this time of frustration, anger, confusion and fear many of us feel helpless. Some, feel nothing will change. But real change has always been pushed by individuals, young and seasoned. Below are some everyday action steps we can all take to create change. Additionally, there are resources to help us better understand systematic racism, white privilege, racial violence and police brutality.

## **ACTION STEPS FOR ALL**

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- Have courageous conversations with your friends, families and neighbors about systemic racism and personal experiences racism.
- Be mindful of your words and actions.
- Read literature to educate yourself about:
  - Racial trauma
  - Historical trauma
  - Racial Wealth Gap
  - White privilege
- Vote! Spend a little time reading about candidates before you vote, tune in or attend debates and town halls to hear candidate's positions on racial justice.
- Join organizations that advocate for racial justice. (see below)
  - Color of Change
  - Black Lives Matter
  - NAACP
  - National Urban League
  - The Bail Project
  - National Bail Out
- Write, call, tweet your legislators about changes you want to see in your community and how they can push for change nationally. Better yet, start a letter writing campaign with your friends, family and community.
- Non-black students:
  - Understand black people will need safe spaces of their own to unpack the trauma of racism. It does not mean they hate you.
  - It's ok not to know what to say, listen and seek understanding.

# Anger & Anguish into ACTION

## RESOURCES

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### Educate yourself about:

**Qualified Immunity**, a legal policy that shields police officers and other government officials from being sued by victims and their families, even if the officers violated their civil rights. [This article](#) in the Atlantic, explains this policy and gives you some ideas about what you can do.

**The Effects of Racism:** Learn about [Vicarious Racism](#) and [Post Traumatic Stress Syndrome](#) related to race, to better understand the psychological affects of racism on black people.

### WATCH



Obama Foundation: [Reimagining Policing in the Wake of Continued Police Violence](#) This is a great discussion about police brutality, the policies that support it and what we can do to create change. I recommend watching the entire program, but if you do not have the time, start at minute 16:30 for powerful action words from President Obama.

[Ibram X. Kendi](#) helps us understand the construct of race and the difference between being non-racist vs anti-racist and what we can do to think differently.

[Explained: Racial Wealth Gap](#): Cory Booker and others discuss how slavery, housing discrimination and centuries of inequality have compounded to create a racial wealth gap.

### Be an Antiracist

**For everyone, but specifically for non-black people.**

Teaching Tolerance [discussion with the author of White Fragility](#): Why It's So Hard for White People to Talk About Racism. Why working against one's own fragility is a necessary part of white anti-racist work—and why good intentions don't matter.

["How do I make sure I'm not raising the next Amy Cooper?"](#) webinar. This is specifically related to the racist police call from the white dog walker in Central Park, but is overall about about white privilege. If you have not seen the video of Amy Cooper's call, please view the [video](#) first.

Understanding anti-Racism with Angela Y. Davis and Ibram X. Kendi author of Stamped from the Beginning with the [National Museum for African American History and Culture](#).

# Anger & Anguish into ACTION

READ



### Anti-Racist Lit. Starter Kit

### Anti-Racist Lit. Intermediate Kit

### Anti-Racist Lit. Topic Specifics

poverty housing      police violence mass incarceration      education colonialism ahistoricism

education discrimination bias      segregation housing discrimination redlining      voter suppression black voting

### Anti-Racist Lit. Biographies, Non-Fiction Novels, Personal Narratives

Book list from Victoria Alexander | Twitter @victoriaalxndr

*Action steps and Resource List compiled by*

Cheryl Grimes  
 Achievement Liaison  
 Black Student  
 Achievement Program  
 cheryl\_grimes@hcpss.org