



UNIVERSITY *of*  
**ROCHESTER**  
MEDICAL CENTER

Office for Equity and Inclusion

## Anti-Racist Resources

## *Table of Contents*

<b>Social Media</b> .....	3
<b>Articles</b> .....	3
<b>Podcasts</b> .....	6
<b>Film</b> .....	7
<b>Books</b> .....	8
<b>Trainings</b> .....	9
<b>Resources for Parents</b> .....	10
<i>Social Media</i> .....	10
<i>Articles</i> .....	10
<i>Podcasts</i> .....	11
<i>Film</i> .....	11
<i>Books</i> .....	11
<b>Actions to Take As an Ally</b> .....	11

## **Social Media**

Antiracism Center: [Twitter](#)

Audre Lorde Project: [Twitter](#) | [Instagram](#) | [Facebook](#)

Black History Untold: [Instagram](#)

Black Lives Matter: [Instagram](#)

Black Women's Blueprint: [Twitter](#) | [Instagram](#) | [Facebook](#)

Check Your Privilege: [Instagram](#)

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 Great Unlearn: [Instagram](#)

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](#)

RAICES: [Twitter](#) | [Instagram](#) | [Facebook](#)

Showing Up for Racial Justice (SURJ): [Twitter](#) | [Instagram](#) | [Facebook](#)

SisterSong: [Twitter](#) | [Instagram](#) | [Facebook](#)

United We Dream: [Twitter](#) | [Instagram](#) | [Facebook](#)

## **Articles**

[10 Documentaries to Watch About Race Instead of Asking a Person of Colour to Explain Things for You by Ben Clay](#) | DocPlay.com (June 3, 2020)

[29 Movies, Shows, and Documentaries to Watch to Educate yourself on Racial Injustice](#) by Ashley Selleke | Theeverygirl.com (June 4, 2020)

[5 Facts Behind America's High Incarceration Rates \(CNN\)](#)

[5 Things to Know About Communities of Color and Environmental Justice](#) (Center for American Progress)

[5 Ways White People Can Take Action in Response to White and State-Sanctioned Violence](#) by SURJ

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

[A Brief History of Slavery, NY Times](#)

[A Timeline of Events That Led to the 2020 'Fed Up'-rising \(Michael Harriot\)](#)

[America's Racial Contract Is Killing Us](#) by Adam Serwer | Atlantic (May 8, 2020)

[American History, Race and Prison \(VERA\)](#)

[An anti-racist's dictionary: 16 words you should know](#) (Marguerite Ward, Business Insider)

[Being Anti-Racist \(National Museum of African American History & Culture\)](#)

[Calling In and Calling Out, by Roxy Manning](#)

[Can Police Departments Reduce Implicit Bias?](#)

[Can the Science of Purpose Help Explain White Supremacy?](#)

[Can Threats to Humanity Make Us More Prejudiced?](#)

[Can We Reduce Bias in Criminal Justice?](#)

[Code of Ethics for White Anti-Racists by Tim Wise | Medium.com \(June 16, 2020\)](#)

[Dear White People: Here Are 5 Uncomfortable Truths Black Colleagues Need You To Know \(Dana Brownlee – Forbes\)](#)

[Eight Ways to Stand Up to Hate](#)

[Ella Baker and the Black Freedom Movement](#)

[Examining the Black-White Wealth Gap \(Brookings Institution\)](#)

[Explaining White Privilege to a Broke White Person \(Gina Crosley-Corcoran\)](#)

[Five Ways to Have Better Conversations Across Difference](#)

[For Our White Friends Desiring to Be Allies by Courtney Ariel | Sojo.net \(August 16, 2017\)](#)

[From Othering to Belonging](#)

[Health & Health Care Disparities \(KFF – Kaiser Family Foundation\)](#)

[How Can We Stop Prejudice in a Pandemic?](#)

[How Challenging Stereotypes Can Save Black Lives](#)

[How Did We Get Here? by Gillian B. White | The Atlantic \(June 16, 2020\)](#)

[How Mindfulness Can Defeat Racial Bias](#)

[How the Pandemic Divides Us: Physical distance protects us from COVID-19, but it also gives rise to some of the ugliest human tendencies](#)

[How to Avoid Picking Up Prejudice from the Media](#)

[How to Beat Stereotypes by Seeing People as Individuals](#)

[How to Fight Racism Through Inner Work](#)

[How to Reduce Racial Profiling](#)

[How to Stop the Racist in You](#)

[How to Talk to Relatives Who Care More About Looting Than Black Lives by Rachel Miller | Vice.com \(June 3, 2020\)](#)

[How to Turn White Privilege Into Antiracist Allyship | WGPH.org \(June 5, 2020\)](#)

[How White People Can Hold Each Other Accountable to Stop Institutional Racism by Elly Belle | \\_teenvogue.com \(August 2, 2019\)](#)

[How White Women Can Use their Privilege to End Racism by Tikia K. Hamilton, PhD | Zora.medium.com \(May 28, 2020\)](#)

[I'm not White, I'm Jewish: Standing as Jews in the Fight for Racial Justice by Paul Kivel](#)

[Is Your Company Actually Fighting Racism, or Just Talking About It? by Kira Hudson Banks and Richard Harvey | Harvard Business Review \(June 11, 2020\)](#)

[Look Twice](#) Susan T. Fiske has some bad news: Prejudice might be hardwired in our brains. But the good news is that we can still learn to override our prejudices and embrace difference

[Message to White Allies from a Black Racial Dialogue Expert: You're Doing it Wrong](#) by Dr. David\_Kempt | Medium.com (April 27, 2020)

[My Life as an Undocumented Immigrant](#) by Jose Antonio Vargas | NYT Mag (June 22, 2011)

[Performative Allyship is Deadly: Here's What to Do Instead](#)

[Race – The Power of An Illusion](#) (PBS, California Newsreel, ITVS)

[Racial Equity at Work Isn't Rocket Science](#) by Dorianne St. Fleur | Medium.com (June 14, 2020)

[Racial Microaggressions: Examples and Phrases for Productive Dialogue](#) by Kristen Rogers | CNN (June 6, 2020)

[Racism Is Not a Mental Illness](#)

[Racism. Where do You Fall?](#)

[Relinquishing the Patriarchy](#)

[Seven things you probably didn't know were connected to slavery](#) (CNN)

[Systemic Inequality and Economic Opportunity](#) (Center for American Progress)

[Talking About Race](#) (Smithsonian African American National History & Culture Museum)

[The 1619 Project](#) (all the articles) | The New York Times Magazine

[The assumptions of white privilege and what we can do about it](#) (National Catholic Reporter)

[The Case for Reparations](#) by Ta-Nehisi Coates

[The Characteristics of White Supremacy Culture](#) by Kenneth Jones and Tema Okun

[The Combahee River Collective Statement](#)

[The Egalitarian Brain](#): Research on the neuroscience of prejudice is revealing how the brain can overcome our fears and racial biases, reports David Amodio

[The Intersectionality Wars](#) by Jane Coaston | Vox (May 28, 2019)

[The Psychology of Taking a Knee](#)

[Think racial segregation is over? Here's how the police still enforce it](#) (Monica Bell, Washington Post)

[Thoughts on Awkward Relationships and Bridging Divides](#)

[Three Ways to Reduce Implicit Bias in Policing](#)

[Tips for Creating Effective White Caucus Groups](#) developed by Craig Elliott PhD

[Trump's EPA Concludes Environmental Racism Is Real](#) (The Atlantic)

[Understanding Our New Racial Reality Starts with the Unconscious](#)

[Understanding racism and inequality in America](#) (Washington Post)

[US black-white inequality in 6 stark charts](#) (CNN)

[Wear Your Voice Magazine](#)

[What Black Scientists Want From Colleagues and their Institutions](#) by Virginia Gewin | Nature (June 22, 2020)

[What Happens When You Tell Your Story and I Tell Mine?](#)

[What Makes a Good Interaction Between Divided Groups?](#)

[What Will It Take to Bridge Our Differences?](#)

[What's Driving Political Violence in America?](#)

[White Anti-Racism, Living the Legacy](#) (Teaching Tolerance)

[White Fragility – Why It's So Hard for White People to Talk About Racism](#) (Robin DiAngelo)

[White Privilege, Unpacking the Invisible Knapsack](#) (Peggy McIntosh)

[Who Gets to be Afraid in America?](#) (Ibram X. Kendi)

[Why American Prisons Owe Their Cruelty to Slavery](#) (NY Times Magazine)

[Why Is COVID-19 Killing So Many Black Americans?](#)

[Why Telling Our Own Story Is So Powerful for Black Americans](#) (Andrea Collier)

[Why You Should Stop Saying, "I Don't See Color"](#) by Dawn Porter | msn.com (June 7, 2020)

## **Podcasts**

[1619](#) (New York Times)

[About Race](#)

[CEO Action Time to Act](#)

[Code Switch](#) (NPR)

[Fare of the Free Child](#)

[Floodlines](#) *from* The Atlantic

[Intersectionality Matters!](#) hosted by Kimberlé Crenshaw

[Momentum: A Race Forward Podcast](#)

[Pod For The Cause](#) (from The Leadership Conference on Civil & Human Rights)

[Pod Save the People](#) (Crooked Media)

[Seeing White](#)

Show About Race (Panopoly)

Small Doses (Amanda Seales)

Talking about Whiteness (Eula Bliss, On Being)

Therapy for Black Girls (Dr. Bradford)

[Throughline](#) from NPR

[Unlocking Us – Brené Brown with Ibram Kendi on How to Be an Anti-racist](#)

[Unlocking Us - Brené with Austin Channing Brown on I'm Still Here: Black Dignity in a World Made for Whiteness](#)

## Film

[13th \(Netflix Documentary\)](#)

American Son (Netflix)

[Black America Since MLK: And Still I Rise](#)

[Black Feminism & the Movement for Black Lives: Barbara Smith, Reina Gossett, Charlene Carruthers](#)

The Black Panthers: Vanguard of the Revolution

Black Power Mixtape: 1967-1975

[Bryan Stevenson: Bear Witness, Take Action](#)

Clemency (Chinonye Chukwu)

Clint Smith's [How to Raise A Black Son in America](#) TedTalk

The Color of Fear (Documentary by Lee Mun Wah)

[Crime + Punishment](#) (YouTube)

Dear White People (Netflix)

[Descendants](#) (Washington Post African American Video History Series)

[Diversity Training Isn't Enough: Racism, Trauma and Justice w/Dr. Joy Degruy](#)

Fruitvale Station (Ryan Coogler)

The Hate You Give (Netflix)

[How Studying Privilege Systems Can Strengthen Compassion](#) | Peggy McIntosh at TEDxTimberlaneSchools

[How to Deconstruct Racism, One Headline at a Time](#) (Baratunde Thurston – TED Talks)

I am Not Your Negro

If Beale St Could Talk (Hulu)

Just Mercy

King In The Wilderness (HBO)

[LA 92](#)

[The Origins of Lynching Culture in the United States](#) (YouTube)

Race: The Power of an Illusion

[Robert Bullard: How Environmental Racism Shapes the US](#) (PBS)

[Roots of Justice](#) Front Porch Conversation

See You Yesterday (Netflix)

Selma (Ava DuVernay) — Available to rent

[Teach Us All](#)

[Understanding Systemic Racism](#) (YouTube)

[What Matters: #BLM](#) Documentary series

When They See Us (Netflix)

White Like Me

[Whose Streets?](#)

[Why "I'm not racist" is Only Half the Story](#) (Robin DiAngelo, YouTube)

## **Books**

[A Terrible Thing To Waste: Environmental Racism And Its Assault On The American Mind](#)

by Harriet A. Washington

[Automating Inequality: How High-Tech Tools Profile, Police and Punish the Poor](#) by

Virginia Eubanks

Between the World and Me, by Ta-Nahesi Coates

[Biased](#) by Jennifer Eberhardt

[Black Feminist Thought](#) by Patricia Hill Collins

[Blackballed: The Black Vote and U.S. Democracy](#) by Darryl Pinckney

[Blind Spot: Hidden Biases of Good People](#) by Anthony Greenwald and Mahzarin Banaji

[Blink: The Power of Thinking Without Thinking](#) by Malcolm Gladwell

[Body and Soul: The Black Panther Party and the Fight against Medical Discrimination](#) by

Alondra Nelson

[Dog Whistle Politics: How Coded Racial Appeals Have Reinvented Racism and Wrecked the Middle Class](#) by Ian Haney López

[Eloquent Rage: A Black Feminist Discovers Her Superpower](#) by Dr. Brittney Cooper

[From the War on Poverty to the War on Crime: The Making of Mass Incarceration in](#)

[America](#) by Elizabeth Hinton

[Heavy: An American Memoir](#) by Kiese Laymon

Homegoing, by Yaa Gyasi

[How To Be An Antiracist](#) by Ibram X. Kendi

I Know Why the Caged Bird Sings by Maya Angelou

Invisible No More: Police Violence Against Black Women and Women of Color, by

Andrea Ritchie

[Just Mercy](#) by Bryan Stevenson

Killing Rage: Ending Racism, by Bell Hooks

Learning to Be White: Money, Race and God in America, by Rev. Thandeka

[Me and White Supremacy](#) by Layla F. Saad

[Medical Bondage: Race, Gender, and the Origins of American Gynecology](#) by Deirdre

Cooper Owens

[Race for Profit: How Banks and the Real Estate Industry Undermined Black](#)

[Homeownership](#) by Keeanga-Yamahtta Taylor

[Raising Our Hands](#) by Jenna Arnold

Redefining Realness by Janet Mock

[Roadmap for Revolutionaries: Resistance, Activism & Advocacy For All](#) (Elisa Camahort

Page, Carolyn Gerin, and Jamia Wilson)

[Sister Outsider](#) by Audre Lorde

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

Stamped from the Beginning, by Ibram X. Kendi

[Talking to Strangers](#) by Malcolm Gladwell



[The Bluest Eye by Toni Morrison](#)  
[The End of Policing by Alex S. Vitale](#)  
[The Fire Next Time by James Baldwin](#)  
[The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander](#)  
[The Next American Revolution: Sustainable Activism for the Twenty-First Century by Grace Lee Boggs](#)  
[The Racial Healing Handbook \(Anneliese A. Singh\)](#)  
[The Warmth of Other Suns by Isabel Wilkerson](#)  
[Their Eyes Were Watching God by Zora Neale Hurston](#)  
They Can't Kill Us All, by Wesley Lower  
[This Bridge Called My Back: Writings by Radical Women of Color by Cherríe Moraga](#)  
Unapologetic: A Black, Queer, and Feminist Mandate for Radical Movements, by Charlene A. Carruthers  
Uprooting Racism: How White People Can Work for Racial Justice, by Paul Kivel  
Waking Up White and Finding Myself in the Story of Race, by Debby Irving  
[When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America by Ira Katznelson](#)  
[When They Call You A Terrorist \(Patrisse Khan-Cullors & asha bandele\)](#)  
[Whistling Vivaldi: How Stereotypes Affect Us and What We Can Do by Claude Steele](#)  
[White Fragility: Why It's So Hard for White People to Talk About Racism by Robin DiAngelo, PhD](#)  
White Like Me: Reflections on Race from a Privileged Son, by Tim Wise  
[Why Are All The Black Kids Sitting Together In The Cafeteria? And Other Conversations About Race by Beverly Daniel Tatum](#)  
Why I'm No Longer Talking to White People about Race, by Reni Eddo-Lodge  
Witnessing Whiteness, by Shelly Tochluk

## **Trainings**

[Justice in June](#)  
[Institutionalized Racism: A syllabus](#)  
[The Great Unlearn](#)  
[Scaffolding for anti-racist resources](#)  
[Talking About Race, National Museum of African American History and Culture](#)

## Resources for Parents

### *Social Media*

Here we Read: [Instagram](#)

### *Articles*

[Age-related Reactions to a Traumatic Event](#)

[Are Your Kids Too Young To Talk About Race](#)

[Beyond the Golden Rule: A Parent's Guide to Preventing and Responding to Prejudice](#)  
(Southern Poverty Law Center)

[Do Black Children's Lives Matter if Nobody Writes About Them?](#) by Daniel Jose Older |  
The Guardian (November 6, 2015)

[Five Ways to Reduce Racial Bias in Your Children](#)

[Helping Kids Process Violence, Trauma, and Race in a World of Nonstop News, from  
Common Sense: A conversation with Drs. Allison Briscoe-Smith, Jacqueline Dougé,  
and Nathan Chomilo.](#)

[How Adults Can Support the Mental Health of Black Children](#)

[How Adults Communicate Bias to Children](#)

[How to Raise Kids Who Are More Tolerant Than You](#)

[How to Read Racist Books to Your Kids](#)

[How to Talk to your Children About Protests and Racism by Sandee LaMotte | CNN.com](#)  
(June 2, 2020)

[How to Talk to Kids about Race and Racism, According to Experts](#)

[How to Talk to Kids About Racism: An Age-by-Age Guide](#) by Alex Miynek |  
Todaysparent.com (February 9, 2017)

[How to Talk with Your Kids about Donald Trump](#)

[PBS's Teaching Your Child About Black History Month](#)

[Preparing Young Children for the Inclusion of Children with Disabilities into the  
Classroom](#) (National Association for the Education of Young Children)

[Rubbing Off](#) (Allison Briscoe-Smith explains how kids learn about race—and how their  
parents can help them make sense of difference)

[Talking Race With Young Children](#)

[Talking to Kids about Race](#)

[Talking to Young Children About Race and Racism](#) (PBS Kids Resource Roundup)

[Understanding Child Trauma](#)

[Your Kids Aren't Too Young to Talk About Race: Resource Roundup from Pretty Good](#)

[What Kids are Really Learning About Slavery](#) by Melinda D. Anderson | The Atlantic  
(February 1, 2018)

[Where's the Color in Kids' Lit? Ask the Girl with 1,000 Books \(and Counting\)](#) by Meg  
Anderson | NPR.org (February 26, 2016)

## *Podcasts*

[Five Pandemic Parenting Lessons with Cindy Wang Brandt](#)

## *Film*

[CNN/Sesame Street Town Hall: How to Explain Racism to Kids](#)

[CNN/Sesame Street Town Hall: Elmo and his dad Louie Talk About Racism and Protesting](#)

## *Books*

[31 Children's books to support conversations on race, racism and resistance](#)

[A Kids Book About](#) by Jelani Memory

[Coretta Scott King Book Award Winners](#) (Books for Children and Youth)

[Books To Help You Explain Racism and Protest to Your Kids](#) (Recommendations from the NY Times)

[Starting to Talk About Race with Kids](#) | Books for Littles

## **Actions to Take As an Ally**

[5 Ways to Show Up For Racial Justice Today](#) (KQED – Nastia Voynovskaya)

[8 Can't Wait](#) (Policies that can reduce police violence & see how your city ranks in implementation)

[75 Things White People Can Do For Racial Justice](#) (Medium – Corinne Shutack)

[Black Lives Matter](#)

[Dear White People: Here Are 10 Actions You Can Take To Promote Racial Justice In The Workplace](#) (Dana Brownlee – Forbes)

[If You're a White Person Wondering What To Do...I Have Some Advice](#) (Independent UK – Michael Crawford)

[Opportunities for White People in the Fight For Racial Justice](#) (WhiteAccomplice.Org)

[Resources for Racial Trauma](#) (UC Davis)

[Scaffolding Anti-Racist Resources](#) (Anna Stamborski, Nikki Zimmermann & Bailie Gregory)

[What Can White People Do](#) (June Holley with the Network Weaver Consultants Network)