

Shared Racial Justice Resource Guide

HEALING AND CARE

- [The Four Bodies: A Holistic Toolkit for Coping With Racial Trauma](#)
Jacquelyn Ogorchukwu (May 30, 2020, Medium)
- [4 Self-Care Resources for Days When the World is Terrible](#)
Miriam Zoila Pérez (July 7, 2016, Colorlines)
- [6 Steps You Can Take To Start Healing From Trauma Right Now](#)
Carmen Leah Ascencio (July 2, 2015, BGD)
- [Anti-Racism Resources & Healing for Women of Color](#)
Rachel Ricketts

LISTENING, LEARNING, AND EDUCATING

Ibram X Kendi, historian and author of “[How to be an Antiracist](#),” states that it is necessary to practice an active role to fight racism in society. Kendi suggests that ‘I’m not a racist’ is not enough to make meaningful change for an equitable society.

Books

- *How to Be an Anti-Racist* by Ibram X. Kendi (2019)
- [Anti-Racist Reading List by Ibram X. Kendi](#) (May 29, 2020, New York Times)
- *So You Want to Talk about Race* by Ijeoma Oluo (2018)
- *White Fragility* by Robin DiAngelo (2018)
- *Blindspot* by Mahzarin Banaji and Anthony Greenwald (2013)
- *The Next American Revolution: Sustainable Activism for the Twenty-First Century* by Grace Lee Boggs (2011)
- *The New Jim Crow* by Michelle Alexander (2010)
- *Women, Race, & Class* by Angela Davis (1981)

Articles

- [A Timeline of Events that Led to the 2020 ‘Fed Up’-rising](#)
Michael Harriet (May 30, 2020, The Root)
- [Your Black Colleagues May Look Like They’re Okay - Chances Are They’re Not](#)
Danielle Cadet, (May 28, 2020, Refinery29)
- [What is White Privilege, Really?](#)
Cory Collins (2018, Teaching Tolerance)
- [Model Minority’ Myth Again Used As A Racial Wedge Between Asians And Blacks](#)
Kat Chow (April 19, 2017, NPR)
- [Know your History: Understanding Racism in the US](#)
A’Lelia Bundles (August 15, 2015, Aljazeera)
- [Herstory of Black Lives Matter Movement](#)
Alicia Garza (October 7, 2014, The Feminist Wire)
- [White Privilege: Unpacking the Invisible Knapsack](#)
Peggy McIntosh (1990)

Podcasts

- [Code Switch](#) - NPR
- [Pod Save the People](#) - Crooked Media
- [Intersectionality Matters with Kimberlé Crenshaw](#) - African American Policy Forum

- [Hear to Stay](#) - Luminary
- [1619](#) - New York Times

Additional References

- [11 Anti-Racist Accounts That Are Worth Following](#)
Meg Zukin (May 31, 2020, Variety)
- [8 Essential Shows and Documentaries to Learn About Police Brutality and Racial Justice](#)
Malcolm Venable (June 2, 2020, TV Guide)
- [The 1619 Project](#)
New York Times Magazine

ACTION

For Conversations with Families & Children

- [Letters for Black Lives](#) (Crowd-sourced conversational tools in 20+ languages)
- [Parents, educators, experts talk to kids on race amid unrest](#)
Leanne Italie (June 3, 2020, Associated Press)
- [These Books Can Help You Explain Racism and Protest to Your Kids](#)
Jessica Gross (June 2, 2020, New York Times)
- [Anti-Racism for Kids: An Age-by-Age Guide to Fighting Hate](#)
Katie Arnold-Ratliff (June 2, 2020, Parents)
- [Raising Race Conscious Children](#)
Raise Conscious
- [How to Talk to Kids about Race and Racism](#)
(June 1, 2020, NBC News Learn)
- [33 Books Featuring Black Heroes and Characters that Every Child Should Read](#)
(June 1, 2020, The Everymom)
- [Talking Race with Young Children](#)
(April 26, 2019, National Public Radio)
- [Beyond the Golden Rule: A Parent's Guide to Preventing and Responding to Prejudice](#)
Dana Williams (2013, Southern Poverty Law Center)
- [Resources for Talking about Race, Racism and Racialized Violence with Kids](#)
(Center for Racial Justice in Education)
- [Talking to Kids about Discrimination](#)
(American Psychological Association)

For Educators

- [Educators should have the 'hard conversation' with students about events unfolding](#) Penn Today
(June 1, 2020)
- [Racism in Context: How to Talk to Students About the Ahmaud Arbery Killing](#)
Greek University (May 28, 2020)
- [Pushing Back Against Racism and Xenophobia on Campuses](#)
MarYam Hamedani, Hazel Rose Markus & Paula Moya (Inside Higher Ed, May 14, 2020)
- [Responding to Global, National, and Penn-Based Tragedies](#)
Center for Teaching and Learning

For Fostering Allyship

- [20+ Allyship Actions for Asians to Show Up for the Black Community Right Now](#)
Michelle Kim (May 8, 2020, Medium)
- [75 Things White People Can Do for Racial Justice](#)
Corrine Shutack (August 13, 2017, Medium)

NON-OPTICAL ALLYSHIP

Mirielle Charper @mireillecharper

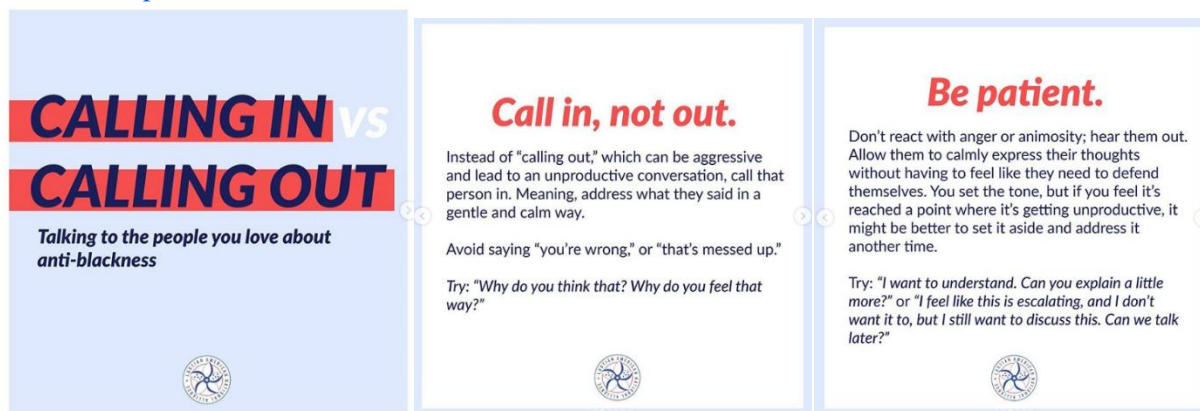
[Link to full post](#)



CALLING IN VS. CALLING OUT

Laotian American National Alliance (LANA) @lanausaorg

[Link to full post](#)



MORE RESOURCES

Information on how to **donate, sign, email, call, vote, advocate, and shop**

- [Philadelphia Black-Owned Restaurants You Can Order From Right Now](#)
- [28 Black-Owned Restaurants to Support in Philadelphia](#)
- [Support black-owned businesses in Philly and buy from these bookstores](#)
- [The Enterprise Center](#)
- [Ways you can help \(https://blacklivesmatters.carrd.co\)](https://blacklivesmatters.carrd.co)
- [George Floyd Resource Compilation](#)
- [Anti-Oppression Resource Guide](#)
- [Educate Yourself: An Essential Anti-Racism Reading Guide](#)
- [Race, Power and Policy: Dismantling Structural Racism Workbook](#)
- [30+ Resources to Help White Americans Learn About Race and Racism](#)

- [NAPA Resources to Combat Anti-Blackness Racism](#)