



# anti-racism resource guide



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# anti-racism resources

## 5 Tips for Being an Ally

[youtube.com/watch?v=\\_dg86g-QIM0](https://youtube.com/watch?v=_dg86g-QIM0)

## 11 Step Guide to Understanding Race, Racism, and White Privilege

[citizenshipandsocialjustice.com/2017/10/14/11-step-guide-to-understanding-race-racism-and-white-privilege](https://citizenshipandsocialjustice.com/2017/10/14/11-step-guide-to-understanding-race-racism-and-white-privilege)

## 15 Things LGBTQ People of Colour Want you to Know

[stonewallscotland.org.uk/about-us/news/15-things-lgbtq-people-colour-want-you-know](https://stonewallscotland.org.uk/about-us/news/15-things-lgbtq-people-colour-want-you-know)

## Addressing Racism in the LGBTQ Community

[thedmonline.com/column-addressing-racism-in-lgbtq-community](https://thedmonline.com/column-addressing-racism-in-lgbtq-community)

## Allies Don't Fail us Again

[nytimes.com/2020/06/07/opinion/white-privilege-civil-rights.html](https://nytimes.com/2020/06/07/opinion/white-privilege-civil-rights.html)

## Anti-Racism - Jason Reynolds

[youtube.com/watch?time\\_continue=42&v=OzMhuedqMzQ&feature=emb\\_logo](https://youtube.com/watch?time_continue=42&v=OzMhuedqMzQ&feature=emb_logo)

## Anti-Racism Resources

[docs.google.com/document/u/0/d/1BRIF2\\_zhNe86SGgHa6-VIBO-QgirlTwCTugSfKie5Fs/mobilebasic](https://docs.google.com/document/u/0/d/1BRIF2_zhNe86SGgHa6-VIBO-QgirlTwCTugSfKie5Fs/mobilebasic)

## Anti-Racism Resources for White Allies

[docs.google.com/document/d/1Fr4SHRS\\_aFIDkxhlaaJSMUW-oX9Vpxq3FNTZJfqcLg](https://docs.google.com/document/d/1Fr4SHRS_aFIDkxhlaaJSMUW-oX9Vpxq3FNTZJfqcLg)

## Antiracist Reading List

[nytimes.com/2019/05/29/books/review/antiracist-reading-list-ibram-x-kendi.html](https://nytimes.com/2019/05/29/books/review/antiracist-reading-list-ibram-x-kendi.html)

## Being African American & LGBTQ: An Introduction

[hrc.org/resources/being-african-american-lgbtq-an-introduction](https://hrc.org/resources/being-african-american-lgbtq-an-introduction)

## Book & Video Resources on Whiteness & Racism

[frankbaird.com/resources-on-whiteness-racism](https://frankbaird.com/resources-on-whiteness-racism)

## Building Connections at the Intersection of Racial Injustice and LGBTQ Movements

[b.3cdn.net/advancement/85066c4a18d249e72b\\_r23m68j37.pdf](https://b.3cdn.net/advancement/85066c4a18d249e72b_r23m68j37.pdf)

# anti-racism resources

## **Confronting Racism is not about the Needs and Feelings of White People**

[theguardian.com/commentisfree/2019/mar/28/confronting-racism-is-not-about-the-needs-and-feelings-of-white-people](https://theguardian.com/commentisfree/2019/mar/28/confronting-racism-is-not-about-the-needs-and-feelings-of-white-people)

## **Death of George Floyd: A Long History of Racism and Policing in America**

[wbur.org/onpoint/2020/06/01/racism-and-policing-untangled](https://wbur.org/onpoint/2020/06/01/racism-and-policing-untangled)

## **The Difference Between Being not Racist and Anti-Racist**

[lifehacker.com/the-difference-between-being-not-racist-and-anti-racist-1843834092](https://lifehacker.com/the-difference-between-being-not-racist-and-anti-racist-1843834092)

## **Divided No Longer**

[dividednolonger.com/recommended-resources](https://dividednolonger.com/recommended-resources)

## **It Does Not Matter If You Are Good**

[elle.com/culture/career-politics/a32712287/cnn-omar-jimenez-arrest-response](https://elle.com/culture/career-politics/a32712287/cnn-omar-jimenez-arrest-response)

## **Don't Talk about Implicit Bias Without Talking about Structural Racism**

[medium.com/national-equity-project/implicit-bias-structural-racism-6c52cf0f4a92](https://medium.com/national-equity-project/implicit-bias-structural-racism-6c52cf0f4a92)

## **The Environment that Racism Built**

[americanprogress.org/issues/race/news/2018/05/10/450703/environment-racism-built](https://americanprogress.org/issues/race/news/2018/05/10/450703/environment-racism-built)

## **Ethnic and Racial Minorities & Socioeconomic Status**

[apa.org/pi/ses/resources/publications/minorities](https://apa.org/pi/ses/resources/publications/minorities)

## **Fighting the Racism that Killed George Floyd Requires More than Hashtags**

[theguardian.com/commentisfree/2020/jun/02/white-people-racism-george-floyd](https://theguardian.com/commentisfree/2020/jun/02/white-people-racism-george-floyd)

## **George Floyd - This is Us - Michigan Public Radio**

[michiganradio.org/post/reporters-notebook-grand-rapids-us](https://michiganradio.org/post/reporters-notebook-grand-rapids-us)

## **Grand Rapids Public Library - Digital Anti-Racism Books**

[grpl.overdrive.com/collection/1090261?page=1&sortBy=listorder&availableFirst=true&collectionId=1090261](https://grpl.overdrive.com/collection/1090261?page=1&sortBy=listorder&availableFirst=true&collectionId=1090261)

## **Here's How White People Can Fight for Racial Justice**

[buzzfeed.com/jessicaprobust/resources-for-white-allies-fighting-racism](https://buzzfeed.com/jessicaprobust/resources-for-white-allies-fighting-racism)

# anti-racism resources

## **How to be an Anti-Racist: Anti-Racism Explained**

[vox.com/2020/6/3/21278245/antiracist-racism-race-books-resources-antiracism](https://www.vox.com/2020/6/3/21278245/antiracist-racism-race-books-resources-antiracism)

## **How You can be an Ally in the Fight for Racial Justice**

[ideas.ted.com/how-you-can-be-an-ally-in-the-fight-for-racial-justice](https://ideas.ted.com/how-you-can-be-an-ally-in-the-fight-for-racial-justice)

## **Institutionalized Racism - A Syllabus**

[daily.jstor.org/institutionalized-racism-a-syllabus](https://daily.jstor.org/institutionalized-racism-a-syllabus)

## **Kentucky Psychological Association Anti-Racism Resources**

[docs.google.com/document/u/0/d/1B6Kfb50yGQjBdyfPN7uYZD59F2xd8sEtMZcG-EnwMlo/mobilebasic](https://docs.google.com/document/u/0/d/1B6Kfb50yGQjBdyfPN7uYZD59F2xd8sEtMZcG-EnwMlo/mobilebasic)

## **The Lasting Economic Effects of Racism**

[maggiegermano.com/blog/the-economic-effects-of-racism](https://maggiegermano.com/blog/the-economic-effects-of-racism)

## **Learn about Race, Inequality, and Social Justice**

[coursera.org/collections/race-inequality-social-justice](https://coursera.org/collections/race-inequality-social-justice)

## **The Lens of Systemic Oppression**

[nationalequityproject.org/wp-content/uploads/Lens-of-Systemic-Oppression.pdf](https://nationalequityproject.org/wp-content/uploads/Lens-of-Systemic-Oppression.pdf)

## **Let's Talk About Whiteness**

[onbeing.org/programs/eula-biss-lets-talk-about-whiteness-sep2018](https://onbeing.org/programs/eula-biss-lets-talk-about-whiteness-sep2018)

## **The Oppression of LGBTQ People of Color Hurts the Very Foundation of Pride Month**

[courier-journal.com/story/opinion/2019/06/28/pride-month-do-work-end-white-lgbtq-privilege/1566820001](https://courier-journal.com/story/opinion/2019/06/28/pride-month-do-work-end-white-lgbtq-privilege/1566820001)

## **People of Color Experience Racism in LGBTQ Spaces**

[communitypsychology.com/people-of-color-experience-discrimination-within-lgbt-spaces](https://communitypsychology.com/people-of-color-experience-discrimination-within-lgbt-spaces)

## **Performative Allyship is Deadly**

[forge.medium.com/performative-allyship-is-deadly-c900645d9f1f](https://forge.medium.com/performative-allyship-is-deadly-c900645d9f1f)

## **Race Talk: Engaging Young People in Conversations about Race and Racism**

[adl.org/education/resources/tools-and-strategies/race-talk-engaging-young-people-in-conversations-about](https://adl.org/education/resources/tools-and-strategies/race-talk-engaging-young-people-in-conversations-about)

# anti-racism resources

## **Racial Healing Handbook (Excerpt): Practical Activities to Help you Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing**

[nmaahc.si.edu/sites/default/files/downloads/resources/racialhealinghandbook\\_p87to94.pdf](http://nmaahc.si.edu/sites/default/files/downloads/resources/racialhealinghandbook_p87to94.pdf)

## **Racism is Terrible Blackness is Not**

[theatlantic.com/ideas/archive/2020/06/racism-terrible-blackness-not/613039](http://theatlantic.com/ideas/archive/2020/06/racism-terrible-blackness-not/613039)

## **Raising Colorblind Kids Isn't the Point, Raising Empathetic Kids Is**

[scarymommy.com/raising-colorblind-kids-isnt-the-point-raising-empathetic-kids-is](http://scarymommy.com/raising-colorblind-kids-isnt-the-point-raising-empathetic-kids-is)

## **Report to the United Nations on Racial Disparities in the U.S. Criminal Justice System**

[sentencingproject.org/publications/un-report-on-racial-disparities](http://sentencingproject.org/publications/un-report-on-racial-disparities)

## **Research Confirms that Entrenched Racism Manifests in Disparate Treatment of Black Americans in Criminal Justice System**

[vera.org/newsroom/research-confirms-that-entrenched-racism-manifests-in-disparate-treatment-of-black-americans-in-criminal-justice-system](http://vera.org/newsroom/research-confirms-that-entrenched-racism-manifests-in-disparate-treatment-of-black-americans-in-criminal-justice-system)

## **Screaming in the Silence: How to be an Ally, not a Savior**

[youtube.com/watch?v=d2qAbp-t\\_FY](https://youtube.com/watch?v=d2qAbp-t_FY)

## **Simmons University: Anti-Racism Resources**

[simmons.libguides.com/anti-oppression/anti-racism](http://simmons.libguides.com/anti-oppression/anti-racism)

## **Social Justice: Everyone has a Role to Play**

[medium.com/@alterrellmfmills/social-change-everyone-has-a-role-to-play-useyourprivilege-unlearnracism-69051138d0de](https://medium.com/@alterrellmfmills/social-change-everyone-has-a-role-to-play-useyourprivilege-unlearnracism-69051138d0de)

## **Standing Against Xenophobia**

[smithsonianapa.org/stand](http://smithsonianapa.org/stand)

## **Systemic Racism Explained**

[youtube.com/watch?v=YrHIQIO\\_bdQ&feature=youtu.be](https://youtube.com/watch?v=YrHIQIO_bdQ&feature=youtu.be)

## **Talking About Race - From The National Museum of African American History (Smithsonian)**

[nmaahc.si.edu/learn/talking-about-race](http://nmaahc.si.edu/learn/talking-about-race)

# anti-racism resources

## **There is no Neutral: Nice White People can Still be Complicit in a Racist Society**

[npr.org/2020/06/09/873375416/there-is-no-neutral-nice-white-people-can-still-be-complicit-in-a-racist-society](https://npr.org/2020/06/09/873375416/there-is-no-neutral-nice-white-people-can-still-be-complicit-in-a-racist-society)

## **Trouble the Narrative**

[austinchanning.substack.com/p/trouble-the-narrative](https://austinchanning.substack.com/p/trouble-the-narrative)

## **Types of Racism**

[racialequitytools.org/fundamentals/core-concepts/racism](https://racialequitytools.org/fundamentals/core-concepts/racism)

## **An Unjust Burden - The Disparate Treatment of Black Americans in the Criminal Justice System**

[vera.org/publications/for-the-record-unjust-burden](https://vera.org/publications/for-the-record-unjust-burden)

## **When Black People are in Pain White People just Join Book Clubs**

[washingtonpost.com/outlook/white-antiracist-allyship-book-clubs/2020/06/11/9edcc766-abf5-11ea-94d2-d7bc43b26bf9\\_story.html](https://washingtonpost.com/outlook/white-antiracist-allyship-book-clubs/2020/06/11/9edcc766-abf5-11ea-94d2-d7bc43b26bf9_story.html)

## **Whiteness and White Privilege**

[racialequitytools.org/fundamentals/core-concepts/whiteness-and-white-privilege](https://racialequitytools.org/fundamentals/core-concepts/whiteness-and-white-privilege)

## **Why We Need to Call Out Casual Racism**

[ideas.ted.com/why-we-need-to-call-out-casual-racism](https://ideas.ted.com/why-we-need-to-call-out-casual-racism)

# resources for parents & children

## **4 Resources to Teach your Kids to be Anti-Racist**

[studio5.ksl.com/4-great-resources-to-teach-your-kids-to-be-anti-racist](http://studio5.ksl.com/4-great-resources-to-teach-your-kids-to-be-anti-racist)

## **31 Children's Books to Support Conversations on Race, Racism, and Resistance**

[embracerace.org/resources/26-childrens-books-to-support-conversations-on-race-racism-resistance](http://embracerace.org/resources/26-childrens-books-to-support-conversations-on-race-racism-resistance)

## **40+ Children's Books about Human Rights and Social Justice**

[niahouse.org/blog-fulton/2016/11/3/40-childrens-books-about-human-rights-social-justice](http://niahouse.org/blog-fulton/2016/11/3/40-childrens-books-about-human-rights-social-justice)

## **100 Picture Books Including Black People and Communities & Why You Need Them**

[heisereads.com/2020/05/100-picture-books-including-black.html?m=1](http://heisereads.com/2020/05/100-picture-books-including-black.html?m=1)

## **100 Race-Conscious Things You can Say to your Child to Advance Social Justice**

[raceconscious.org/2016/06/100-race-conscious-things-to-say-to-your-child-to-advance-racial-justice](http://raceconscious.org/2016/06/100-race-conscious-things-to-say-to-your-child-to-advance-racial-justice)

## **Accepting Difficult Emotions Surrounding Race: How we Avoid Talking about Race and Racism**

[psychologytoday.com/us/blog/culturally-speaking/201608/accepting-difficult-emotions-surrounding-race](http://psychologytoday.com/us/blog/culturally-speaking/201608/accepting-difficult-emotions-surrounding-race)

## **Antiracist Parenting During COVID-19 and Beyond**

[yesmagazine.org/opinion/2020/05/19/coronavirus-parenting-antiracist](http://yesmagazine.org/opinion/2020/05/19/coronavirus-parenting-antiracist)

## **Anti-Racism Resources for All Ages**

[padlet.com/nicolethelibrarian/nbasekqoazt336co?](http://padlet.com/nicolethelibrarian/nbasekqoazt336co?)

## **Children are not Colorblind: How Young Children Learn Race**

[nmaahc.si.edu/sites/default/files/downloads/resources/children\\_are\\_not\\_colorblind.pdf](http://nmaahc.si.edu/sites/default/files/downloads/resources/children_are_not_colorblind.pdf)

## **Coming Together: Standing up to Racism - A CNN/Sesame Street Town Hall for Kids and Families**

[sesameworkshop.org/press-room/press-releases/coming-together-standing-racism-cnnsesame-street-town-hall-kids-and](http://sesameworkshop.org/press-room/press-releases/coming-together-standing-racism-cnnsesame-street-town-hall-kids-and)

## **Dear Mixed Kids: A Dialogue on the Implications of Racial Injustice from the Perspective of Mixed Race Individuals**

[bit.ly/MixedKids](http://bit.ly/MixedKids)



# resources for parents & children

## **The Dos and Don'ts of Talking to Kids of Color about White Supremacy**

[colorlines.com/articles/dos-and-donts-talking-kids-color-about-white-supremacy](https://colorlines.com/articles/dos-and-donts-talking-kids-color-about-white-supremacy)

## **Exploring our own Stereotypes and Biases: Stop Pretending you're not Biased**

[psychologytoday.com/us/blog/culturally-speaking/201608/exploring-our-own-stereotypes-and-biases](https://psychologytoday.com/us/blog/culturally-speaking/201608/exploring-our-own-stereotypes-and-biases)

## **How do we Teach our Children Anti-Racism**

[today.com/parents/how-do-we-teach-our-children-anti-racism-these-resources-t182936](https://today.com/parents/how-do-we-teach-our-children-anti-racism-these-resources-t182936)

## **How do we Teach our Children Anti-Racism?**

[news.yahoo.com/teach-children-anti-racism-resources-220542635.html](https://news.yahoo.com/teach-children-anti-racism-resources-220542635.html)

## **How to Talk to Kids about Race and Racism**

[parenttoolkit.com/social-and-emotional-development/advice/social-awareness/how-to-talk-to-kids-about-race-and-racism](https://parenttoolkit.com/social-and-emotional-development/advice/social-awareness/how-to-talk-to-kids-about-race-and-racism)

## **How to Talk to Kids About Race: Books and Resources that can Help**

[readbrightly.com/how-to-talk-to-kids-about-race-books-and-resources-that-can-help](https://readbrightly.com/how-to-talk-to-kids-about-race-books-and-resources-that-can-help)

## **How to Talk to Your Children about Racism and Protests**

[cnn.com/2020/06/01/health/protests-racism-talk-to-children-wellness/index.html](https://cnn.com/2020/06/01/health/protests-racism-talk-to-children-wellness/index.html)

## **How White Parents can use Media to Raise Anti-Racist Kids**

[commonsensemedia.org/blog/how-white-parents-can-use-media-to-raise-anti-racist-kids](https://commonsensemedia.org/blog/how-white-parents-can-use-media-to-raise-anti-racist-kids)

## **Pinterest - Talking to Kids about Race**

[pinterest.com/alldonemonkey/talking-to-kids-about-race](https://pinterest.com/alldonemonkey/talking-to-kids-about-race)

## **Race and Racialized Identity**

[nmaahc.si.edu/learn/talking-about-race/resources](https://nmaahc.si.edu/learn/talking-about-race/resources)

## **Racism and Violence: How to Help Kids Handle the News**

[childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news](https://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news)

## **Resources for Parents - Uplifting Youth Through Healthy Communication about Race**

[apa.org/res/parent-resources](https://apa.org/res/parent-resources)

# resources for parents & children

## Starting to Talk to Kids about Race

[padlet.com/nicolethelibrarian/nbasekqoazt336co?](https://padlet.com/nicolethelibrarian/nbasekqoazt336co?)

## Some Guidance for Talking with Kids about the Protests that are Sweeping this Country

[padlet-uploads.storage.googleapis.com/476059971/1b6e09dc0e50aaaa44cdd1b648458f5e/Some\\_Guidance\\_for\\_Talking\\_with\\_Kids\\_about\\_the\\_Protests\\_that\\_are\\_Sweeping\\_this\\_Country.pdf](https://padlet-uploads.storage.googleapis.com/476059971/1b6e09dc0e50aaaa44cdd1b648458f5e/Some_Guidance_for_Talking_with_Kids_about_the_Protests_that_are_Sweeping_this_Country.pdf)

## Talking about Race - From the National Museum of African American History

[nmaahc.si.edu/learn/talking-about-race](https://nmaahc.si.edu/learn/talking-about-race)

## Talking to Kids about Race

[nationalgeographic.com/family/in-the-news/talking-about-race](https://nationalgeographic.com/family/in-the-news/talking-about-race)

## Talking to White Kids about Race and Racism

[safespaceradio.com/wp-content/uploads/RR-Tips.pdf](https://safespaceradio.com/wp-content/uploads/RR-Tips.pdf)

## The Top 5 Reasons Well Meaning White Parents do not Discuss Race with their White Children

[strivingparent.com/2020/05/29/the-top-5-reasons-well-meaning-white-parents-do-not-discuss-race-with-their-white-children](https://strivingparent.com/2020/05/29/the-top-5-reasons-well-meaning-white-parents-do-not-discuss-race-with-their-white-children)

## Talking with your Children about Race - Webinar

[raceconscious.org/2020/05/interactive-webinar-for-white-people-on-june-21st-and-june-28th](https://raceconscious.org/2020/05/interactive-webinar-for-white-people-on-june-21st-and-june-28th)

## White Fragility & Parenting

[medium.com/age-of-awareness/white-fragility-and-parenting-a0e7e9c63743](https://medium.com/age-of-awareness/white-fragility-and-parenting-a0e7e9c63743)

## What White Children need to know about Race

[nais.org/magazine/independent-school/summer-2014/what-white-children-need-to-know-about-race](https://nais.org/magazine/independent-school/summer-2014/what-white-children-need-to-know-about-race)

## Why White Parents need to do more than Talk to their Kids about Racism

[time.com/5362786/talking-racism-with-white-kids-not-enough](https://time.com/5362786/talking-racism-with-white-kids-not-enough)

## Why You Need to Stop Saying “All Lives Matter”

[harpersbazaar.com/culture/politics/a27075028/black-lives-matter-explained](https://harpersbazaar.com/culture/politics/a27075028/black-lives-matter-explained)

# resources for parents & children

## A Young Peoples History of the United States - Book

[amazon.com/Young-Peoples-History-United-States/dp/1583228691/ref=sr\\_1\\_1?dchild=1&keywords=young+peoples+history+of+the+united+states&qid=1591108244&sr=8-1](https://www.amazon.com/Young-Peoples-History-United-States/dp/1583228691/ref=sr_1_1?dchild=1&keywords=young+peoples+history+of+the+united+states&qid=1591108244&sr=8-1)

# resources for personal action

## 10 Simple Ways White People can Step up to Fight Racism

[mic.com/articles/97900/10-simple-rules-for-being-a-non-racist-white-person](https://mic.com/articles/97900/10-simple-rules-for-being-a-non-racist-white-person)

## 21 Day Racial Equity Challenge - Michigan League for Public Policy

[mlpp.org/21-day-racial-equity-challenge](https://mlpp.org/21-day-racial-equity-challenge)

## 21 Day Racial Equity Habit Building Challenge

[debbyirving.com/21-day-challenge](https://debbyirving.com/21-day-challenge)

## 75 Things White People can do for Racial Justice

[medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234](https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234)

## Anti-Racist Action and Becoming Part of the Solution. Learn about Small and Large Steps you can Take Today to Reduce Racism

[psychologytoday.com/us/blog/culturally-speaking/201608/anti-racist-action-and-becoming-part-the-solution](https://psychologytoday.com/us/blog/culturally-speaking/201608/anti-racist-action-and-becoming-part-the-solution)

## Beyond the Hashtag: How to take Anti-Racist Action in your Life

[teenvogue.com/story/beyond-the-hashtag-how-to-take-anti-racist-action](https://teenvogue.com/story/beyond-the-hashtag-how-to-take-anti-racist-action)

## The Danger of a Single Story

[ted.com/talks/chimamanda\\_ngozi\\_adichie\\_the\\_danger\\_of\\_a\\_single\\_story/transcript?language=en](https://ted.com/talks/chimamanda_ngozi_adichie_the_danger_of_a_single_story/transcript?language=en)

## Letter to my Son: “Here is What I would like for you to know: In America, it is Traditional to Destroy the Black Body - it is Heritage.”

[padlet.com/nicolethelibrarian/nbasekqoazt336co?](https://padlet.com/nicolethelibrarian/nbasekqoazt336co?)

## Obama to George Floyd Protesters: Channel ‘justifiable anger’ into Action

[news.yahoo.com/obama-george-floyd-protests-medium-essay-real-change-162830123.html](https://news.yahoo.com/obama-george-floyd-protests-medium-essay-real-change-162830123.html)

## An Ongoing List of Ways to Join the Anti-Racist Fight

[anothermag.com/design-living/12567/how-to-be-anti-racist-black-lives-matter-protest-george-floyd](https://anothermag.com/design-living/12567/how-to-be-anti-racist-black-lives-matter-protest-george-floyd)

## White Supremacy Pyramid

[padlet-uploads.storage.googleapis.com/476059971/d2ecf318959490c8c9beb746b3d2b437/99010859\\_2698277960278434\\_4534473626115637248\\_n.jpg](https://padlet-uploads.storage.googleapis.com/476059971/d2ecf318959490c8c9beb746b3d2b437/99010859_2698277960278434_4534473626115637248_n.jpg)

# resources for racial trauma

## **10 Ways White Therapists can Address Racism in Therapy with Black Clients**

[blog.zencare.co/how-white-therapists-address-racism-black-clients](http://blog.zencare.co/how-white-therapists-address-racism-black-clients)

## **Addressing Clients' Prejudices in Counseling**

[ct.counseling.org/2014/01/addressing-clients-prejudices-in-counseling](http://ct.counseling.org/2014/01/addressing-clients-prejudices-in-counseling)

## **Addressing Historical Trauma**

[ctacny.org/training/01-addressing-historical-trauma](http://ctacny.org/training/01-addressing-historical-trauma)

## **The Affects of Racism on Mental Health: How to Cope**

[adaa.org/webinar/consumer/effects-racism-mental-health-how-cope](http://adaa.org/webinar/consumer/effects-racism-mental-health-how-cope)

## **APA Readings Addressing Racial Trauma**

[brown.edu/campus-life/support/counseling-and-psychological-services/addressing-racial-trauma](http://brown.edu/campus-life/support/counseling-and-psychological-services/addressing-racial-trauma)

## **A Psychology Professor Explains how Racial Trauma Impacts Students of Color**

[educationpost.org/a-psychology-professor-explains-how-racial-trauma-impacts-students-of-color](http://educationpost.org/a-psychology-professor-explains-how-racial-trauma-impacts-students-of-color)

## **Anti Racism as Violence Prevention**

[futureswithoutviolence.org/health/racism](http://futureswithoutviolence.org/health/racism)

## **Blog Series: Breaking the Chains of Racial Trauma in Therapy**

[arththerapy.org/blog-series-breaking-the-chains-of-racial-trauma-in-therapy](http://arththerapy.org/blog-series-breaking-the-chains-of-racial-trauma-in-therapy)

## **Can a White Person Understand the Black Experience? Layers of Pain, Mistrust, and Taboos Keep People Divided along Racial Lines**

[psychologytoday.com/us/blog/culturally-speaking/201408/can-white-person-understand-the-black-experience](http://psychologytoday.com/us/blog/culturally-speaking/201408/can-white-person-understand-the-black-experience)

## **Colorblind Ideology is a Form of Racism: A Colorblind Approach Allows us to Deny Uncomfortable Cultural Differences**

[psychologytoday.com/us/blog/culturally-speaking/201112/colorblind-ideology-is-form-racism](http://psychologytoday.com/us/blog/culturally-speaking/201112/colorblind-ideology-is-form-racism)

## **Connecting: Forging Real Relationships with People of Color. Using the Science of Social Connection to Climate Racism**

[psychologytoday.com/us/blog/culturally-speaking/201608/connecting-forging-real-relationships-people-color](http://psychologytoday.com/us/blog/culturally-speaking/201608/connecting-forging-real-relationships-people-color)

# resources for racial trauma

## **Culturally Incompetent Therapy: When Therapists do Harm**

[psychologytoday.com/us/blog/culturally-speaking/201402/culturally-incompetent-therapy-when-therapists-do-harm](https://psychologytoday.com/us/blog/culturally-speaking/201402/culturally-incompetent-therapy-when-therapists-do-harm)

## **The Effects of Racism on Mental Health: How to Cope**

[adaa.org/webinar/consumer/effects-racism-mental-health-how-cope](https://adaa.org/webinar/consumer/effects-racism-mental-health-how-cope)

## **Ethnic & Racial Identity & the Therapeutic Alliance**

[psychologytoday.com/us/blog/culturally-speaking/201803/ethnic-and-racial-identity-and-the-therapeutic-alliance](https://psychologytoday.com/us/blog/culturally-speaking/201803/ethnic-and-racial-identity-and-the-therapeutic-alliance)

## **Facing Racial Trauma - Again and Again - as a Black Woman with Anxiety**

[news.yahoo.com/facing-racial-trauma-again-again-163440026.html](https://news.yahoo.com/facing-racial-trauma-again-again-163440026.html)

## **Floyd Protests, Riots Highlight Racial Trauma, Experts Say**

[kynewsradio.radio.com/articles/news/floyd-protests-riots-highlight-racial-trauma-experts-say](https://kynewsradio.radio.com/articles/news/floyd-protests-riots-highlight-racial-trauma-experts-say)

## **Free Racialized Trauma E-Course**

[resmaa.com](https://resmaa.com)

## **Healing the Hidden Wounds of Racial Trauma**

[static1.squarespace.com/static/545cdfcce4b0a64725b9f65a/t/54da3451e4b0ac9bd1d1cd30/1423586385564/Healing.pdf](https://static1.squarespace.com/static/545cdfcce4b0a64725b9f65a/t/54da3451e4b0ac9bd1d1cd30/1423586385564/Healing.pdf)

## **How do White Female Therapists Address Racism**

[psychedinsanfrancisco.com/white-female-therapists-address-racism](https://psychedinsanfrancisco.com/white-female-therapists-address-racism)

## **How Racism Impacts those we Serve and How we Serve: Are we Meeting Participants where they are?**

[ctacny.org/training/how-racism-impacts-those-we-serve-and-how-we-serve-are-we-meeting-participants-where-they](https://ctacny.org/training/how-racism-impacts-those-we-serve-and-how-we-serve-are-we-meeting-participants-where-they)

## **How Therapists Drive Away Minority Clients**

[psychologytoday.com/us/blog/culturally-speaking/201306/how-therapists-drive-away-minority-clients](https://psychologytoday.com/us/blog/culturally-speaking/201306/how-therapists-drive-away-minority-clients)

# resources for racial trauma

## **How Well Meaning Therapists Commit Racism**

[psychologytoday.com/us/blog/culturally-speaking/201308/how-well-meaning-therapists-commit-racism](https://psychologytoday.com/us/blog/culturally-speaking/201308/how-well-meaning-therapists-commit-racism)

## **Legacies of Pain and Resilience: Clinical Implications for Understanding Historical Trauma and Race**

[ctacny.org/training/underprivileged-underserved-impact-poverty-mental-health](https://ctacny.org/training/underprivileged-underserved-impact-poverty-mental-health)

## **The Link Between Experiences of Racism and Stress and Anxiety for Black Americans**

[adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/link-between-experiences-racism-and-stress-and](https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/link-between-experiences-racism-and-stress-and)

## **The Link Between Racism and PTSD: A Psychologist Explains Race-Based Stress and Trauma in Black Americans**

[psychologytoday.com/us/blog/culturally-speaking/201509/the-link-between-racism-and-ptsd](https://psychologytoday.com/us/blog/culturally-speaking/201509/the-link-between-racism-and-ptsd)

## **Mental Health and the Current Times: Racial Trauma**

[counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2017/12/12/mental-health-and-the-current-times-racial-trauma](https://counseling.org/news/aca-blogs/aca-member-blogs/aca-member-blogs/2017/12/12/mental-health-and-the-current-times-racial-trauma)

## **My Grandmother's Hands: The First Self-Discovery Book to Examine White Body Supremacy in America from the Perspective of Trauma and Body-Centered Psychology**

[resmaa.com/books](https://resmaa.com/books)

## **Practical, Compassionate Guidance for White Therapists Wanting to be more Effective in their Work with People of Color (A Free 1 CE Credit Hour Podcast Continuing Education Course)**

[courses.clearlyclinical.com/courses/free-ceu-racial-awareness](https://courses.clearlyclinical.com/courses/free-ceu-racial-awareness)

## **A Psychology Professor Explains how Racial Trauma Impacts Students of Color**

[educationpost.org/a-psychology-professor-explains-how-racial-trauma-impacts-students-of-color](https://educationpost.org/a-psychology-professor-explains-how-racial-trauma-impacts-students-of-color)

## **Race and Trauma: Race-Based Traumatic Stress and Psychological Injury**

[ctacny.org/training/race-and-trauma-race-based-traumatic-stress-and-psychological-injury](https://ctacny.org/training/race-and-trauma-race-based-traumatic-stress-and-psychological-injury)

## **Race Matters in Understanding Mental Health and Trauma**

[monnicawilliams.com/racial-trauma-readings.php](https://monnicawilliams.com/racial-trauma-readings.php)

# resources for racial trauma

## **Race, Poverty & Trauma: Microaggressions and the Therapeutic Alliance: Exploring Ethnically and Racially Diverse Clinical-Participant Relationships**

[ctacny.org/training/race-poverty-trauma-microaggressions-and-therapeutic-alliance-exploring-ethnically-and](https://ctacny.org/training/race-poverty-trauma-microaggressions-and-therapeutic-alliance-exploring-ethnically-and)

## **Racial Disparity & the Pathologizing of People of Color in Mental Health**

[midway.academia.edu/GinaDeArth](https://midway.academia.edu/GinaDeArth)

## **Racial Trauma is Real**

[bc.edu/content/dam/files/schools/lsoe\\_sites/isprc/pdf/racialtraumaisrealManuscript.pdf](https://bc.edu/content/dam/files/schools/lsoe_sites/isprc/pdf/racialtraumaisrealManuscript.pdf)

## **Racial Trauma: Origins, Signs, and Courses of Treatment**

[blog.zencare.co/racial-trauma-therapy](https://blog.zencare.co/racial-trauma-therapy)

## **Racism, Masculinity, and Health**

[ctacny.org/training/04-racism-masculinity-and-health](https://ctacny.org/training/04-racism-masculinity-and-health)

## **Somebody Better put their Pants on and be Talking about it: White Therapists who Identify as Anti-Racist Addressing Racism and Racial Identity with White Clients**

[scholarworks.smith.edu/cgi/viewcontent.cgi?article=1682&context=theses](https://scholarworks.smith.edu/cgi/viewcontent.cgi?article=1682&context=theses)

## **Systems of Trauma: Racial Trauma**

[fact.virginia.gov/wp-content/uploads/2019/05/Racial-Trauma-Issue-Brief.pdf](https://fact.virginia.gov/wp-content/uploads/2019/05/Racial-Trauma-Issue-Brief.pdf)

## **Talking about Race in Trauma Psychotherapy**

[societyforpsychotherapy.org/talking-about-race-in-trauma-psychotherapy](https://societyforpsychotherapy.org/talking-about-race-in-trauma-psychotherapy)

## **Things to Consider in the Midst of an Uprising**

[medium.com/@tonjier/things-to-consider-in-the-midst-of-an-uprising-28c019697a9](https://medium.com/@tonjier/things-to-consider-in-the-midst-of-an-uprising-28c019697a9)

## **The Trauma of Constant Racism Haunts many like PTSD**

[amp.kentucky.com/opinion/op-ed/article243422856.html](https://amp.kentucky.com/opinion/op-ed/article243422856.html)

## **Uncovering the Trauma of Racism: New Tools for Clinicians**

[psychologytoday.com/us/blog/culturally-speaking/201901/uncovering-the-trauma-racism-new-tools-clinicians](https://psychologytoday.com/us/blog/culturally-speaking/201901/uncovering-the-trauma-racism-new-tools-clinicians)

## **Underprivileged & Underserved: The Impact of Poverty on Mental Health**

[ctacny.org/training/underprivileged-underserved-impact-poverty-mental-health](https://ctacny.org/training/underprivileged-underserved-impact-poverty-mental-health)



# resources for racial trauma

## **Using Race & Culture in Counseling & Psychotherapy**

[amazon.com/Using-Race-Culture-Counseling-Psychotherapy/dp/0205285651](https://amazon.com/Using-Race-Culture-Counseling-Psychotherapy/dp/0205285651)

## **We Shall Overcome? Understanding the Effects of Race-Based Trauma on Mental Health**

[youtu.be/K5MJQXoKdCA](https://youtu.be/K5MJQXoKdCA)

## **Whiteness Matters: Exploring White Privilege, Color Blindness and Racism in Psychotherapy**

[psychotherapy.net/article/racism-white-privilege-psychotherapy](https://psychotherapy.net/article/racism-white-privilege-psychotherapy)

## **Why I Left my White Therapist**

[vice.com/en\\_us/article/d7pa5j/why-i-left-my-white-therapist](https://vice.com/en_us/article/d7pa5j/why-i-left-my-white-therapist)

## **Is Your Therapist Qualified to Treat People of Color**

[psychologytoday.com/us/blog/culturally-speaking/201905/is-your-therapist-qualified-treat-people-color](https://psychologytoday.com/us/blog/culturally-speaking/201905/is-your-therapist-qualified-treat-people-color)

## **You've Committed a Microaggression - Now What? Learning how to Respond with Skill and Grace can Repair any Rupture**

[psychologytoday.com/us/blog/culturally-speaking/202005/you-ve-committed-microaggression-now-what](https://psychologytoday.com/us/blog/culturally-speaking/202005/you-ve-committed-microaggression-now-what)

# health impact of racism resources

## **Discrimination: A Social Determinant of Health Inequities**

[healthaffairs.org/doi/10.1377/hblog20200220.518458/full](https://healthaffairs.org/doi/10.1377/hblog20200220.518458/full)

## **Discrimination and Social Determinants of Health**

[healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/discrimination](https://healthypeople.gov/2020/topics-objectives/topic/social-determinants-health/interventions-resources/discrimination)

## **How Racism makes us Sick**

[youtube.com/watch?v=VzyjDR\\_AWzE&t=32s](https://youtube.com/watch?v=VzyjDR_AWzE&t=32s)

## **Latino Health Disparities**

[lulac.org/programs/health/health\\_disparities](https://lulac.org/programs/health/health_disparities)

## **Let's Talk Racism & Health Equity**

[nccdh.ca/images/uploads/comments/Lets\\_Talk\\_Racism\\_and\\_health\\_equity\\_EN\\_web.pdf](https://nccdh.ca/images/uploads/comments/Lets_Talk_Racism_and_health_equity_EN_web.pdf)

## **The Link Between Racism and Health**

[ted.com/playlists/567/the\\_link\\_between\\_health\\_and\\_racism](https://ted.com/playlists/567/the_link_between_health_and_racism)

## **Racism as a Unique Social Determinant of Mental Health: Developments of a Didactic Curriculum for Psychiatry Residents**

[mededportal.org/doi/10.15766/mep\\_2374-8265.10618](https://mededportal.org/doi/10.15766/mep_2374-8265.10618)

## **Racism is Killing Black Americans**

[splcenter.org/news/2019/07/19/weekend-read-racism-killing-black-americans](https://splcenter.org/news/2019/07/19/weekend-read-racism-killing-black-americans)

## **Racism: The Evergreen Toxin Killing Black Mothers and Infants**

[americanprogress.org/issues/race/reports/2018/04/18/449774/racism-evergreen-toxin-killing-black-mothers-infants](https://americanprogress.org/issues/race/reports/2018/04/18/449774/racism-evergreen-toxin-killing-black-mothers-infants)

# learning resources

## **1619 Project**

[nytimes.com/interactive/2019/08/14/magazine/1619-america-slavery.html](https://nytimes.com/interactive/2019/08/14/magazine/1619-america-slavery.html)

## **Free Racialized Trauma E-Course**

[resmaa.com](https://resmaa.com)

## **Hey, White Therapist, Here's Where we Start: Practical, Compassionate Guidance for White Therapists Wanting to be more Effective in their Work with People of Color**

[courses.clearlyclinical.com/pages/free-ceu-courses](https://courses.clearlyclinical.com/pages/free-ceu-courses)

## **Power, Privilege, and Oppression**

[scrippscollege.edu/xbk/wp-content/uploads/sites/35/files/Power-Privilege-and-Oppression.pdf](https://scrippscollege.edu/xbk/wp-content/uploads/sites/35/files/Power-Privilege-and-Oppression.pdf)

## **Preventing ACEs: Getting to the Root of Community Trauma**

[clasp.org/blog/preventing-aces-getting-root-community-trauma](https://clasp.org/blog/preventing-aces-getting-root-community-trauma)

## **Race, Power and Policy: Dismantling Structural Racism Workbook**

[racialequitytools.org/resourcefiles/race\\_power\\_policy\\_workbook.pdf](https://racialequitytools.org/resourcefiles/race_power_policy_workbook.pdf)

## **Systemic Racism Explained**

[youtube.com/watch?v=YrHIQIO\\_bdQ](https://youtube.com/watch?v=YrHIQIO_bdQ)

## **Systemic Racism through the Lens of Flint**

[michigan.gov/documents/mdcr/VFlintCrisisRep-F-Edited3-13-17\\_554317\\_7.pdf](https://michigan.gov/documents/mdcr/VFlintCrisisRep-F-Edited3-13-17_554317_7.pdf)

## **White Privilege Real or Racist**

[sc.edu/study/colleges\\_schools/socialwork/documents/professional\\_development/white-privilege-feo-power-point.pdf](https://sc.edu/study/colleges_schools/socialwork/documents/professional_development/white-privilege-feo-power-point.pdf)

# self-care resources

## **The Four Bodies: A Wholistic Toolkit for Coping with Racial Trauma**

[medium.com/nappy-head-club/the-four-bodies-a-holistic-toolkit-for-coping-with-racial-trauma-8d15aa55ae06](https://medium.com/nappy-head-club/the-four-bodies-a-holistic-toolkit-for-coping-with-racial-trauma-8d15aa55ae06)

## **Racism Recovery Response Plan**

[bc.edu/content/dam/files/schools/lsoe\\_sites/isprc/pdf/Infograph.pdf](https://bc.edu/content/dam/files/schools/lsoe_sites/isprc/pdf/Infograph.pdf)

## **Self Care for People of Color after Emotional and Psychological Trauma**

[justjasmineblog.com/blog-1/self-care-for-people-of-color-after-emotional-and-psychological-trauma](https://justjasmineblog.com/blog-1/self-care-for-people-of-color-after-emotional-and-psychological-trauma)

## **Self Care Tips for Black People Struggling from a Painful Week**

[vice.com/en\\_us/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week](https://vice.com/en_us/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week)

## **Talking about Race - Self Care Resources**

[nmaahc.si.edu/learn/talking-about-race/topics/self-care](https://nmaahc.si.edu/learn/talking-about-race/topics/self-care)

## **Three Ways to Rest as you Resist**

[linkedin.com/pulse/three-ways-rest-you-resist-shannon-cohen](https://linkedin.com/pulse/three-ways-rest-you-resist-shannon-cohen)



  
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[arborcircle.org](http://arborcircle.org)