

From: [Dianne Evans](#)
To: [Sian Flores](#); [Amy Henry](#)
Subject: Re: webinar handout
Date: Friday, June 12, 2020 3:25:48 PM
Attachments: [TALKING POINTS FOR CLINICIANS AROUND COMM TRAUMA.FINAL.PUBLIC.pdf](#)
[Justice in June.pdf](#)
[Master List of Black Revolutionary Readings.pdf](#)

it would help if I attached....

Dianne Evans, LCSW-S
Special Education Counseling Services
469-752-8731

Serving the following campuses:

Academy HS, Beaty ECS, Carpenter MS, Jackson ES, Mendenhall ES, Plano Senior HS, Shepard ES, Solomon Adult Transition, Well ES

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Consider the environment prior to printing copies of e-mails.

From: Dianne Evans <dianne.evans@pisd.edu>
Sent: Friday, June 12, 2020 12:06 PM
To: Sian Flores <sian.flores@pisd.edu>; Amy Henry <amy.henry@pisd.edu>
Subject: webinar handout

In coming to the end of my *webinar week* and thought I would share a tool that was provided by Dr. Marva Robinson during the webinar entitled: Understanding the Black Experience in America: Be the Change You Want to See in the World.

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Discussing Community Trauma in Response to Killings and Mistreatment of Black and Brown Americans

Scenario A: You have a patient who brings up the subject of rioting, or police killings, or mentions any of the common names of black and brown people seen in the media (i.e. George Floyd, Christian Cooper, Breonna Taylor, Ahmaud Arbery).

Provider recommended talking points:

- Tell me how you feel about it? What you've seen or heard about the murder of George Floyd, Breonna Taylor or Ahmaud Arbery? Or the video of Christian Cooper and how he was treated?
- Does this bring up any feelings related to what our community experienced with Michael Brown in 2014?
- Do you have any family or friends who you are also able to talk to about this?
- Most individuals will have a range of emotions from anger, sadness, hopelessness, and fear. This is normal and completely expected. Have you had any of those emotions?
 - o How can I help?
 - o What can we do?
- Offer available resources within your community or respective clinic. If available offer referral to a group that focuses on race related stressors by saying "We have a group here dedicated to supporting individuals experiencing stressors related to what you have mentioned. Would you be interested in learning more or a referral to that group(s)?"

Scenario B: You are on the phone with a patient and they do not bring up the subject of the recent community traumas.

Provider recommended talking points:

- Before we end our conversation, I did want to check in with you to see if you wanted to talk about the recent community unrest over the recent shooting deaths of black and brown people?
- Before we end, I just wanted to see if there was anything else weighing on you that you'd like to discuss? Some of the vets have been pretty upset by the recent shootings of unarmed black and brown people and I wanted to give you the space to talk about that if you'd like?
- Before we end our conversation, I wanted to check in with you regarding reports in the news? Anything specific you would like to talk about? (this is the more neutral opening)

- I want to acknowledge the happenings in our country right now are impactful – yes, the pandemic, but more so this week with the horrific murder of George Floyd/the ongoing police brutality against African Americans.

If there is a cross-racial provider with advanced training in cultural competency, privilege or white fragility

- If you would like to discuss how it feels being in the space with a white provider while unrest is taking place related to recent shootings of unarmed black and brown people, I am open to having that discussion.
- Given the historical/intergenerational trauma in the African American community it is understandable how the killings of unarmed black people could also trigger emotions related to slavery, Jim crow, and continued racial systemic and institutional racism. Would you like to explore this a bit?

Offer available resources within your clinic or your community. If available offer a referral to a group that focuses on race related stressors.

Things to be mindful of

Use words such as- killings or murders or death of an unarmed black person. To use words such as- incident, event, or misunderstanding, can come across as victim blaming.

It is okay if you have a different position than your patient. Our goal is to build relationships and give them space to talk while we listen.

Be aware of the facts of each of the case. You can find more information here:

Breonna Taylor- 26 yo, AA, female, shot in her home by 3 Louisville, Kentucky police officers <https://www.nbcnews.com/news/us-news/black-woman-shot-killed-after-kentucky-police-entered-her-home-n1205651>

Ahmaud Arbery- 25 y o, AA, male, chased and killed by 3 white men while jogging in Brunswick, Georgia. <https://www.nbcnews.com/news/nbcblk/video-appears-show-georgia-man-shot-while-jogging-lawyers-call-n1201301>

George Floyd- 46 yo, AA, male, killed on camera while in restraints on 5/25/2020 by Minneapolis Police Officer. <https://www.nbcnews.com/news/us-news/man-dies-after-pleading-i-can-t-breathe-during-arrest-n1214586>

Christian Cooper- 43 yo, AA, male who was bird watching, when a white woman called police to say “an AA man was threatening her” because he asked her to leash her dog. <https://www.nbcnews.com/news/us-news/white-woman-calls-nypd-after-black-man-asks-her-put-n1214531>

Justice in June

This resource was compiled by Autumn Gupta with Bryanna Wallace's oversight for the purpose of providing a starting place for individuals trying to become better allies.

Choose how much time you have each day to become more informed as step one to becoming an active ally to the black community. On this document are links to the learning resources and a schedule of what to do each day. Click on the following to jump directly to that info:

- I. [10 minutes/day](#)
- II. [25 minutes/day](#)
- III. [45 minutes/day](#)

Additional Resources:

- Most of the links in this doc were pulled from: [Anti-Racism Resources](#) and [75 Things White People Can Do For Racial Justice](#)
- [Comprehensive Ally Resources](#)

Important Note: This should just be the beginning. Please do not stop learning after you complete this month. Each section (10/25/45 minutes) has somewhat different material and the links under “Additional Resources” also include new content, so go above and beyond to educate yourself.

Want to increase your impact? Find a friend, create a group, and share this content with others.

[Share on Twitter](#)

[Share on Facebook](#)

Share using shortened link: bit.ly/junejustice

****If you have additional resource recommendations or see any errors in the links listed, please send them to autumngupta@gmail.com.**

Find this useful? Check out our [Go Fund Me](#) page to learn more on how we want to make this more accessible, more permanent and more of a lifestyle.

10 Minutes/Day

Over the course of the month, you will have spent 5 hours intentionally learning how to be an active ally of the black community. (That's less than the amount of time it takes to watch all of Tiger King ~ 5.5 hours.)

Remember, the black community lives the reality of the information you will learn- they have a lifetime of fearing for their well being versus 5 hours of you being uncomfortable. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read "Who Gets to Be Afraid in America?"	2nd & 3rd Read "America's Racial Contract is Killing Us"		4th Listen to "Your Body Being Used" podcast	5th Help reallocate city budgets by defunding the police Automatic Email Template Link	6th & 7th Watch "How Studying Privilege Systems Can Strengthen Compassion" TED Talk	
8th & 9th & 10th Explore and read the articles that are part of The 1619 Project from the New York Times			11th Listen to "When Civility is Used as a Cudgel Against People of Color" podcast	12th Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election reminders, etc.	13th & 14th Watch "Let's Get to the Root of Racial Injustice" TED Talk	
15th Read "The Intersectionality Wars"	16th & 17th Read "White Privilege: Unpacking the Invisible Knapsack"		18th Listen to "The Power of Martin Luther King Jr.'s Anger" podcast	19th Write/call local gov rep & police chief advocating for police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere.	20th & 21st Watch "How to Overcome Our Biases? Walk Boldly Towards Them" TED Talk	
22nd Read "The Case for Reparations"	23rd & 24th Read "Tips for Creating Effective White Caucus Groups"		25th Listen to "Opinion: My Father Stood for the National Anthem for the Same Reason Colin Kaepernick Sits" and "When Calling the Po-Po is a	26th Donate to anti-white supremacy work (see below links)	27th & 28th Watch "How We're Priming Some Kids for College and others for prison" TED Talk	

		No-No		
29th & 30th Buy books, materials, supplies for educator friends featuring POC (see below links)				

WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
Watch	“How Studying Privilege Systems Can Strengthen Compassion” TED Talk	“Let’s Get to the Root of Racial Injustice” TED Talk	“How to Overcome Our Biases? Walk Boldly Towards Them” TED Talk	“How We’re Priming Some Kids for College and others for prison” TED Talk	
Read	“Who Gets to Be Afraid in America?” by Ibram X. Kendi and “America’s Racial Contract is Killing Us” by Adam Serwer	The 1619 Project from the New York Times	“The Intersectionality Wars” by Jane Coaston and “White Privilege: Unpacking the Invisible Knapsack” by Peggy McIntosh	“The Case for Reparations” by Ta-Nehisi Coates and “Tips for Creating Effective White Caucus Groups” developed by Craig Elliott	
Listen	“Your Body Being Used”	“When Civility is Used as a Cudgel Against People of Color”	“The Power of Martin Luther King Jr.’s Anger”	“Opinion: My Father Stood for the National Anthem for the Same Reason Colin Kaepernick Sits” and “When Calling the Po-Po is a No-No”	

<p>Act</p>	<p>Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. Automatic Email Template Link</p>	<p>Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)</p>	<p>¹Google whether your city or town currently employs evidence-based police de-escalation training. Write to your city or town government representative and police chief and advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p>²Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the National Council for Incarcerated and Formerly Incarcerated Women and Girls, the NAACP, Southern Poverty Law Center, United Negro College Fund, Black Youth Project 100, Color of Change, The Sentencing Project, Families against Mandatory Minimums, A New Way of Life, and Dream Defenders.</p>	<p>³If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are here, here, here, here, here, and here. And/or purchase educational toys that feature POC, such as finger puppets, Black History Flashcards, etc for their classroom. Use these items year-round, not just in February.</p>
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¹ Same as above

² Same as above

³ Same as above

All the links:

Watch

- [“How Studying Privilege Systems Can Strengthen Compassion”](#) TED Talk
- [“Let’s Get to the Root of Racial Injustice”](#) TED Talk
- [“How to Overcome Our Biases? Walk Boldly Towards Them”](#) TED Talk
- [“How We’re Priming Some Kids for College and others for prison”](#) TED Talk

Read

- [“America’s Racial Contract is Killing Us”](#) by Adam Serwer
- [“Who Gets to Be Afraid in America?”](#) by Ibram X. Kendi
- [The 1619 Project](#) from the New York Times
- [“White Privilege: Unpacking the Invisible Knapsack”](#) by Peggy McIntosh
- [“The Intersectionality Wars”](#) by Jane Coaston
- [“The Case for Reparations”](#) by Ta-Nehisi Coates
- [“Tips for Creating Effective White Caucus Groups”](#) developed by Craig Elliott

Listen

- [“Your Body Being Used”](#) CodeSwitch Podcast from NPR ~ 6 min
- [“When Civility is Used as a Cudgel Against People of Color”](#) CodeSwitch Podcast NPR ~ 6 min
- [“The Power of Martin Luther King Jr.’s Anger”](#) CodeSwitch Podcast NPR ~ 5 min
- [“Opinion: My Father Stood for the National Anthem for the Same Reason Colin Kaepernick Sits”](#) CodeSwitch Podcast NPR ~ 4 minutes
- [“When Calling the Po-Po is a No-No”](#) CodeSwitch NPR ~ 4 min

Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)
- Register to vote! If you are serious about real change, your individual vote does matter. Use [this link](#) to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today’s action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)
- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn’t matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty](#)

[Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.

a. (Source: [75 Things White People Can Do For Racial Justice](#))

- If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.

a. (Source: [75 Things White People Can Do For Racial Justice](#))

25 Minutes/Day

Over the course of the month, you will have spent 12.5 hours intentionally learning how to be an active ally of the black community. (That's less than the amount of time it takes to watch Season 24 of the Bachelor in 2020 ~ 18 hours.) Remember, the black community *lives* the reality of the information you will learn- they have a lifetime of fearing for their well being versus you being uncomfortable for half a day. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read pg. 36-53 in "White Fragility"	2nd Read pg. 54-71 in "White Fragility"	3rd Read pg. 72-89 in "White Fragility"	4th Read pg. 90-107 in "White Fragility"	5th Listen to podcast: A Decade of Watching Black People Die	6th & 7th Watch first half of 13th (Ava DuVerny) AND help reallocate city budgets by defunding the police Automatic Email Template Link	
8th Read pg. 108-125 in "White Fragility"	9th Read pg. 126-143 in "White Fragility"	10th Read pg. 144-161 in "White Fragility"	11th Read pg. 162-179 in "White Fragility"	12th Listen to podcast: Anger: The Black Woman's "Superpower"	13th & 14th Watch second half of 13th (Ava DuVerny) AND Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election reminders, etc.	
15th Read pg. 180-197 in "White Fragility"	16th Read pg. 198-215 in "White Fragility"	17th Read pg. 216-233 in "White Fragility"	18th Read pg. 234-251 in "White Fragility"	19th Listen to podcast: "The Limits of Empathy"	20th & 21st Watch first half of King in the Wilderness (Peter Kunhardt) AND write/call local gov rep & police chief advocating for police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere.	
22nd Read pg. 252-269 in "White Fragility"	23rd Read pg. 270-287 in "White Fragility"	24th Read pg. 288-305 in "White Fragility"	25th Read pg. 306-323 in "White Fragility"	26th Listen to podcast: Ask Code Switch - What about your friends? 50 minute episode	27th & 28th Watch second half of King in the Wilderness (Peter Kunhardt) AND Donate to anti-white supremacy work (see below links)	
29th Read pg. 324-333 (end) in	30th Buy books, materials, supplies for					

"White Fragility"	educator friends featuring POC (see below links)					
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WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
Watch	13th (Ava DuVerny) 13th Documentary (Full Length) YouTube Available with Netflix subscription	13th (Ava DuVerny) 13th Documentary (Full Length) YouTube Available with Netflix subscription	King in the Wilderness (Peter Kunhardt) \$4 to Rent on Amazon Link Available on HBO Go & Hulu with subscription	King in the Wilderness (Peter Kunhardt) \$4 to Rent on Amazon Link Available on HBO Go & Hulu with subscription	
Read	Pg. 36- 107 in "White Fragility"	Pg. 107- 179 in "White Fragility"	Pg. 180 - 251 in "White Fragility"	Pg. 252 - 323 in "White Fragility"	Pg. 324 - 333 (end) in "White Fragility"
Listen	A Decade of Watching Black People Die: CodeSwitch Podcast from NPR	Anger: The Black Woman's "Superpower" CodeSwitch Podcast from NPR	"The Limits of Empathy" CodeSwitch Podcast from NPR	Ask Code Switch - What about your friends? 50 minute episode Podcast from NPR	
Act	Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which	Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register	⁴ Google whether your city or town currently employs evidence-based police de-escalation training. Write	⁵ Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the National Council for	⁶ If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the

⁴ Same as above

⁵ Same as above

⁶ Same as above

	<p>generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. Automatic Email Template Link</p>	<p>to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)</p>	<p>to your city or town government representative and police chief and advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p>Incarcerated and Formerly Incarcerated Women and Girls, the NAACP, Southern Poverty Law Center, United Negro College Fund, Black Youth Project 100, Color of Change, The Sentencing Project, Families against Mandatory Minimums, A New Way of Life, and Dream Defenders.</p>	<p>racial make-up of the class. A few good lists are here, here, here, here, here, and here. And/or purchase educational toys that feature POC, such as finger puppets, Black History Flashcards, etc for their classroom. Use these items year-round, not just in February.</p>
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All the links:

Watch

- **13th (Ava DuVerny)**
 - [13th Documentary \(Full Length\) YouTube](#)
 - Available with Netflix subscription

Read

- **“White Fragility: Why It’s So Hard for White People to Talk About Racism” by Robin DiAngelo**
 - [Amazon Paperback Link \\$11](#)
 - Apple Bookstore \$13 download for text, \$15 download for audiobook
 - [Mid-Continent Public Library Ebook & Audiobook Link](#) **these are all on hold right now**

- [FREE with Audible trial link](#)

Listen

- [A Decade of Watching Black People Die](#) CodeSwitch Podcast from NPR
- [Anger: The Black Woman's "Superpower"](#) CodeSwitch Podcast from NPR
- ["The Limits of Empathy"](#) CodeSwitch Podcast from NPR ~ 36 min
- [Ask Code Switch - What about your friends? 50 minute episode](#) ~50 minutes

Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)
- Register to vote! If you are serious about real change, your individual vote does matter. Use [this link](#) to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)
- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))

45 Minutes/Day

Over the course of the month, you will have spent 22.5 hours intentionally learning how to be an active ally of the black community. (That's less than the amount of time it takes to watch all of Avatar: The Last Airbender ~ 30 hours.) Remember, the black community lives the reality of the information you will learn- they have a lifetime of fearing for their well being versus you being uncomfortable for less than a day. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read pg. 7-31 in "How to be an Antiracist"	2nd Read pg. 32-56 in "How to be an Antiracist"	3rd Read pg. 57-81 in "How to be an Antiracist"	4th Read pg. 82- 106 in "How to be an Antiracist"	5th Read pg. 107-131 in "How to be an Antiracist"	6th & 7th Combine daily time to watch 13th documentary AND help reallocate city budgets by defunding the police Automatic Email Template Link	
8th Read pg. 132-156 in "How to be an Antiracist"	9th Read pg. 157-181 in "How to be an Antiracist"	10th Read pg. 182-206 in "How to be an Antiracist"	11th Read pg. 207-231 in "How to be an Antiracist"	12th Read pg.232-256 in "How to be an Antiracist"	13th & 14th Combine daily time to watch King in the Wilderness AND Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election reminders, etc.	
15th Read pg. 257- 281 in "How to be an Antiracist"	16th Read pg. 282-306 in "How to be an Antiracist"	17th Read pg. 307-331 in "How to be an Antiracist"	18th Read pg. 332-356 in "How to be an Antiracist"	19th Read pg. 357-381 in "How to be an Antiracist"	20th & 21st Combine daily time to watch I Am Not Your Negro AND write/call local gov rep & police chief advocating for police de-esclation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere.	
22nd Read pg. 382- 406 in "How to be an Antiracist"	23rd Read pg. 407-431 in "How to be an Antiracist"	24th Read pg. 432-456 in "How to be an Antiracist"	25th Read pg. 457-481 in "How to be an Antiracist"	26th Read pg. 482-506 in "How to be an Antiracist"	27th & 28th Combine daily time to watch Just Mercy AND Donate to anti-white supremacy work (see below links)	
29th Read pg. 506-521	30th Buy books,					

(end) in "How to be an Antiracist"	materials, supplies for educator friends featuring POC (see below links)					
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WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
Watch	13th (Ava DuVerny) 13th Documentary (Full Length) YouTube Available with Netflix subscription	King in the Wilderness (Peter Kunhardt) \$4 to Rent on Amazon Link Available on HBO Go & Hulu with subscription	I Am Not Your Negro (Raoul Peck) Kanopy Link Free with Amazon Prime Link	Just Mercy (Destin Daniel Cretton) Just Mercy Free Amazon Link	
Read	Pg. 7 - 131 in "How to be an Antiracist"	Pg. 132 - 256 in "How to be an Antiracist"	Pg. 256 - 381 in "How to be an Antiracist"	Pg. 382 - 506 in "How to be an Antiracist"	Pg. 506 - 521 (end) in "How to be an Antiracist"
Listen **this will exceed 45 minutes	Side Effects of White Women 53 min	Side Effects of Communication 1 hr 1 min	Side Effects of Being Misunderstood 1 hr	Side Effects of Professionalism 53 min	Side Effects of Being a Black Intellectual 1 hr 31 min
Act	Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected	Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election	⁷ Google whether your city or town currently employs evidence-based police de-escalation training. Write to your city or town government representative and police chief and advocate for	⁸ Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the National Council for Incarcerated and Formerly Incarcerated Women and Girls , the	⁹ If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are here , here , here , here , here , here .

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⁸ Same as above

⁹ Same as above

	<p>officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. Automatic Email Template Link</p>	<p>reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)</p>	<p>it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p>NAACP, Southern Poverty Law Center, United Negro College Fund, Black Youth Project 100, Color of Change, The Sentencing Project, Families against Mandatory Minimums, A New Way of Life, and Dream Defenders.</p>	<p>and here. And/or purchase educational toys that feature POC, such as finger puppets, Black History Flashcards, etc for their classroom. Use these items year-round, not just in February.</p>
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All the links:

Watch

- **13th (Ava DuVerny)**
 - [13th Documentary \(Full Length\) YouTube](#)
 - Available with Netflix subscription
- **King in the Wilderness (Peter Kunhardt)**
 - [\\$4 to Rent on Amazon Link](#)
 - Available on HBO Go with subscription
 - Available on Hulu with subscription
- **I Am Not Your Negro (Raoul Peck)**
 - [Kanopy Link](#)
 - [Free with Amazon Prime Link](#)
- **Just Mercy (Destin Daniel Cretton)**
 - [Just Mercy Free Amazon Link](#)

Read

- **“How to Be An Antiracist” by Ibram X. Kendi**
 - [Amazon Kindle Link \\$15](#)
 - Apple Bookstore \$15 download for text and audiobook

- [Mid-Continent Public Library Ebook & Audiobook Link](#)
- [FREE with Audible trial link](#)
- [Link to Guided Questions while reading](#)

Listen

**This will exceed 45 minutes, but still good content. Maybe choose to listen to this instead of the radio or Spotify on some days.

- [Small Doses with Amanda Seales Podcast](#)
 - [Side Effects of White Women](#) 53 min
 - [Side Effects of Communication](#) 1 hr 1 min
 - [Side Effects of Being Misunderstood](#) 1 hr
 - [Side Effects of Professionalism](#) 53 min
 - [Side Effects of Being a Black Intellectual](#) 1 hr 31 min

Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)
- Register to vote! If you are serious about real change, your individual vote does matter. Use [this link](#) to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)
- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))

Refer to this Page for more readings and more info:

<https://docs.google.com/document/d/17uu7q7I6tAgHSwp66MCUdMwlkI2rz-LJIX0IgvI2Ws0/edit>

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- [the source of self-regard: selected essays, speeches, and meditations \(2019\) V](#)

From: [Dianne Evans](#)
To: [Sian Flores](#)
Subject: more...
Date: Friday, June 12, 2020 1:23:08 PM
Attachments: [Master List of Black Revolutionary Readings.pdf](#)
[Justice in June.pdf](#)

so I thought the webinar was one hour and winding down...it was actually 2 hours and these additional handouts were shared.

Interesting panel...some slight mixed messages going on. I'll have to process it all in my head and then I can share more some time ♀

Dianne Evans, LCSW-S
Special Education Counseling Services
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- [a mercy \(2008\)](#)
- [the source of self-regard: selected essays, speeches, and meditations \(2019\) V](#)

Justice in June

This resource was compiled by Autumn Gupta with Bryanna Wallace's oversight for the purpose of providing a starting place for individuals trying to become better allies.

Choose how much time you have each day to become more informed as step one to becoming an active ally to the black community. On this document are links to the learning resources and a schedule of what to do each day. Click on the following to jump directly to that info:

- I. [10 minutes/day](#)
- II. [25 minutes/day](#)
- III. [45 minutes/day](#)

Additional Resources:

- Most of the links in this doc were pulled from: [Anti-Racism Resources](#) and [75 Things White People Can Do For Racial Justice](#)
- [Comprehensive Ally Resources](#)

Important Note: This should just be the beginning. Please do not stop learning after you complete this month. Each section (10/25/45 minutes) has somewhat different material and the links under “Additional Resources” also include new content, so go above and beyond to educate yourself.

Want to increase your impact? Find a friend, create a group, and share this content with others.

[Share on Twitter](#)

[Share on Facebook](#)

Share using shortened link: bit.ly/junejustice

****If you have additional resource recommendations or see any errors in the links listed, please send them to autumngupta@gmail.com.**

Find this useful? Check out our [Go Fund Me](#) page to learn more on how we want to make this more accessible, more permanent and more of a lifestyle.

10 Minutes/Day

Over the course of the month, you will have spent 5 hours intentionally learning how to be an active ally of the black community. (That's less than the amount of time it takes to watch all of Tiger King ~ 5.5 hours.)

Remember, the black community lives the reality of the information you will learn- they have a lifetime of fearing for their well being versus 5 hours of you being uncomfortable. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read "Who Gets to Be Afraid in America?"	2nd & 3rd Read "America's Racial Contract is Killing Us"		4th Listen to "Your Body Being Used" podcast	5th Help reallocate city budgets by defunding the police Automatic Email Template Link	6th & 7th Watch "How Studying Privilege Systems Can Strengthen Compassion" TED Talk	
8th & 9th & 10th Explore and read the articles that are part of The 1619 Project from the New York Times			11th Listen to "When Civility is Used as a Cudgel Against People of Color" podcast	12th Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election reminders, etc.	13th & 14th Watch "Let's Get to the Root of Racial Injustice" TED Talk	
15th Read "The Intersectionality Wars"	16th & 17th Read "White Privilege: Unpacking the Invisible Knapsack"		18th Listen to "The Power of Martin Luther King Jr.'s Anger" podcast	19th Write/call local gov rep & police chief advocating for police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere.	20th & 21st Watch "How to Overcome Our Biases? Walk Boldly Towards Them" TED Talk	
22nd Read "The Case for Reparations"	23rd & 24th Read "Tips for Creating Effective White Caucus Groups"		25th Listen to "Opinion: My Father Stood for the National Anthem for the Same Reason Colin Kaepernick Sits" and "When Calling the Po-Po is a	26th Donate to anti-white supremacy work (see below links)	27th & 28th Watch "How We're Priming Some Kids for College and others for prison" TED Talk	

		No-No		
29th & 30th Buy books, materials, supplies for educator friends featuring POC (see below links)				

WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
Watch	“How Studying Privilege Systems Can Strengthen Compassion” TED Talk	“Let’s Get to the Root of Racial Injustice” TED Talk	“How to Overcome Our Biases? Walk Boldly Towards Them” TED Talk	“How We’re Priming Some Kids for College and others for prison” TED Talk	
Read	“Who Gets to Be Afraid in America?” by Ibram X. Kendi and “America’s Racial Contract is Killing Us” by Adam Serwer	The 1619 Project from the New York Times	“The Intersectionality Wars” by Jane Coaston and “White Privilege: Unpacking the Invisible Knapsack” by Peggy McIntosh	“The Case for Reparations” by Ta-Nehisi Coates and “Tips for Creating Effective White Caucus Groups” developed by Craig Elliott	
Listen	“Your Body Being Used”	“When Civility is Used as a Cudgel Against People of Color”	“The Power of Martin Luther King Jr.’s Anger”	“Opinion: My Father Stood for the National Anthem for the Same Reason Colin Kaepernick Sits” and “When Calling the Po-Po is a No-No”	

<p>Act</p>	<p>Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. Automatic Email Template Link</p>	<p>Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)</p>	<p>¹Google whether your city or town currently employs evidence-based police de-escalation training. Write to your city or town government representative and police chief and advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p>²Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the National Council for Incarcerated and Formerly Incarcerated Women and Girls, the NAACP, Southern Poverty Law Center, United Negro College Fund, Black Youth Project 100, Color of Change, The Sentencing Project, Families against Mandatory Minimums, A New Way of Life, and Dream Defenders.</p>	<p>³If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are here, here, here, here, here, and here. And/or purchase educational toys that feature POC, such as finger puppets, Black History Flashcards, etc for their classroom. Use these items year-round, not just in February.</p>
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¹ Same as above

² Same as above

³ Same as above

All the links:

Watch

- [“How Studying Privilege Systems Can Strengthen Compassion”](#) TED Talk
- [“Let’s Get to the Root of Racial Injustice”](#) TED Talk
- [“How to Overcome Our Biases? Walk Boldly Towards Them”](#) TED Talk
- [“How We’re Priming Some Kids for College and others for prison”](#) TED Talk

Read

- [“America’s Racial Contract is Killing Us”](#) by Adam Serwer
- [“Who Gets to Be Afraid in America?”](#) by Ibram X. Kendi
- [The 1619 Project](#) from the New York Times
- [“White Privilege: Unpacking the Invisible Knapsack”](#) by Peggy McIntosh
- [“The Intersectionality Wars”](#) by Jane Coaston
- [“The Case for Reparations”](#) by Ta-Nehisi Coates
- [“Tips for Creating Effective White Caucus Groups”](#) developed by Craig Elliott

Listen

- [“Your Body Being Used”](#) CodeSwitch Podcast from NPR ~ 6 min
- [“When Civility is Used as a Cudgel Against People of Color”](#) CodeSwitch Podcast NPR ~ 6 min
- [“The Power of Martin Luther King Jr.’s Anger”](#) CodeSwitch Podcast NPR ~ 5 min
- [“Opinion: My Father Stood for the National Anthem for the Same Reason Colin Kaepernick Sits”](#) CodeSwitch Podcast NPR ~ 4 minutes
- [“When Calling the Po-Po is a No-No”](#) CodeSwitch NPR ~ 4 min

Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)
- Register to vote! If you are serious about real change, your individual vote does matter. Use [this link](#) to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today’s action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)
- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn’t matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty](#)

[Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.

a. (Source: [75 Things White People Can Do For Racial Justice](#))

- If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.

a. (Source: [75 Things White People Can Do For Racial Justice](#))

25 Minutes/Day

Over the course of the month, you will have spent 12.5 hours intentionally learning how to be an active ally of the black community. (That's less than the amount of time it takes to watch Season 24 of the Bachelor in 2020 ~ 18 hours.) Remember, the black community *lives* the reality of the information you will learn- they have a lifetime of fearing for their well being versus you being uncomfortable for half a day. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read pg. 36-53 in "White Fragility"	2nd Read pg. 54-71 in "White Fragility"	3rd Read pg. 72-89 in "White Fragility"	4th Read pg. 90-107 in "White Fragility"	5th Listen to podcast: A Decade of Watching Black People Die	6th & 7th Watch first half of 13th (Ava DuVerny) AND help reallocate city budgets by defunding the police Automatic Email Template Link	
8th Read pg. 108-125 in "White Fragility"	9th Read pg. 126-143 in "White Fragility"	10th Read pg. 144-161 in "White Fragility"	11th Read pg. 162-179 in "White Fragility"	12th Listen to podcast: Anger: The Black Woman's "Superpower"	13th & 14th Watch second half of 13th (Ava DuVerny) AND Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election reminders, etc.	
15th Read pg. 180-197 in "White Fragility"	16th Read pg. 198-215 in "White Fragility"	17th Read pg. 216-233 in "White Fragility"	18th Read pg. 234-251 in "White Fragility"	19th Listen to podcast: "The Limits of Empathy"	20th & 21st Watch first half of King in the Wilderness (Peter Kunhardt) AND write/call local gov rep & police chief advocating for police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere.	
22nd Read pg. 252-269 in "White Fragility"	23rd Read pg. 270-287 in "White Fragility"	24th Read pg. 288-305 in "White Fragility"	25th Read pg. 306-323 in "White Fragility"	26th Listen to podcast: Ask Code Switch - What about your friends? 50 minute episode	27th & 28th Watch second half of King in the Wilderness (Peter Kunhardt) AND Donate to anti-white supremacy work (see below links)	
29th Read pg. 324-333 (end) in	30th Buy books, materials, supplies for					

“White Fragility”	educator friends featuring POC (see below links)					
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WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
Watch	13th (Ava DuVerny) 13th Documentary (Full Length) YouTube Available with Netflix subscription	13th (Ava DuVerny) 13th Documentary (Full Length) YouTube Available with Netflix subscription	King in the Wilderness (Peter Kunhardt) \$4 to Rent on Amazon Link Available on HBO Go & Hulu with subscription	King in the Wilderness (Peter Kunhardt) \$4 to Rent on Amazon Link Available on HBO Go & Hulu with subscription	
Read	Pg. 36- 107 in “White Fragility”	Pg. 107- 179 in “White Fragility”	Pg. 180 - 251 in “White Fragility”	Pg. 252 - 323 in “White Fragility”	Pg. 324 - 333 (end) in “White Fragility”
Listen	A Decade of Watching Black People Die: CodeSwitch Podcast from NPR	Anger: The Black Woman’s “Superpower” CodeSwitch Podcast from NPR	“The Limits of Empathy” CodeSwitch Podcast from NPR	Ask Code Switch - What about your friends? 50 minute episode Podcast from NPR	
Act	Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which	Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register	⁴ Google whether your city or town currently employs evidence-based police de-escalation training. Write	⁵ Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the National Council for	⁶ If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the

⁴ Same as above

⁵ Same as above

⁶ Same as above

	<p>generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. Automatic Email Template Link</p>	<p>to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)</p>	<p>to your city or town government representative and police chief and advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p>Incarcerated and Formerly Incarcerated Women and Girls, the NAACP, Southern Poverty Law Center, United Negro College Fund, Black Youth Project 100, Color of Change, The Sentencing Project, Families against Mandatory Minimums, A New Way of Life, and Dream Defenders.</p>	<p>racial make-up of the class. A few good lists are here, here, here, here, here, and here. And/or purchase educational toys that feature POC, such as finger puppets, Black History Flashcards, etc for their classroom. Use these items year-round, not just in February.</p>
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All the links:

Watch

- **13th (Ava DuVerny)**
 - [13th Documentary \(Full Length\) YouTube](#)
 - Available with Netflix subscription

Read

- **“White Fragility: Why It’s So Hard for White People to Talk About Racism” by Robin DiAngelo**
 - [Amazon Paperback Link \\$11](#)
 - Apple Bookstore \$13 download for text, \$15 download for audiobook
 - [Mid-Continent Public Library Ebook & Audiobook Link](#) **these are all on hold right now**

- [FREE with Audible trial link](#)

Listen

- [A Decade of Watching Black People Die](#) CodeSwitch Podcast from NPR
- [Anger: The Black Woman's "Superpower"](#) CodeSwitch Podcast from NPR
- ["The Limits of Empathy"](#) CodeSwitch Podcast from NPR ~ 36 min
- [Ask Code Switch - What about your friends? 50 minute episode](#) ~50 minutes

Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)
- Register to vote! If you are serious about real change, your individual vote does matter. Use [this link](#) to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)
- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))

45 Minutes/Day

Over the course of the month, you will have spent 22.5 hours intentionally learning how to be an active ally of the black community. (That's less than the amount of time it takes to watch all of Avatar: The Last Airbender ~ 30 hours.) Remember, the black community lives the reality of the information you will learn- they have a lifetime of fearing for their well being versus you being uncomfortable for less than a day. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read pg. 7-31 in "How to be an Antiracist"	2nd Read pg. 32-56 in "How to be an Antiracist"	3rd Read pg. 57-81 in "How to be an Antiracist"	4th Read pg. 82- 106 in "How to be an Antiracist"	5th Read pg. 107-131 in "How to be an Antiracist"	6th & 7th Combine daily time to watch 13th documentary AND help reallocate city budgets by defunding the police Automatic Email Template Link	
8th Read pg. 132-156 in "How to be an Antiracist"	9th Read pg. 157-181 in "How to be an Antiracist"	10th Read pg. 182-206 in "How to be an Antiracist"	11th Read pg. 207-231 in "How to be an Antiracist"	12th Read pg.232-256 in "How to be an Antiracist"	13th & 14th Combine daily time to watch King in the Wilderness AND Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election reminders, etc.	
15th Read pg. 257- 281 in "How to be an Antiracist"	16th Read pg. 282-306 in "How to be an Antiracist"	17th Read pg. 307-331 in "How to be an Antiracist"	18th Read pg. 332-356 in "How to be an Antiracist"	19th Read pg. 357-381 in "How to be an Antiracist"	20th & 21st Combine daily time to watch I Am Not Your Negro AND write/call local gov rep & police chief advocating for police de-esclation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere.	
22nd Read pg. 382- 406 in "How to be an Antiracist"	23rd Read pg. 407-431 in "How to be an Antiracist"	24th Read pg. 432-456 in "How to be an Antiracist"	25th Read pg. 457-481 in "How to be an Antiracist"	26th Read pg. 482-506 in "How to be an Antiracist"	27th & 28th Combine daily time to watch Just Mercy AND Donate to anti-white supremacy work (see below links)	
29th Read pg. 506-521	30th Buy books,					

(end) in “How to be an Antiracist”	materials, supplies for educator friends featuring POC (see below links)					
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WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
Watch	13th (Ava DuVerny) 13th Documentary (Full Length) YouTube Available with Netflix subscription	King in the Wilderness (Peter Kunhardt) \$4 to Rent on Amazon Link Available on HBO Go & Hulu with subscription	I Am Not Your Negro (Raoul Peck) Kanopy Link Free with Amazon Prime Link	Just Mercy (Destin Daniel Cretton) Just Mercy Free Amazon Link	
Read	Pg. 7 - 131 in “How to be an Antiracist”	Pg. 132 - 256 in “How to be an Antiracist”	Pg. 256 - 381 in “How to be an Antiracist”	Pg. 382 - 506 in “How to be an Antiracist”	Pg. 506 - 521 (end) in “How to be an Antiracist”
Listen **this will exceed 45 minutes	Side Effects of White Women 53 min	Side Effects of Communication 1 hr 1 min	Side Effects of Being Misunderstood 1 hr	Side Effects of Professionalism 53 min	Side Effects of Being a Black Intellectual 1 hr 31 min
Act	Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected	Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election	⁷ Google whether your city or town currently employs evidence-based police de-escalation training. Write to your city or town government representative and police chief and advocate for	⁸ Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the National Council for Incarcerated and Formerly Incarcerated Women and Girls , the	⁹ If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are here , here , here , here , here , here ,

⁷ Same as above

⁸ Same as above

⁹ Same as above

	<p>officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. Automatic Email Template Link</p>	<p>reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)</p>	<p>it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p>NAACP, Southern Poverty Law Center, United Negro College Fund, Black Youth Project 100, Color of Change, The Sentencing Project, Families against Mandatory Minimums, A New Way of Life, and Dream Defenders.</p>	<p>and here. And/or purchase educational toys that feature POC, such as finger puppets, Black History Flashcards, etc for their classroom. Use these items year-round, not just in February.</p>
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All the links:

Watch

- **13th (Ava DuVerny)**
 - [13th Documentary \(Full Length\) YouTube](#)
 - Available with Netflix subscription
- **King in the Wilderness (Peter Kunhardt)**
 - [\\$4 to Rent on Amazon Link](#)
 - Available on HBO Go with subscription
 - Available on Hulu with subscription
- **I Am Not Your Negro (Raoul Peck)**
 - [Kanopy Link](#)
 - [Free with Amazon Prime Link](#)
- **Just Mercy (Destin Daniel Cretton)**
 - [Just Mercy Free Amazon Link](#)

Read

- **“How to Be An Antiracist” by Ibram X. Kendi**
 - [Amazon Kindle Link \\$15](#)
 - Apple Bookstore \$15 download for text and audiobook

- [Mid-Continent Public Library Ebook & Audiobook Link](#)
- [FREE with Audible trial link](#)
- [Link to Guided Questions while reading](#)

Listen

**This will exceed 45 minutes, but still good content. Maybe choose to listen to this instead of the radio or Spotify on some days.

- [Small Doses with Amanda Seales Podcast](#)
 - [Side Effects of White Women](#) 53 min
 - [Side Effects of Communication](#) 1 hr 1 min
 - [Side Effects of Being Misunderstood](#) 1 hr
 - [Side Effects of Professionalism](#) 53 min
 - [Side Effects of Being a Black Intellectual](#) 1 hr 31 min

Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)
- Register to vote! If you are serious about real change, your individual vote does matter. Use [this link](#) to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)
- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))

From: [Dianne Evans](#)
To: [Dianne Evans](#)
Subject: Justice in June
Date: Friday, June 12, 2020 1:17:21 PM
Attachments: [Justice in June.pdf](#)
[ATT00001.htm](#)

Justice in June

This resource was compiled by Autumn Gupta with Bryanna Wallace's oversight for the purpose of providing a starting place for individuals trying to become better allies.

Choose how much time you have each day to become more informed as step one to becoming an active ally to the black community. On this document are links to the learning resources and a schedule of what to do each day. Click on the following to jump directly to that info:

- I. [10 minutes/day](#)
- II. [25 minutes/day](#)
- III. [45 minutes/day](#)

Additional Resources:

- Most of the links in this doc were pulled from: [Anti-Racism Resources](#) and [75 Things White People Can Do For Racial Justice](#)
- [Comprehensive Ally Resources](#)

Important Note: This should just be the beginning. Please do not stop learning after you complete this month. Each section (10/25/45 minutes) has somewhat different material and the links under “Additional Resources” also include new content, so go above and beyond to educate yourself.

Want to increase your impact? Find a friend, create a group, and share this content with others.

[Share on Twitter](#)

[Share on Facebook](#)

Share using shortened link: bit.ly/junejustice

****If you have additional resource recommendations or see any errors in the links listed, please send them to autumngupta@gmail.com.**

Find this useful? Check out our [Go Fund Me](#) page to learn more on how we want to make this more accessible, more permanent and more of a lifestyle.

10 Minutes/Day

Over the course of the month, you will have spent 5 hours intentionally learning how to be an active ally of the black community. (That's less than the amount of time it takes to watch all of Tiger King ~ 5.5 hours.)

Remember, the black community lives the reality of the information you will learn- they have a lifetime of fearing for their well being versus 5 hours of you being uncomfortable. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read "Who Gets to Be Afraid in America?"	2nd & 3rd Read "America's Racial Contract is Killing Us"		4th Listen to "Your Body Being Used" podcast	5th Help reallocate city budgets by defunding the police Automatic Email Template Link	6th & 7th Watch "How Studying Privilege Systems Can Strengthen Compassion" TED Talk	
8th & 9th & 10th Explore and read the articles that are part of The 1619 Project from the New York Times			11th Listen to "When Civility is Used as a Cudgel Against People of Color" podcast	12th Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election reminders, etc.	13th & 14th Watch "Let's Get to the Root of Racial Injustice" TED Talk	
15th Read "The Intersectionality Wars"	16th & 17th Read "White Privilege: Unpacking the Invisible Knapsack"		18th Listen to "The Power of Martin Luther King Jr.'s Anger" podcast	19th Write/call local gov rep & police chief advocating for police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere.	20th & 21st Watch "How to Overcome Our Biases? Walk Boldly Towards Them" TED Talk	
22nd Read "The Case for Reparations"	23rd & 24th Read "Tips for Creating Effective White Caucus Groups"		25th Listen to "Opinion: My Father Stood for the National Anthem for the Same Reason Colin Kaepernick Sits" and "When Calling the Po-Po is a	26th Donate to anti-white supremacy work (see below links)	27th & 28th Watch "How We're Priming Some Kids for College and others for prison" TED Talk	

		No-No		
29th & 30th Buy books, materials, supplies for educator friends featuring POC (see below links)				

WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
Watch	“How Studying Privilege Systems Can Strengthen Compassion” TED Talk	“Let’s Get to the Root of Racial Injustice” TED Talk	“How to Overcome Our Biases? Walk Boldly Towards Them” TED Talk	“How We’re Priming Some Kids for College and others for prison” TED Talk	
Read	“Who Gets to Be Afraid in America?” by Ibram X. Kendi and “America’s Racial Contract is Killing Us” by Adam Serwer	The 1619 Project from the New York Times	“The Intersectionality Wars” by Jane Coaston and “White Privilege: Unpacking the Invisible Knapsack” by Peggy McIntosh	“The Case for Reparations” by Ta-Nehisi Coates and “Tips for Creating Effective White Caucus Groups” developed by Craig Elliott	
Listen	“Your Body Being Used”	“When Civility is Used as a Cudgel Against People of Color”	“The Power of Martin Luther King Jr.’s Anger”	“Opinion: My Father Stood for the National Anthem for the Same Reason Colin Kaepernick Sits” and “When Calling the Po-Po is a No-No”	

<p>Act</p>	<p>Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. Automatic Email Template Link</p>	<p>Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)</p>	<p>¹Google whether your city or town currently employs evidence-based police de-escalation training. Write to your city or town government representative and police chief and advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p>²Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the National Council for Incarcerated and Formerly Incarcerated Women and Girls, the NAACP, Southern Poverty Law Center, United Negro College Fund, Black Youth Project 100, Color of Change, The Sentencing Project, Families against Mandatory Minimums, A New Way of Life, and Dream Defenders.</p>	<p>³If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are here, here, here, here, here, and here. And/or purchase educational toys that feature POC, such as finger puppets, Black History Flashcards, etc for their classroom. Use these items year-round, not just in February.</p>
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¹ Same as above

² Same as above

³ Same as above

All the links:

Watch

- [“How Studying Privilege Systems Can Strengthen Compassion”](#) TED Talk
- [“Let’s Get to the Root of Racial Injustice”](#) TED Talk
- [“How to Overcome Our Biases? Walk Boldly Towards Them”](#) TED Talk
- [“How We’re Priming Some Kids for College and others for prison”](#) TED Talk

Read

- [“America’s Racial Contract is Killing Us”](#) by Adam Serwer
- [“Who Gets to Be Afraid in America?”](#) by Ibram X. Kendi
- [The 1619 Project](#) from the New York Times
- [“White Privilege: Unpacking the Invisible Knapsack”](#) by Peggy McIntosh
- [“The Intersectionality Wars”](#) by Jane Coaston
- [“The Case for Reparations”](#) by Ta-Nehisi Coates
- [“Tips for Creating Effective White Caucus Groups”](#) developed by Craig Elliott

Listen

- [“Your Body Being Used”](#) CodeSwitch Podcast from NPR ~ 6 min
- [“When Civility is Used as a Cudgel Against People of Color”](#) CodeSwitch Podcast NPR ~ 6 min
- [“The Power of Martin Luther King Jr.’s Anger”](#) CodeSwitch Podcast NPR ~ 5 min
- [“Opinion: My Father Stood for the National Anthem for the Same Reason Colin Kaepernick Sits”](#) CodeSwitch Podcast NPR ~ 4 minutes
- [“When Calling the Po-Po is a No-No”](#) CodeSwitch NPR ~ 4 min

Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)
- Register to vote! If you are serious about real change, your individual vote does matter. Use [this link](#) to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today’s action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)
- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn’t matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty](#)

[Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.

a. (Source: [75 Things White People Can Do For Racial Justice](#))

- If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.

a. (Source: [75 Things White People Can Do For Racial Justice](#))

25 Minutes/Day

Over the course of the month, you will have spent 12.5 hours intentionally learning how to be an active ally of the black community. (That's less than the amount of time it takes to watch Season 24 of the Bachelor in 2020 ~ 18 hours.) Remember, the black community *lives* the reality of the information you will learn- they have a lifetime of fearing for their well being versus you being uncomfortable for half a day. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read pg. 36-53 in "White Fragility"	2nd Read pg. 54-71 in "White Fragility"	3rd Read pg. 72-89 in "White Fragility"	4th Read pg. 90-107 in "White Fragility"	5th Listen to podcast: A Decade of Watching Black People Die	6th & 7th Watch first half of 13th (Ava DuVerny) AND help reallocate city budgets by defunding the police Automatic Email Template Link	
8th Read pg. 108-125 in "White Fragility"	9th Read pg. 126-143 in "White Fragility"	10th Read pg. 144-161 in "White Fragility"	11th Read pg. 162-179 in "White Fragility"	12th Listen to podcast: Anger: The Black Woman's "Superpower"	13th & 14th Watch second half of 13th (Ava DuVerny) AND Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election reminders, etc.	
15th Read pg. 180-197 in "White Fragility"	16th Read pg. 198-215 in "White Fragility"	17th Read pg. 216-233 in "White Fragility"	18th Read pg. 234-251 in "White Fragility"	19th Listen to podcast: "The Limits of Empathy"	20th & 21st Watch first half of King in the Wilderness (Peter Kunhardt) AND write/call local gov rep & police chief advocating for police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere.	
22nd Read pg. 252-269 in "White Fragility"	23rd Read pg. 270-287 in "White Fragility"	24th Read pg. 288-305 in "White Fragility"	25th Read pg. 306-323 in "White Fragility"	26th Listen to podcast: Ask Code Switch - What about your friends? 50 minute episode	27th & 28th Watch second half of King in the Wilderness (Peter Kunhardt) AND Donate to anti-white supremacy work (see below links)	
29th Read pg. 324-333 (end) in	30th Buy books, materials, supplies for					

"White Fragility"	educator friends featuring POC (see below links)					
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WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
Watch	13th (Ava DuVerny) 13th Documentary (Full Length) YouTube Available with Netflix subscription	13th (Ava DuVerny) 13th Documentary (Full Length) YouTube Available with Netflix subscription	King in the Wilderness (Peter Kunhardt) \$4 to Rent on Amazon Link Available on HBO Go & Hulu with subscription	King in the Wilderness (Peter Kunhardt) \$4 to Rent on Amazon Link Available on HBO Go & Hulu with subscription	
Read	Pg. 36- 107 in "White Fragility"	Pg. 107- 179 in "White Fragility"	Pg. 180 - 251 in "White Fragility"	Pg. 252 - 323 in "White Fragility"	Pg. 324 - 333 (end) in "White Fragility"
Listen	A Decade of Watching Black People Die: CodeSwitch Podcast from NPR	Anger: The Black Woman's "Superpower" CodeSwitch Podcast from NPR	"The Limits of Empathy" CodeSwitch Podcast from NPR	Ask Code Switch - What about your friends? 50 minute episode Podcast from NPR	
Act	Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which	Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register	⁴ Google whether your city or town currently employs evidence-based police de-escalation training. Write	⁵ Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the National Council for	⁶ If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the

⁴ Same as above

⁵ Same as above

⁶ Same as above

	<p>generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. Automatic Email Template Link</p>	<p>to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)</p>	<p>to your city or town government representative and police chief and advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p>Incarcerated and Formerly Incarcerated Women and Girls, the NAACP, Southern Poverty Law Center, United Negro College Fund, Black Youth Project 100, Color of Change, The Sentencing Project, Families against Mandatory Minimums, A New Way of Life, and Dream Defenders.</p>	<p>racial make-up of the class. A few good lists are here, here, here, here, here, and here. And/or purchase educational toys that feature POC, such as finger puppets, Black History Flashcards, etc for their classroom. Use these items year-round, not just in February.</p>
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All the links:

Watch

- **13th (Ava DuVerny)**
 - [13th Documentary \(Full Length\) YouTube](#)
 - Available with Netflix subscription

Read

- **“White Fragility: Why It’s So Hard for White People to Talk About Racism” by Robin DiAngelo**
 - [Amazon Paperback Link \\$11](#)
 - Apple Bookstore \$13 download for text, \$15 download for audiobook
 - [Mid-Continent Public Library Ebook & Audiobook Link](#) **these are all on hold right now**

- [FREE with Audible trial link](#)

Listen

- [A Decade of Watching Black People Die](#) CodeSwitch Podcast from NPR
- [Anger: The Black Woman's "Superpower"](#) CodeSwitch Podcast from NPR
- ["The Limits of Empathy"](#) CodeSwitch Podcast from NPR ~ 36 min
- [Ask Code Switch - What about your friends? 50 minute episode](#) ~50 minutes

Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)
- Register to vote! If you are serious about real change, your individual vote does matter. Use [this link](#) to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)
- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.
 - a. (Source: [75 Things White People Can Do For Racial Justice](#))

45 Minutes/Day

Over the course of the month, you will have spent 22.5 hours intentionally learning how to be an active ally of the black community. (That's less than the amount of time it takes to watch all of Avatar: The Last Airbender ~ 30 hours.) Remember, the black community lives the reality of the information you will learn- they have a lifetime of fearing for their well being versus you being uncomfortable for less than a day. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read pg. 7-31 in "How to be an Antiracist"	2nd Read pg. 32-56 in "How to be an Antiracist"	3rd Read pg. 57-81 in "How to be an Antiracist"	4th Read pg. 82- 106 in "How to be an Antiracist"	5th Read pg. 107-131 in "How to be an Antiracist"	6th & 7th Combine daily time to watch 13th documentary AND help reallocate city budgets by defunding the police Automatic Email Template Link	
8th Read pg. 132-156 in "How to be an Antiracist"	9th Read pg. 157-181 in "How to be an Antiracist"	10th Read pg. 182-206 in "How to be an Antiracist"	11th Read pg. 207-231 in "How to be an Antiracist"	12th Read pg.232-256 in "How to be an Antiracist"	13th & 14th Combine daily time to watch King in the Wilderness AND Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election reminders, etc.	
15th Read pg. 257- 281 in "How to be an Antiracist"	16th Read pg. 282-306 in "How to be an Antiracist"	17th Read pg. 307-331 in "How to be an Antiracist"	18th Read pg. 332-356 in "How to be an Antiracist"	19th Read pg. 357-381 in "How to be an Antiracist"	20th & 21st Combine daily time to watch I Am Not Your Negro AND write/call local gov rep & police chief advocating for police de-esclation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere.	
22nd Read pg. 382- 406 in "How to be an Antiracist"	23rd Read pg. 407-431 in "How to be an Antiracist"	24th Read pg. 432-456 in "How to be an Antiracist"	25th Read pg. 457-481 in "How to be an Antiracist"	26th Read pg. 482-506 in "How to be an Antiracist"	27th & 28th Combine daily time to watch Just Mercy AND Donate to anti-white supremacy work (see below links)	
29th Read pg. 506-521	30th Buy books,					

(end) in “How to be an Antiracist”	materials, supplies for educator friends featuring POC (see below links)					
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WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
Watch	13th (Ava DuVerny) 13th Documentary (Full Length) YouTube Available with Netflix subscription	King in the Wilderness (Peter Kunhardt) \$4 to Rent on Amazon Link Available on HBO Go & Hulu with subscription	I Am Not Your Negro (Raoul Peck) Kanopy Link Free with Amazon Prime Link	Just Mercy (Destin Daniel Cretton) Just Mercy Free Amazon Link	
Read	Pg. 7 - 131 in “How to be an Antiracist”	Pg. 132 - 256 in “How to be an Antiracist”	Pg. 256 - 381 in “How to be an Antiracist”	Pg. 382 - 506 in “How to be an Antiracist”	Pg. 506 - 521 (end) in “How to be an Antiracist”
Listen **this will exceed 45 minutes	Side Effects of White Women 53 min	Side Effects of Communication 1 hr 1 min	Side Effects of Being Misunderstood 1 hr	Side Effects of Professionalism 53 min	Side Effects of Being a Black Intellectual 1 hr 31 min
Act	Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected	Register to vote! If you are serious about real change, your individual vote does matter. Use this link to register to vote, check your registration, vote by mail, get election	⁷ Google whether your city or town currently employs evidence-based police de-escalation training. Write to your city or town government representative and police chief and advocate for	⁸ Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the National Council for Incarcerated and Formerly Incarcerated Women and Girls , the	⁹ If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are here , here , here , here , here , here .

⁷ Same as above

⁸ Same as above

⁹ Same as above

	<p>officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. Automatic Email Template Link</p>	<p>reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)</p>	<p>it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p>NAACP, Southern Poverty Law Center, United Negro College Fund, Black Youth Project 100, Color of Change, The Sentencing Project, Families against Mandatory Minimums, A New Way of Life, and Dream Defenders.</p>	<p>and here. And/or purchase educational toys that feature POC, such as finger puppets, Black History Flashcards, etc for their classroom. Use these items year-round, not just in February.</p>
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All the links:

Watch

- **13th (Ava DuVerny)**
 - [13th Documentary \(Full Length\) YouTube](#)
 - Available with Netflix subscription
- **King in the Wilderness (Peter Kunhardt)**
 - [\\$4 to Rent on Amazon Link](#)
 - Available on HBO Go with subscription
 - Available on Hulu with subscription
- **I Am Not Your Negro (Raoul Peck)**
 - [Kanopy Link](#)
 - [Free with Amazon Prime Link](#)
- **Just Mercy (Destin Daniel Cretton)**
 - [Just Mercy Free Amazon Link](#)

Read

- **“How to Be An Antiracist” by Ibram X. Kendi**
 - [Amazon Kindle Link \\$15](#)
 - Apple Bookstore \$15 download for text and audiobook

- [Mid-Continent Public Library Ebook & Audiobook Link](#)
- [FREE with Audible trial link](#)
- [Link to Guided Questions while reading](#)

Listen

**This will exceed 45 minutes, but still good content. Maybe choose to listen to this instead of the radio or Spotify on some days.

- [Small Doses with Amanda Seales Podcast](#)
 - [Side Effects of White Women](#) 53 min
 - [Side Effects of Communication](#) 1 hr 1 min
 - [Side Effects of Being Misunderstood](#) 1 hr
 - [Side Effects of Professionalism](#) 53 min
 - [Side Effects of Being a Black Intellectual](#) 1 hr 31 min

Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)
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 - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.
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 - a. (Source: [75 Things White People Can Do For Racial Justice](#))

Dianne Evans, LCSW-S

Special Education Counseling Services

Plano ISD – Shiloh Center

[469-752-8731](tel:469-752-8731) – voice mail

[469-752-8814](tel:469-752-8814) – fax

Serving the following campuses:

Beaty ECS, Carpenter MS, Jackson ES, Mendenhall ES, Plano Academy HS, Plano Senior HS, Shepard ES, Solomon Adult Transition Center, Wells ES

The information contained in this message is confidential and intended for the addressee only. If you have received the message in error or there are any problems, please notify the sender immediately. The unauthorized copying, use, disclosure, or alteration of this message is strictly forbidden. **PLEASE REFRAIN FROM FORWARDING THIS E-MAIL UNLESS FIRST CONSULTING THE SENDER.** Consider the environment prior to printing copies of e-mails.