

# 30 DAYS OF SELF-LEARNING FOR BIPOCS

Click each day's links for learning opportunities

WEST  
END  
HOUSE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Unlearn Internal Racism

What it takes to be racially literate

Mental Health Resources for Black People Surviving in this Country.

Learn about your social identity.

Non-black people of color need to start having conversations about the anti-blackness in our communities

Hollywood's Colorism Problem

Unplug and take some time for your mental health

Self-Care Tips for Black People Who Are Struggling with This Very Painful Time

Why Are Black Women and Girls Still an Afterthought in Our Outrage Over Police

Support a Black-owned restaurant

Educating our children about racism

Ways to support the Black Lives Matter movement

Rejecting Respectability Politics

Unplug and take some time for your mental health

Reading list for Adults and Children about Anti-Racism

Understanding Systems of Oppression

Institutional vs. Individuals Racism

Supporting Black artists: Pearl Primus

Supporting Black Artists: Katherine Dunham

Support Black Banks and Credit Unions

Unplug and take some time for your mental health

Recommended YouTube Channel: Grapevine TV

Recommended Podcast: POD Save the People

Understanding Anti-Black Rhetoric in your community: Light Skinned Privilege

Colorism in the Latinx Community.

The Urgency of Intersectionality.

The correlation between racism and health

Unplug and take some time for your mental health

Day 29

Therapy Resources for and by BIPOC

Day 30

The Black Women Who Paved the Way for This Moment

This resource was developed by the West End House People of Color Caucus  
All books are available from Boston Public Library - [Get an eCard Here](#)  
More book recommendations: [BPL Black Lives Matter booklist](#) - [USA Today](#)