

# 30-DAY ANTI-RACISM CHALLENGE

## Self-Learning Resources for White People

Click each day's links for learning opportunities



|        | Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|--------|---|--|--|--|--|--|--|
| Week 1 | <u><a href="#">Understanding White Privilege</a></u>  | <u><a href="#">Start reading a book on being Anti-Racist to ground your learning</a></u>             | <u><a href="#">Things you don't have to think about that BIPOCs think about every day.</a></u>     | <u><a href="#">Reflecting on our Experiences of Power + Privilege</a></u>  | <u><a href="#">Learn about your own social identity.</a></u>   | <u><a href="#">Support a Black-owned restaurant</a></u>  | <u><a href="#">Understanding Racial Injustice</a></u>  |
| Week 2 | <u><a href="#">Recognizing Racism in Your Community.</a></u>  | <u><a href="#">Educate yourself on the history of Busing in Boston</a></u>                           | <u><a href="#">Being nice is not going to end racism</a></u>                                       | <u><a href="#">Did you know that the largest black-owned bank in the US is located right here in Boston?</a></u> | <u><a href="#">Understanding Systems of Oppression</a></u>   | <u><a href="#">"Dear White Boss" Racism in the workplace</a></u>                                   | <u><a href="#">Educate yourself on how to use your white privilege to fight racism</a></u>     |
| Week 3 | <u><a href="#">How to engage with other white people in your organization about anti-racism</a></u> | <u><a href="#">Select a book by a feminist of color to purchase or request from the library.</a></u> | <u><a href="#">Understanding White Rage</a></u>  | <u><a href="#">We Need to Talk About an Injustice</a></u>  | <u><a href="#">Educate yourself on what it means to be Anti-Racist</a></u>   | <u><a href="#">Be comfortable with stepping back in order to elevate your BIPOC colleagues</a></u> | <u><a href="#">Watch a movie that confronts American racism</a></u>                            |
| Week 4 | <u><a href="#">Understanding White Fragility.</a></u>   | <u><a href="#">Implicit Bias: your implicit bias</a></u>   | <u><a href="#">Educate yourself on the cost of racism</a></u>                                      | <u><a href="#">Talk to your family about racism</a></u>  | <u><a href="#">Listen to a podcast about American racism</a></u>   | <u><a href="#">Understanding the Black Lives Matter movement</a></u>                               | <u><a href="#">Barack Obama: How to Make this Moment the Turning Point for Real Change</a></u> |
| Day 29 | <u><a href="#">Educate yourself on the correlation between racism and health</a></u>                |  | Day 30 <u><a href="#">Work toward advancing from allyship to accomplice and co-conspirator</a></u> |  | This resource was developed by the West End House People of Color Caucus<br>All books are available from Boston Public Library - <a href="#">Get an eCard Here</a><br>More book recommendations: <a href="#">BPL Black Lives Matter booklist</a> - <a href="#">USA Today</a> . |  |  |