

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