

Resources to Fight Racial Injustice



Articles to read:

- ["America's Racial Contract Is Killing Us"](#) by Adam Serwer | Atlantic (May 8, 2020)
- [Ella Baker and the Black Freedom Movement \(Mentoring a New Generation of Activists\)](#)
- ["How to Make this Moment the Turning Point for Real Change"](#) by Barack Obama
- [Black Is The Body: Stories From My Grandmother's Time, My Mother's Time, And Mine](#) by Emily Bernard
- ["Amy Cooper, White Spaces and the Political Project of Whiteness"](#) by Lara Witt
- [Code of Ethics for White Anti-Racists](#) by Tim Wise
- [20+ Allyship Actions for Asians to show up for the Black community right now](#) by Michelle Kim

Videos to watch:

- [Black Feminism & the Movement for Black Lives: Barbara Smith, Reina Gossett, Charlene Carruthers \(50:48\)](#)
 - ["How Studying Privilege Systems Can Strengthen Compassion"](#) | Peggy McIntosh at TEDxTimberlaneSchools (18:26)
 - ["Uncomfortable Conversations with a Black Man"](#) | Episode 1
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Podcasts to subscribe to:

- [1619 \(New York Times\)](#)
 - [About Race](#)
 - [Code Switch \(NPR\)](#)
 - [Intersectionality Matters! hosted by Kimberlé Crenshaw](#)
 - [Momentum: A Race Forward Podcast](#)
 - [Pod For The Cause \(from The Leadership Conference on Civil & Human Rights\)](#)
 - [Pod Save the People \(Crooked Media\)](#)
 - [Emmanuel Acho, An Uncomfortable Conversation with a Black Man](#)
 - [Seeing White by Scene on Radio](#)
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Films and TV series to watch:

13th (Ava DuVernay)
— Netflix

American Son (Kenny Leon) —
Netflix

Black Power Mixtape: 1967-1975 —
Available to rent

Blindspotting (Carlos López Estrada) —
Hulu with Cinemax or
available to rent

Clemency (Chinonye Chukwu) — Available
to rent

Dear White People (Justin Simien) —
Netflix

Fruitvale Station (Ryan Coogler) —
Available to rent

I Am Not Your Negro (James Baldwin doc)
— Available to rent or
on Kanopy

If Beale Street Could Talk (Barry Jenkins)
— Hulu

Just Mercy (Destin Daniel Cretton) —
Available to rent for
free in June in the U.S.

King In The Wilderness — HBO

See You Yesterday (Stefon Bristol) —
Netflix

Selma (Ava DuVernay) —
Available to rent

The Black Panthers: Vanguard of the Revolution —
Available to rent

The Hate U Give (George Tillman Jr.)
— Hulu with Cinemax

When They See Us (Ava DuVernay) —
Netflix

Race: The Power Of Illusion – PBS

Books to read:

- [Black Feminist Thought](#) by Patricia Hill Collins
- [Eloquent Rage: A Black Feminist Discovers Her Superpower](#) by Dr. Brittney Cooper

- [Heavy: An American Memoir](#) by Kiese Laymon
- [How To Be An Antiracist](#) by Dr. Ibram X. Kendi
- [I Know Why the Caged Bird Sings](#) by Maya Angelou
- [Biased](#) by Jennifer Eberhardt
- [Caste by Isabel Wilkerson](#)
- [Just Mercy](#) by Bryan Stevenson
- [Me and White Supremacy](#) by Layla F. Saad
- [Raising Our Hands](#) by Jenna Arnold
- [Redefining Realness](#) by Janet Mock
- [Sister Outsider](#) by Audre Lorde
- [So You Want to Talk About Race](#) by Ijeoma Oluo
- [The Bluest Eye](#) by Toni Morrison
- [The Fire Next Time](#) by James Baldwin
- [The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#) by Michelle Alexander
- [White Fragility: Why It's So Hard for White People to Talk About Racism](#) by Robin DiAngelo, PhD
- [This Book is Anti-Racist: 20 Lessons on How To Wake Up, Take Action, And Do The Work](#) by Tiffany Jewell & Aurelia Durand
- [America for Americans: A History Of Xenophobia In The United States](#) by Erica Lee
- [They Can't Kill Us All: Ferguson, Baltimore, and a New Era In America's Racial Justice Movement](#) by Wesley Lowery
- [Stamped From the Beginning: The Definitive History of Racist Ideas In America](#) by Ibram X. Kendi
- [Locking Up Our Own: Crime and Punishment In Black America](#) by James Forman Jr.
- [How To Be Less Stupid About Race: On Racism, White Supremacy And The Racial Divide](#) by Crystal M. Flemming
- [Tears We Cannot Stop: A Sermon To White America](#) by Michael Eric Dyson
- [Racism Without Racists: Color-blind Racism And The Persistence Of Racial Inequality In America](#) by Eduardo Bonilla-Silva
- [Biased](#) by Jennifer L. Eberhardt, PhD

- [I Know Why The Caged Bird Sing](#) by Maya Angelou
 - [Eloquent Rage: A Black Feminist Discovers Her Superpower](#) by Brittney Cooper
 - [When They Call You A Terrorist: A Black Lives Matter Memoir](#) by Patrisse Khan-Cullors & Asha Bandele
 - [Poet X](#) by Elizabeth Acevedo
 - [Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor](#) by Layla Saad
 - [From #BlackLivesMatter To Black Liberation](#) by Keeanga-Yamahtta Taylor
 - [The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systematic Racism, and Engage in Collective Healing](#) by Annealiese A Singh, PhD, LPC
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Credits and other resources:

Some of these resources were pulled from the following guides that you should check out for more ideas:

[Anti-Racist Resource Guide](#) from [@Tatortash](#)

[Anti-Racism Resources for White People](#) from Sarah Sophie Flicker and Alyssa Klein

[Anti-Racism Resource Guide](#) (Collection)

[Diversity.edu](#) (In Defense of Black Lives Newsletter)

[Anti-racism Resources](#)

[Racial Trauma Toolkit by Boston College](#)

[AAPI Commission](#)

[North American Indian Center in Boston](#)

[United American Indians of New England](#)

[Native Lifelines](#)



Practical Ways to Manage the Impact of Racial Trauma

- **Don't apologize for being impacted/affected**
You do not need to apologize or minimize the impact of racial trauma. Full acknowledgement of what is happening to you is a vital part of the healing process.
- **Honor your emotions**
Many of us have learned to stuff and avoid feeling our emotions as a means of survival. During times of repeated trauma exposure, it is necessary to carve out moments to allow yourself to feel what you feel without apologies.
- **Take slow, deep breaths**
Trauma, of any kind, activates your nervous system's fight/flight/freeze responses. Slow, deep breaths can help to press the brakes on your brain to help you regain control of your body.
- **Limit exposure and engagement, as needed**
Know your limits. Repeated trauma exposure can severely impact your mood, mental health, and emotional stability. Take breaks from activities (i.e. activism, advocacy, news, social media, etc.) that repeatedly expose you to traumatizing content, info, and images.
- **Choose safe ways to become involved**
If you can manage it emotionally, mentally, and physically, it might be helpful to work through race-related stress by becoming involved in activism, advocacy, and healing efforts. But, know your limits!

Resources: Talk to Someone

Wellesley College Stone Center Counseling Services: <https://www.wellesley.edu/counseling>

Inclusive Therapists <https://linktr.ee/inclusivetherapists>

Crisis TextLine: Text CONNECT to 741741

Text STEVE to 741741 to access a culturally trained Crisis Text Line Counselor

NAMI HelpLine: 1.800.950.NAMI

National Suicide Prevention Hotline: 1.800.273.8255

SAMHSA Treatment Referral Hotline: 1.877.726.4727

Trans LifeLine: 877.565.8860

Trevor Project: 866.488.7386 or text TREVOR to 1.202.304.1200

Learn: Race & Mental Health

The Steve Fund: Dedicated to the Mental Health and Emotional Well-being of BIPOC Students

<https://www.stevelfund.org/>

Project LETS : LetsEraseTheStigma

<https://www.letserasethestigma.com/race-and-mental-health>

www.letserasethestigma.com/african-american-communities

Black Emotional and Mental Health Collective

<https://www.beam.community/>

Global Black Community and Mental Health

<http://www.thesiweproject.org/>

Harriet Tubman Collective

<https://harriettubmancollective.tumblr.com/>

Act: Empower Yourself and Others

Donate to 40+ Bail Funds https://secure.actblue.com/donate/bail_funds_george_floyd

NAACP <https://www.naacp.org/>

ACLU Take Action <https://www.aclu.org/action/>

Massachusetts

- If you experience discrimination from a **Boston Police officer**, please file a complaint here: <https://bpdnews.com/commend-an-officer-1/> If you prefer to contact the Internal Affairs Division directly by phone to file a complaint, please call 617-343-4320, Monday through Friday, 9:00 a.m. to 5:00 p.m.
- Civil Rights Hotline: non-emergency 24-Hour Hotline for reporting civil rights incidents (617) 695-3531.