

I UNDERSTAND  
THAT I WILL  
NEVER UNDERSTAND  
HOWEVER,  
I STAND WITH

# BECOMING ANTI-RACIST

23 Things You Can Watch, Listen, or Do.

This toolkit is a starting point. There are many valuable resources available to support you as you seek to understand and become anti-racist, and these are a few that our team has found helpful. The first step is being open to learning and committing to the ongoing journey of becoming anti-racist.

## AS A WHITE PERSON, WHERE CAN I START?

**Read (10 min):**

[4 Steps We Can Take as White People](#)  
by Christina Marie Noel

“If I’m being completely honest, a large part of my hesitation to write about racism has stemmed from the fear of somehow “getting it wrong.” I was afraid I might offend someone, use the wrong language, or accidentally be disrespectful in some way.”

## WHAT DOES IT MEAN TO EXPERIENCE RACISM?

**Read (5 min):**

[Don't understand the protests?](#)  
[What you're seeing is people pushed to the edge](#)  
by Kareem Abdul-Jabbar

**Read (8 min):**

[Who gets to be afraid in America?](#)  
by Ibram X. Kendi

## WHAT IS THE HISTORY OF ANTI-BLACK RACISM AND SLAVERY? WHERE DID THIS COME FROM?

**Listen (Six 30-minute episodes):**

[The 1619 Podcast](#)  
by The New York Times

**Explore:**

[The full 1619 Project](#)  
by The New York Times

## AS A WHITE PERSON, HOW CAN I UNDERSTAND “WHITE PRIVILEGE”?

**Read (20 min):**

[Understanding White Privilege](#)  
by Frances E. Kendall

**Read (15 min):**

[Unpacking the Invisible Knapsack](#)  
by Peggy McIntosh

## TALKING ABOUT RACE, AS A WHITE PERSON, CAN BE UNCOMFORTABLE – WHY IS THAT?

**Read (15 min):**

[From White Racist to White Anti-Racist, the Lifelong Journey](#)  
by Tema Okun

## WHY DON'T WHITE PEOPLE TALK ABOUT RACE?

**Read (10 min):**

[White people are still raised to be racially illiterate](#)  
by Robin DiAngelo

**Go Deeper:**

Read the book [White Fragility](#)  
by Robin DiAngelo

# BECOMING ANTI-RACIST

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## WHAT IS “ANTI-RACISM”? DOES “RACIST” DESCRIBE A PERSON OR AN IDEA?

### Watch (60 min):

Wesley Lowery and Ibram X Kendi discuss “[Stamped from the Beginning](#)”

- If you only have 10 minutes: start [here](#) (minute 15)

### Read (10 min):

[What It Means to Be Anti-Racist](#), Vox by Anna North

### Go Deeper:

[How to be Antiracist](#) by Ibram X Kendi

## HOW DO I START CONVERSATIONS ABOUT RACE?

Respond to everyday interactions with tips from [Teaching Tolerance](#)

Start a book club with the [White Fragility group guide](#)

Note: useful tips beyond just this book

### Listen:

[Talking Race with Young Children](#) podcast by NPR

### Go Deeper:

[So You Want to Talk About Race](#) by Ijeoma Oluo

## HOW DO I JUMP INTO EXISTING CONVERSATIONS ABOUT RACE?

### Listen:

[Code Switch](#)

by NPR

Podcast, 20-30 minute episodes

## I’M CURIOUS TO LEARN MORE NOW...WHAT ELSE CAN I READ?

[The Fire Next Time](#)

by James Baldwin

Two essays on the consequences of racial injustices written during the emerging civil rights movement

[Just Mercy](#)

by Bryan Stevenson

Dive deeper into the injustices in the U.S. criminal justice system

[Breaking Hate: Confronting the New Culture of Extremism](#)

by Christian Picciolini

Understanding how to break extreme hate in the U.S.

## WHAT ELSE CAN I DO?

### Put it into practice:

[Being Antiracist](#)

by Angela Y. Davis

### Put it into practice:

[75 things white people can do for racial justice](#)

