

# Justice in June

*This resource was compiled by Autumn Gupta with Bryanna Wallace's oversight for the purpose of providing a starting place for individuals trying to become better allies.*

Choose how much time you have each day to become more informed as step one to becoming an active ally to the black community. On this document are links to the learning resources and a schedule of what to do each day. Click on the following to jump directly to that info:

- I. [10 minutes/day](#)
- II. [25 minutes/day](#)
- III. [45 minutes/day](#)

## **Additional Resources:**

- Most of the links in this doc were pulled from: [Anti-Racism Resources](#) and [75 Things White People Can Do For Racial Justice](#)
- [Comprehensive Ally Resources](#)

**Important Note:** This should just be the beginning. Please do not stop learning after you complete this month. Each section (10/25/45 minutes) has somewhat different material and the links under “Additional Resources” also include new content, so go above and beyond to educate yourself.

Want to increase your impact? Find a friend, create a group, and share this content with others.

[Share on Twitter](#)

[Share on Facebook](#)

Share using shortened link: [bit.ly/junejustice](https://bit.ly/junejustice)

\*\*If you have additional resource recommendations or see any errors in the links listed, please send them to [autumngupta@gmail.com](mailto:autumngupta@gmail.com).

## 10 Minutes/Day

Over the course of the month, you will have spent 5 hours intentionally learning how to be an active ally of the black community. (That's less than the amount of time it takes to watch all of Tiger King ~ 5.5 hours.)

Remember, the black community lives the reality of the information you will learn- they have a lifetime of fearing for their well being versus 5 hours of you being uncomfortable. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

### DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read <a href="#">"Who Gets to Be Afraid in America?"</a>	2nd & 3rd Read <a href="#">"America's Racial Contract is Killing Us"</a>		4th Listen to <a href="#">"Your Body Being Used"</a> podcast	5th Help reallocate city budgets by defunding the police <a href="#">Automatic Email Template Link</a>	6th & 7th Watch <a href="#">"How Studying Privilege Systems Can Strengthen Compassion"</a> TED Talk	
8th & 9th & 10th Explore and read the articles that are part of <a href="#">The 1619 Project</a> from the New York Times			11th Listen to <a href="#">"When Civility is Used as a Cudgel Against People of Color"</a> podcast	12th Write/call local gov rep & police chief asking for all officers to be outfitted with body cam. The racial make-up of your town doesn't matter — This needs to be standard everywhere.	13th & 14th Watch <a href="#">"Let's Get to the Root of Racial Injustice"</a> TED Talk	
15th Read <a href="#">"The Intersectionality Wars"</a>	16th & 17th Read <a href="#">"White Privilege: Unpacking the Invisible Knapsack"</a>		18th Listen to <a href="#">"The Power of Martin Luther King Jr.'s Anger"</a> podcast	19th Write/call local gov rep & police chief advocating for police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere.	20th & 21st Watch <a href="#">"How to Overcome Our Biases? Walk Boldly Towards Them"</a> TED Talk	
22nd Read <a href="#">"The Case for Reparations"</a>	23rd & 24th Read <a href="#">"Tips for Creating Effective White Caucus Groups"</a>		25th Listen to <a href="#">"Opinion: My Father Stood for the National Anthem for the Same Reason Colin Kaepernick Sits"</a> and <a href="#">"When Calling the Po-Po is a No-No"</a>	26th Donate to anti-white supremacy work (see below links)	27th & 28th Watch <a href="#">"How We're Priming Some Kids for College and others for prison"</a> TED Talk	

29th & 30th Buy books, materials, supplies for educator friends featuring POC (see below links)				
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## WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
<b>Watch</b>	<a href="#">“How Studying Privilege Systems Can Strengthen Compassion”</a> TED Talk	<a href="#">“Let’s Get to the Root of Racial Injustice”</a> TED Talk	<a href="#">“How to Overcome Our Biases? Walk Boldly Towards Them”</a> TED Talk	<a href="#">“How We’re Priming Some Kids for College and others for prison”</a> TED Talk	
<b>Read</b>	<a href="#">“Who Gets to Be Afraid in America?”</a> by Ibram X. Kendi and <a href="#">“America’s Racial Contract is Killing Us”</a> by Adam Serwer	<a href="#">The 1619 Project</a> from the New York Times	<a href="#">“The Intersectionality Wars”</a> by Jane Coaston and <a href="#">“White Privilege: Unpacking the Invisible Knapsack”</a> by Peggy McIntosh	<a href="#">“The Case for Reparations”</a> by Ta-Nehisi Coates and <a href="#">“Tips for Creating Effective White Caucus Groups”</a> developed by Craig Elliott	
<b>Listen</b>	<a href="#">“Your Body Being Used”</a>	<a href="#">“When Civility is Used as a Cudgel Against People of Color”</a>	<a href="#">“The Power of Martin Luther King Jr.’s Anger”</a>	<a href="#">“Opinion: My Father Stood for the National Anthem for the Same Reason Colin Kaepernick Sits”</a> and <a href="#">“When Calling the Po-Po is a No-No”</a>	

<p><b>Act</b></p>	<p>Help reallocate city budgets by defunding the police. The following link leads to <a href="https://defund12.org">Defund12.org</a> which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. <a href="#">Automatic Email Template Link</a></p>	<p><sup>1</sup>Google whether your local police department currently outfits all on-duty police officers with a body-worn camera and requires that the body-worn camera be turned on immediately when officers respond to a police call. If they don't, write to your city or town government representative and police chief to advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p><sup>2</sup>Google whether your city or town currently employs evidence-based police de-escalation training. Write to your city or town government representative and police chief and advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p><sup>3</sup>Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the <a href="#">National Council for Incarcerated and Formerly Incarcerated Women and Girls</a>, the <a href="#">NAACP</a>, <a href="#">Southern Poverty Law Center</a>, <a href="#">United Negro College Fund</a>, <a href="#">Black Youth Project 100</a>, <a href="#">Color of Change</a>, <a href="#">The Sentencing Project</a>, <a href="#">Families against Mandatory Minimums</a>, <a href="#">A New Way of Life</a>, and <a href="#">Dream Defenders</a>.</p>	<p><sup>4</sup>If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are <a href="#">here</a>, <a href="#">here</a>, <a href="#">here</a>, <a href="#">here</a>, <a href="#">here</a>, and <a href="#">here</a>. And/or purchase educational toys that feature POC, such as <a href="#">finger puppets</a>, <a href="#">Black History Flashcards</a>, etc for their classroom. Use these items year-round, not just in February.</p>
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## All the links:

### Watch

- [“How Studying Privilege Systems Can Strengthen Compassion”](#) TED Talk
- [“Let’s Get to the Root of Racial Injustice”](#) TED Talk
- [“How to Overcome Our Biases? Walk Boldly Towards Them”](#) TED Talk
- [“How We’re Priming Some Kids for College and others for prison”](#) TED Talk

### Read

- [“America’s Racial Contract is Killing Us”](#) by Adam Serwer

<sup>1</sup> “75 Things White People Can Do for Racial Justice”

<https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234>

<sup>2</sup> Same as above

<sup>3</sup> Same as above

<sup>4</sup> Same as above

- [“Who Gets to Be Afraid in America?”](#) by Ibram X. Kendi
- [The 1619 Project](#) from the New York Times
- [“White Privilege: Unpacking the Invisible Knapsack”](#) by Peggy McIntosh
- [“The Intersectionality Wars”](#) by Jane Coaston
- [“The Case for Reparations”](#) by Ta-Nehisi Coates
- [“Tips for Creating Effective White Caucus Groups”](#) developed by Craig Elliott

## Listen

- [“Your Body Being Used”](#) CodeSwitch Podcast from NPR ~ 6 min
- [“When Civility is Used as a Cudgel Against People of Color”](#) CodeSwitch Podcast NPR ~ 6 min
- [“The Power of Martin Luther King Jr.’s Anger”](#) CodeSwitch Podcast NPR ~ 5 min
- [“Opinion: My Father Stood for the National Anthem for the Same Reason Colin Kaepernick Sits”](#) CodeSwitch Podcast NPR ~ 4 minutes
- [“When Calling the Po-Po is a No-No”](#) CodeSwitch NPR ~ 4 min

## Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)
- Google whether your local police department currently outfits all on-duty police officers with a body-worn camera and requires that the body-worn camera be turned on immediately when officers respond to a police call. If they don’t, write to your city or town government representative and police chief to advocate for it. The racial make-up of your town doesn’t matter — This needs to be standard everywhere. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn’t matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn’t matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal’s classroom. Don’t be shy to ask Facebook friends that you haven’t actually talked to in ten years.

a. (Source: [75 Things White People Can Do For Racial Justice](#))

## 25 Minutes/Day

Over the course of the month, you will have spent 12.5 hours intentionally learning how to be an active ally of the black community. (That’s less than the amount of time it takes to watch Season 24 of the Bachelor in 2020 ~ 18 hours.) Remember, the black community *lives the reality* of the information you will learn- they have a lifetime of fearing for their well being versus you being uncomfortable for half a day. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

### DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read pg. 36-53 in “ <b>White Fragility</b> ”	2nd Read pg. 54-71 in “ <b>White Fragility</b> ”	3rd Read pg. 72-89 in “ <b>White Fragility</b> ”	4th Read pg. 90-107 in “ <b>White Fragility</b> ”	5th Listen to podcast: <a href="#">A Decade of Watching Black People Die</a>	6th & 7th Watch first half of <b>13th (Ava DuVerny)</b> AND help reallocate city budgets by defunding the police <a href="#">Automatic Email Template Link</a>	
8th Read pg. 108-125 in “ <b>White Fragility</b> ”	9th Read pg. 126-143 in “ <b>White Fragility</b> ”	10th Read pg. 144-161 in “ <b>White Fragility</b> ”	11th Read pg. 162-179 in “ <b>White Fragility</b> ”	12th Listen to podcast: <a href="#">Anger: The Black Woman’s “Superpower”</a>	13th & 14th Watch second half of <b>13th (Ava DuVerny)</b> AND write/call local gov rep & police chief asking for all officers to be outfitted with body cam. The racial make-up of your town doesn’t matter — This needs to be standard everywhere.	
15th Read pg. 180-197 in “ <b>White Fragility</b> ”	16th Read pg. 198-215 in “ <b>White Fragility</b> ”	17th Read pg. 216-233 in “ <b>White Fragility</b> ”	18th Read pg. 234-251 in “ <b>White Fragility</b> ”	19th Listen to podcast: <a href="#">“The Limits of Empathy”</a>	20th & 21st Watch first half of <b>King in the Wilderness (Peter Kunhardt)</b> AND write/call local gov rep & police chief advocating for police de-escalation training. The racial make-up of your town doesn’t matter — This needs to be standard everywhere.	
22nd Read pg. 252-269 in “ <b>White Fragility</b> ”	23rd Read pg. 270-287 in “ <b>White Fragility</b> ”	24th Read pg. 288-305 in “ <b>White Fragility</b> ”	25th Read pg. 306-323 in “ <b>White Fragility</b> ”	26th Listen to podcast: <a href="#">Ask Code Switch - What about your friends? 50 minute episode</a>	27th & 28th Watch second half of <b>King in the Wilderness (Peter Kunhardt)</b> AND Donate to anti-white supremacy work (see below links)	
29th Read pg. 324-333 (end) in	30th Buy books, materials, supplies for					

“White Fragility”	educator friends featuring POC (see below links)					
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## WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
<b>Watch</b>	<p><b>13th (Ava DuVerny)</b>  <a href="#">13th Documentary (Full Length) YouTube</a></p> <p>Available with Netflix subscription</p>	<p><b>13th (Ava DuVerny)</b>  <a href="#">13th Documentary (Full Length) YouTube</a></p> <p>Available with Netflix subscription</p>	<p><b>King in the Wilderness (Peter Kunhardt)</b>  <a href="#">\$4 to Rent on Amazon Link</a></p> <p>Available on HBO Go &amp; Hulu with subscription</p>	<p><b>King in the Wilderness (Peter Kunhardt)</b>  <a href="#">\$4 to Rent on Amazon Link</a></p> <p>Available on HBO Go &amp; Hulu with subscription</p>	
<b>Read</b>	Pg. 36- 107 in “ <b>White Fragility</b> ”	Pg. 107- 179 in “ <b>White Fragility</b> ”	Pg. 180 - 251 in “ <b>White Fragility</b> ”	Pg. 252 - 323 in “ <b>White Fragility</b> ”	Pg. 324 - 333 (end) in “ <b>White Fragility</b> ”
<b>Listen</b>	<p><a href="#">A Decade of Watching Black People Die: CodeSwitch Podcast from NPR</a></p>	<p><a href="#">Anger: The Black Woman’s “Superpower” CodeSwitch Podcast from NPR</a></p>	<p><a href="#">“The Limits of Empathy” CodeSwitch Podcast from NPR</a></p>	<p><a href="#">Ask Code Switch - What about your friends? 50 minute episode Podcast from NPR</a></p>	
<b>Act</b>	Help reallocate city budgets by defunding the police. The following link leads to Defund12.org	<sup>5</sup> Google whether your local police department currently outfits all on-duty police officers with a	<sup>6</sup> Google whether your city or town currently employs evidence-based police de-escalation	<sup>7</sup> Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the <a href="#">National</a>	<sup>8</sup> If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no

<sup>5</sup> “75 Things White People Can Do for Racial Justice”

<https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234>

<sup>6</sup> Same as above

<sup>7</sup> Same as above

<sup>8</sup> Same as above

	<p>which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. <a href="#">Automatic Email Template Link</a></p>	<p>body-worn camera and requires that the body-worn camera be turned on immediately when officers respond to a police call. If they don't, write to your city or town government representative and police chief to advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p>training. Write to your city or town government representative and police chief and advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p><a href="#">Council for Incarcerated and Formerly Incarcerated Women and Girls</a>, the <a href="#">NAACP</a>, <a href="#">Southern Poverty Law Center</a>, <a href="#">United Negro College Fund</a>, <a href="#">Black Youth Project 100</a>, <a href="#">Color of Change</a>, <a href="#">The Sentencing Project</a>, <a href="#">Families against Mandatory Minimums</a>, <a href="#">A New Way of Life</a>, and <a href="#">Dream Defenders</a>.</p>	<p>matter the racial make-up of the class. A few good lists are <a href="#">here</a>, <a href="#">here</a>, <a href="#">here</a>, <a href="#">here</a>, <a href="#">here</a>, and <a href="#">here</a>. And/or purchase educational toys that feature POC, such as <a href="#">finger puppets</a>, <a href="#">Black History Flashcards</a>, etc for their classroom. Use these items year-round, not just in February.</p>
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## All the links:

### Watch

- **13th (Ava DuVerny)**
  - [13th Documentary \(Full Length\) YouTube](#)
  - Available with Netflix subscription

### Read

- **“White Fragility: Why It’s So Hard for White People to Talk About Racism” by Robin DiAngelo**
  - [Amazon Paperback Link \\$11](#)
  - Apple Bookstore \$13 download for text, \$15 download for audiobook
  - [Mid-Continent Public Library Ebook & Audiobook Link](#) \*\*these are all on hold right now\*\*
  - [FREE with Audible trial link](#)

### Listen

- [A Decade of Watching Black People Die](#) CodeSwitch Podcast from NPR
- [Anger: The Black Woman’s “Superpower”](#) CodeSwitch Podcast from NPR
- [“The Limits of Empathy”](#) CodeSwitch Podcast from NPR ~ 36 min
- [Ask Code Switch - What about your friends? 50 minute episode](#) ~50 minutes

## Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)
- Google whether your local police department currently outfits all on-duty police officers with a body-worn camera and requires that the body-worn camera be turned on immediately when officers respond to a police call. If they don't, write to your city or town government representative and police chief to advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))

## 45 Minutes/Day

Over the course of the month, you will have spent 22.5 hours intentionally learning how to be an active ally of the black community. (That’s less than the amount of time it takes to watch all of Avatar: The Last Airbender ~ 30 hours.) Remember, the black community lives the reality of the information you will learn- they have a lifetime of fearing for their well being versus you being uncomfortable for less than a day. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

### DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read pg. 7-31 in “How to be an Antiracist”	2nd Read pg. 32-56 in “How to be an Antiracist”	3rd Read pg. 57-81 in “How to be an Antiracist”	4th Read pg. 82- 106 in “How to be an Antiracist”	5th Read pg. 107-131 in “How to be an Antiracist”	6th & 7th Combine daily time to watch <b>13th documentary</b> AND help reallocate city budgets by defunding the police <a href="#">Automatic Email Template Link</a>	
8th Read pg. 132-156 in “How to be an Antiracist”	9th Read pg. 157-181 in “How to be an Antiracist”	10th Read pg. 182-206 in “How to be an Antiracist”	11th Read pg. 207-231 in “How to be an Antiracist”	12th Read pg.232-256 in “How to be an Antiracist”	13th & 14th Combine daily time to watch <b>King in the Wilderness</b> AND write/call local gov rep & police chief asking for all officers to be outfitted with body cam. The racial make-up of your town doesn’t matter — This needs to be standard everywhere.	
15th Read pg. 257- 281 in “How to be an Antiracist”	16th Read pg. 282-306 in “How to be an Antiracist”	17th Read pg. 307-331 in “How to be an Antiracist”	18th Read pg. 332-356 in “How to be an Antiracist”	19th Read pg. 357-381 in “How to be an Antiracist”	20th & 21st Combine daily time to watch <b>I Am Not Your Negro</b> AND write/call local gov rep & police chief advocating for police de-esclation training. The racial make-up of your town doesn’t matter — This needs to be standard everywhere.	
22nd Read pg. 382- 406 in “How to be an Antiracist”	23rd Read pg. 407-431 in “How to be an Antiracist”	24th Read pg. 432-456 in “How to be an Antiracist”	25th Read pg. 457-481 in “How to be an Antiracist”	26th Read pg. 482-506 in “How to be an Antiracist”	27th & 28th Combine daily time to watch <b>Just Mercy</b> AND Donate to anti-white supremacy work (see below links)	
29th Read pg. 506-521 (end) in	30th Buy books, materials,					

<p><b>“How to be an Antiracist”</b></p>	<p>supplies for educator friends featuring POC (see below links)</p>					
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## WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
<p><b>Watch</b></p>	<p>13th (Ava DuVerny)  <a href="#">13th Documentary (Full Length) YouTube</a>             Available with Netflix subscription</p>	<p>King in the Wilderness (Peter Kunhardt)  <a href="#">\$4 to Rent on Amazon Link</a>             Available on HBO Go &amp; Hulu with subscription</p>	<p>I Am Not Your Negro (Raoul Peck)  <a href="#">Kanopy Link</a>   <a href="#">Free with Amazon Prime Link</a></p>	<p>Just Mercy (Destin Daniel Cretton)  <a href="#">Just Mercy Free Amazon Link</a></p>	
<p><b>Read</b></p>	<p>Pg. 7 - 131 in “How to be an Antiracist”</p>	<p>Pg. 132 - 256 in “How to be an Antiracist”</p>	<p>Pg. 256 - 381 in “How to be an Antiracist”</p>	<p>Pg. 382 - 506 in “How to be an Antiracist”</p>	<p>Pg. 506 - 521 (end) in “How to be an Antiracist”</p>
<p><b>Listen</b>            **this will exceed 45 minutes</p>	<p><a href="#">Side Effects of White Women</a>            53 min</p>	<p><a href="#">Side Effects of Communication</a>            1 hr 1 min</p>	<p><a href="#">Side Effects of Being Misunderstood</a> 1 hr</p>	<p><a href="#">Side Effects of Professionalism</a>            53 min</p>	<p><a href="#">Side Effects of Being a Black Intellectual</a> 1 hr 31 min</p>
<p><b>Act</b></p>	<p>Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated</p>	<p><sup>9</sup>Google whether your local police department currently outfits all on-duty police officers with a body-worn camera and requires that the body-worn camera be turned on immediately</p>	<p><sup>10</sup>Google whether your city or town currently employs evidence-based police de-escalation training. Write to your city or town government representative and police chief</p>	<p><sup>11</sup>Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the <a href="#">National Council for Incarcerated and Formerly Incarcerated Women and</a></p>	<p><sup>12</sup>If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are <a href="#">here</a>, <a href="#">here</a>, <a href="#">here</a>,</p>

<sup>9</sup> “75 Things White People Can Do for Racial Justice”

<https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234>

<sup>10</sup> Same as above

<sup>11</sup> Same as above

<sup>12</sup> Same as above

	<p>with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. <a href="#">Automatic Email Template Link</a></p>	<p>when officers respond to a police call. If they don't, write to your city or town government representative and police chief to advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p>and advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p><a href="#">Girls</a>, the <a href="#">NAACP</a>, <a href="#">Southern Poverty Law Center</a>, <a href="#">United Negro College Fund</a>, <a href="#">Black Youth Project 100</a>, <a href="#">Color of Change</a>, <a href="#">The Sentencing Project</a>, <a href="#">Families against Mandatory Minimums</a>, <a href="#">A New Way of Life</a>, and <a href="#">Dream Defenders</a>.</p>	<p><a href="#">here</a>, <a href="#">here</a>, <a href="#">here</a>, and <a href="#">here</a>. And/or purchase educational toys that feature POC, such as <a href="#">finger puppets</a>, <a href="#">Black History Flashcards</a>, etc for their classroom. Use these items year-round, not just in February.</p>
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## All the links:

### Watch

- **13th (Ava DuVerny)**
  - [13th Documentary \(Full Length\) YouTube](#)
  - Available with Netflix subscription
- **King in the Wilderness (Peter Kunhardt)**
  - [\\$4 to Rent on Amazon Link](#)
  - Available on HBO Go with subscription
  - Available on Hulu with subscription
- **I Am Not Your Negro (Raoul Peck)**
  - [Kanopy Link](#)
  - [Free with Amazon Prime Link](#)
- **Just Mercy (Destin Daniel Cretton)**
  - [Just Mercy Free Amazon Link](#)

### Read

- **“How to Be An Antiracist” by Ibram X. Kendi**
  - [Amazon Kindle Link \\$15](#)
  - Apple Bookstore \$15 download for text and audiobook
  - [Mid-Continent Public Library Ebook & Audiobook Link](#)
  - [FREE with Audible trial link](#)
  - [Link to Guided Questions while reading](#)

### Listen

\*\*This will exceed 45 minutes, but still good content. Maybe choose to listen to this instead of the radio or Spotify on some days.

- [Small Doses with Amanda Seales Podcast](#)
  - [Side Effects of White Women](#) 53 min
  - [Side Effects of Communication](#) 1 hr 1 min
  - [Side Effects of Being Misunderstood](#) 1 hr
  - [Side Effects of Professionalism](#) 53 min
  - [Side Effects of Being a Black Intellectual](#) 1 hr 31 min

## Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)
- Google whether your local police department currently outfits all on-duty police officers with a body-worn camera and requires that the body-worn camera be turned on immediately when officers respond to a police call. If they don't, write to your city or town government representative and police chief to advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))