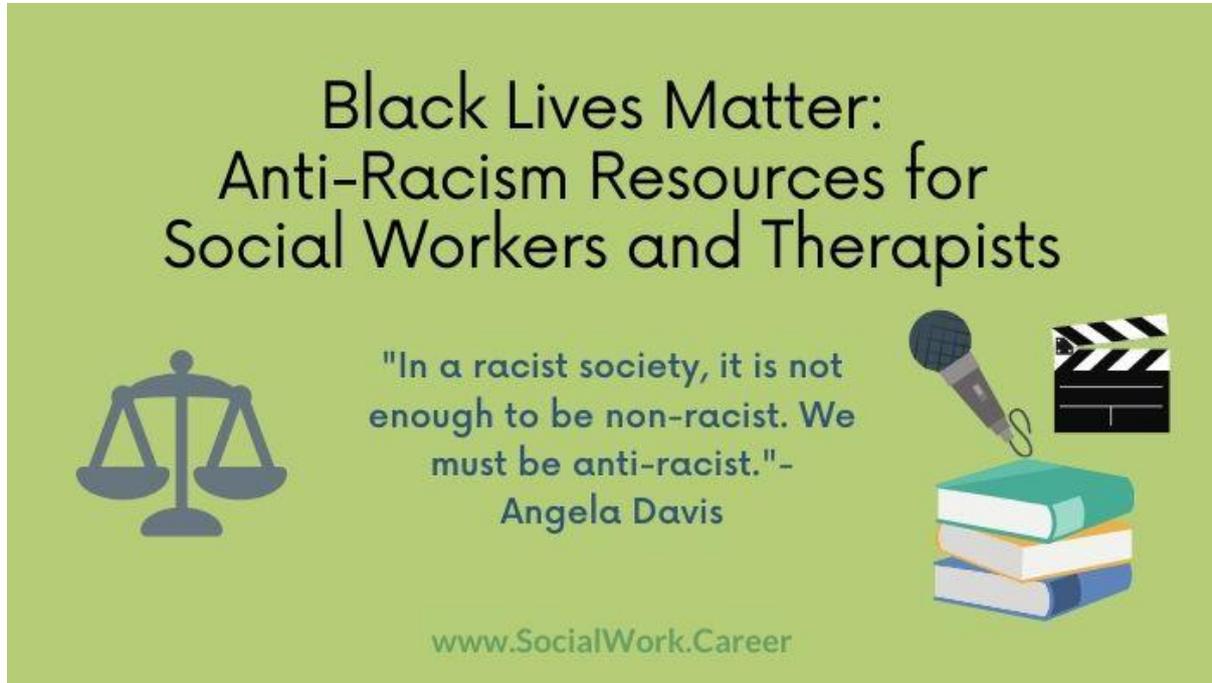


Anti-Racism Resource List

From the website <https://www.socialwork.career/2020/06/anti-racism-resources-for-social-workers-and-therapists.html>



This website includes links to numerous resources and is updated regularly.

Articles

- [6 Things White People Can Do To Reach Friends and Family Members to End Racism](#) – Kimberly Dark/Everyday Feminism – “o things that make sense for your interests and personality... Learn about the actual circumstances of people of color in the U.S. and then talk about what you’ve learned...”
- [10 Ways Teachers Can Fight Racism and Teach Tolerance](#) – Jeanne Croteau/WeAreTeachers – “get and stay informed... speak up... give your class a diversity audit... bring empathy into your classroom...”
- [The assumptions of white privilege and what we can do about it](#) – NCR – “understand the difference between being uncomfortable and being threatened... The only reason for racism’s persistence is that white people continue to benefit from it... Stay in the discomfort, the anxiety, the guilt, the shame, the anger... only when white people become upset enough to declare, “This cannot and will not be!” — only then will real change begin to become a possibility...”
- [A Civil Rights Expert Explains the Social Science of Police Racism](#) – Lydia Denworth/Scientific American – “we enslaved people, black people. To hold people in bondage as property, you had to look at them as less than human. You see that continuing to happen today in [what] I refer to as the criminal legal system... I think we all need to admit that it’s not a few bad apples; it’s a rotten apple tree...”

- [Dear White People: Let's not continue to be our ancestors](#) – Natalie McCabe Zwerger/Everyday Race – “This is the time for our call to **action**, for us to explicitly and intentionally demonstrate to Black people that we understand the weight of our racism, the weight of our privilege, the weight of our ignorance...”
- [Dinah, Put Down Your Horn: Blackface Minstrel Songs Don't Belong in Music Class](#) – Katya Ermolaeva/Gen Medium – ““Oh! Susanna,” “Jimmy Crack Corn,” and “Camptown Races”... these songs (and many others) have racist roots in the tradition of blackface minstrelsy...”
- [‘Discomfort is part of change’: How to be an ally in fighting anti-black racism](#) – Adina Bresge/Canadian Press – “ongoing commitment to educating yourself about anti-black racism and your role within it, listening to and amplifying black voices and speaking up when they go unheard...”
- [A History of Race and Racism in America, in 24 Chapters](#) – NYT – “the most influential books on race and the black experience published in the United States for each decade of the nation’s existence — a history of race through ideas, arranged chronologically on the shelf...”
- [How Amy Cooper and George Floyd represent two versions of racism that black Americans face every day](#) – The Washington Post – “Few would call themselves racist, and yet we see the inequality all around us... Economic exclusion is the engine of inequality...”
- [How to Be A Racial Transformer](#) – Youthrex/Colorlines – “helpful infographic... watch out for coded racism and expose it... dig in and do the work – not just talk – of racial justice...”
- [How to Fight Racial Bias, According to a Stanford Psychologist](#) – Next Big Idea Club – “series of [free] short videos... Dr. Jennifer L. Eberhardt shares the science of how bias really works, and what we can do to overcome it...”
- [How to Increase Your Empathy](#) – Six Seconds – “5 practical tips to increase your empathy in any situation...”
- [How to Support the Protests and Fight for Racial Justice](#) – Idealist – “If you’re joining the protests, it’s important to know how to stay safe and to know your rights... seeking out a mutual aid group near you is a great way to get involved...”
- [I Don't Need ‘Love’ Texts From My White Friends](#) – Chad Sanders/NYT – “When you text me and tell me you’re “just thinking of me” because this fear is momentarily evident to you after seeing the atrocities depicted on CNN, you create work for me. You invite me to... tell you that it’s not your fault and that you are special. That attacks my dignity. That dehumanizes me...”
- [A Letter To White Women Who Keep Asking What They Can Do To Combat Racism From A Black Woman](#) – Geri Brown – “It’s the *inwardly “indifferent” racists* that scare the living bleep out of me. The ones who tout, online that they support black and brown people but in reality only practice indifference towards them...”
- [Moving from Cultural Competence to Antiracism](#) – NICABM – “validate your clients’ experiences, emotions, perceptions... it is their moment. Its also a moment to review your own emotions , experiences and perceptions- and to take ownership...”
- [Now Is the Time for a Rights-Based Approach to Social Work Practice](#) – Jane McPherson – “Through a rights-based lens, we see that in many societies access to healthcare, unemployment benefits, housing, social security, education, etc.—the social and economic rights first promised in the Universal

Declaration of Human Rights (United Nations 1948)—are actually privileges reserved for some rather than rights guaranteed to all...”

- [An open letter to my nonblack friends: My life matters more than your comfort](#) – Nicole Ruthmarie Watkins/
The Lily – “Your black friend is tired of educating you... Your black friend is tired of reading status after status about being “shocked and surprised” that racism is still this bad... Your silence, your need to be a devil’s advocate, your white allyship without work is no longer acceptable...”
- [Performative Allyship Is Deadly \(Here’s What to Do Instead\)](#) – Holiday Phillips/Forge – “Act with your wallet... Simply “saying stuff” is easy. You know what’s hard?... Calling out other white people when they say something clearly racist...”
- [The Politics of Empathy and Race](#) – Susan Lanzoni/Psychology Today – “Today we are witnessing the unbearable cost of empathy’s absence in national politics and in American society... we must translate empathy’s moral vision into specific policies to empower those who for so long have endured the evils of racism...”
- [Race Matters: How to Talk Effectively About Race](#) – SWC – “Kenneth Hardy, Ph.D... 10 Underlying Principles to Consider... Power is relational, contextual and inequitably distributed... Draw distinction between intention and consequences...”
- [Racism: Educate Yourself. Speak Up. Here’s How.](#) – Rabbi Jill Zimmerman – “This is the moment to stand up for justice for all and quash systemic racism. Whether you are on the streets protesting, or at home because of Covid19 or other health issues, each one of us can do something...”
- [Racism is America’s Human Stain; Black Lives Matter](#) – Mildred “Mit” Joyner – “learn more about institutional and systemic racism... it will assist you as a social worker to lead meaningful conversations in communities, at the workplace... to effectively advocate for those we have committed to serve...”
- [A Timeline of Events That Led to the 2020 ‘Fed Up’-rising](#) – The Root – [strong language alert]... starting in 1619...”
- [Understanding Racism and its Connection to Sexual and Domestic Violence](#) – “including WCSAP’s free eLearning Unit... introduce learners to racial dynamics in the United States...”
- [What it really means to be an anti-racist, and why it’s not the same as being an ally](#) – Hillary Hoffower/Business Insider – “Anti-racism is an active and conscious effort to work against [the] multi-dimensional aspects of racism...one is either racist or anti-racist: There is no room for neutrality and there is no such thing as a “non-racist...”
- [White Fragility: Why It’s So Hard for White People to Talk About Racism](#) – Robin DiAngelo/Good Men Project – “Our socialization renders us racially illiterate... While individual whites may be against racism, they still benefit from the distribution of resources controlled by their group... We experience a challenge to our racial worldview as a challenge to our very identities as good, moral people...”
- [Why Are African Americans Struggling To Breathe?](#) – Dwayne Buckingham/RHCS – “We are struggling to breathe because some Americans are well-intentioned, but are naïve about the stronghold and negative impact of racism...”