

**Resources to Combat Racial Inequality,
with a special emphasis on the African American experience**
(things to read and watch, how to talk to children, and places to donate or volunteer)
Compiled by Dr. Kristy Shih & Dr. Pamela Roberts from sources provided by HDEV faculty

Note: No such list is complete and neither is this one but this should get you started.
Also, reading/watching/listening/ are only the first steps to making real change. Combatting racial injustice takes dedicated, lengthy action.

Contents:

- I. Must read / watch / listen to recommendations from HDEV faculty
- II. Multi-faceted lists of resources
- III. Resources on the history of racism in the US
- IV. Documentaries on the construct of race and inequality
- V. Recommendations and resources for various groups
- VI. Activism: including organizations to know and places to donate

I. Must read/watch/listen to recommendations from HDEV faculty:

Dr. Sandra Arevalo:

- How racism makes us sick. In this TED Talk, Dr. Williams presents evidence for how racism is producing a rigged system -- and offers hopeful examples of programs across the US that are working to dismantle discrimination.
https://www.ted.com/talks/david_r_williams_how_racism_makes_us_sick/up-next?language=en
- Allegories on race and racism by Dr. Camara Jones. TEDxEmory. In this talk Dr. Camara Jones goes over four allegories on “race” and racism.
<https://www.youtube.com/watch?v=GNhcY6fTyBM>
- Nancy Krieger: Structural Racism, Social Justice, & COVID-19. This is a talk where Dr. Nancy Krieger covers the impact of racial discrimination, social class and place on the excess disease and death rates from COVID-19 among African American and other communities of color. <https://www.youtube.com/watch?v=ZdltzcTiSCo>

Dr. Claudia Huang:

- *Punished: Policing the Lives of Black and Latino Boys* by Victor Rios. “It’s one of the clearest explanations I’ve read of how black and brown men are criminalized from the time they are small children, and how “school resource officers” set youths up for failure by putting them directly into the school-to-prison pipeline.”
- *Speech on the Perils of Indifference*, by Elie Wiesel. “Indifference is always the friend of the oppressor.” <https://www.youtube.com/watch?v=JpXmRiGst4k>

Dr. Kimberly Kelly:

- *Raising White Kids: Bringing Up Children in a Racially Unjust America* by Jennifer Harvey
- *13th* a documentary by Ava DuVernay

6/10/2020

Dr. Ann Kim:

- Delgado, R., & Stefancic, J. (2017). *Critical race theory: An introduction* (Vol. 20). NYU Press.
- Omi, M., & Winant, H. (2014). *Racial formation in the United States*. Routledge.
- Coates, T. N. (2015). *Between the world and me*. Text publishing.

Dr. Karen Quintiliani:

- Podcast: *Ear Hustle* –The daily realities of life inside prison shared by those living it, and stories from the outside, post-incarceration. <https://www.earhustlesq.com>
- Podcast: *Invisibilia* – Latin for invisible things – fuses narrative storytelling with science that will make you see your own life differently. <https://www.npr.org/podcasts/510307/invisibilia>
- Book and Documentary: Baldwin, James. (1985) *The Price of the Ticket: Collected Nonfiction 1948-1985*. St. Martin's Press. (and documentary: *The Price of the Ticket*.)

Prof. Samiha Rahman:

- To Watch: *Whose Streets?* (Told by the activists and leaders who live and breathe this movement for justice, *Whose Streets?* is an unflinching look at the Ferguson uprising. [Available to stream on Hulu](#)).
- To Read: "No More Money for the Police" op-ed in the *New York Times*, written by Philip V. McHarris and Thenjiwe McHarris (<https://www.nytimes.com/2020/05/30/opinion/george-floyd-police-funding.html>)

Dr. Pamela Roberts:

- *Citizen: An American Lyric* by Claudia Rankine
- *Rosa Parks* a poem by Nikki Giovanni contextualizes the actions of Rosa Parks. <https://www.poetryfoundation.org/poems/90180/rosa-parks>
- *I Am Not Your Negro* a visual essay on racism based on James Baldwin's unfinished book. Available to watch on Amazon Prime

Dr. Kristy Shih:

- *Why are All the Black Kids Sitting Together in the Cafeteria? And Other Conversations about Race*, by Beverly Daniel Tatum
- *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*, by Michelle Alexander (this book pairs well with the documentary 13th)
 - Michelle Alexander's TEDxColumbus talk: The future of race in America <https://www.youtube.com/watch?v=SQ6H-Mz6hgw>
- *How To Be An Antiracist*, by Ibram Kendi

Prof. Leona Smith Di Faustino:

- Adichie, C. N. (2009, July): The danger of a single story [Video file]. Retrieved from: http://www.ted.com/talks/chimamanda_adichie_the_danger_of_a_single_story?language=en
- Crenshaw, K. (2016, October): The urgency of intersectionality [Video file]. Retrieved from: https://www.ted.com/talks/kimberle_crenshaw_the_urgency_of_intersectionality?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare

- McIntosh, P. (2008). White Privilege: Unpacking the invisible knapsack. In P. S. Rothenberg (Ed), White privilege: Essential readings on the other side of racism (3rd Ed.) (pp. 123-127). New York: Worth Publishers.

II. Excellent, multi-faceted lists of resources

- [A Detailed list of anti-racism resources: book, podcast, and movie recommendations](#) : an excellent list of books about historic and current racism in the US, and white privilege and white supremacy, plus lists of videos about racism in the US, podcasts and important authors and artists to follow. In addition, there are links to recent articles by noted authors and there are lists of videos and books for children and teens. From Katie Couric's Wake Up site, access appears to be limited to 3 visits.
- The PBS Newshour presented a 1 hour special, Race Matters on June 5; featuring interviews with notable African Americans in politics and the arts, it is available at the Newshour website. Accompanying that special, is a long list of books, podcasts and films about institutional racism and the African-American experience in the US:
<https://www.pbs.org/newshour/nation/what-to-read-listen-to-and-watch-to-learn-about-institutional-racism>
- The NPR Code Switch list of books, films and podcasts about racism: it's not as long as some of the other ones, but the resources are superb.
<https://www.npr.org/sections/codeswitch/2020/06/06/871023438/this-list-of-books-films-and-podcasts-about-racism-is-a-start-not-a-panacea>
- [An Educators Guide to This Moment: Resources for Educators, Parents, and Students](#) : a series of personal videos about the black experience, articles, books and modules about systemic racism, and guides for activism in the community and workplace from Equity Matters
- Research based articles on white supremacy, intersectionality, and race and racism plus resources to address racism and racial violence (including resources on how to talk with children) compiled by the National Council on Family Relations
<https://www.ncfr.org/news/resources-address-racism-and-racial-violence>

IIIA. Refresh your knowledge of the history of racism experienced by African Americans

- [A History of Race and Racism in America, in 24 Chapters](#) A discussion of the most influential books about race and the black experience for every decade since the founding of the republic by Ibrahim X. Kendi for Black History Month, 2017.
- [The New York Times 1619 Project](#): about slavery and the consequences of slavery for the past 400 years <https://www.nytimes.com/interactive/2019/08/14/magazine/1619-america-slavery.html>

6/10/2020

- The 1619 Project podcast: <https://www.nytimes.com/2020/01/23/podcasts/1619-podcast.html>
- The African Americans: Many Rivers to Cross. Henry Louis Gates, Jr. for PBS. Follows the evolution of the African American people from slavery to 2013. Available with PBS Passport.
- 13th: From slave to criminal with one amendment. Netflix documentary by Ava DuVernay, Currently also free on Youtube at <https://www.youtube.com/watch?v=krfcq5pF8u8&t=4s>
- Reconstruction: America after the Civil War. 4 part series by Henry Louis Gates, Jr. for PBS. Focuses on the promise of the 13th amendment, the initial short lived gains by African Americans and the aftermath that is still felt today. Available on the PBS website. <https://www.pbs.org/show/reconstruction-america-after-civil-war/>
- Redlining: a short, explanatory video from NPR. <https://www.npr.org/sections/codeswitch/2018/04/11/601494521/video-housing-segregation-in-everything>
- When They See Us. Netflix series by Ava DuVernay based on the arrests and treatment of the Central Park five. <https://www.netflix.com/title/80200549>
- Black America Since MLK: And Still I Rise. Henry Louis Gates, Jr. for PBS. Available with PBS Passport.
- Op-Ed: Kareem Abdul-Jabbar: Don't understand the protests? What you're seeing is people pushed to the edge. Los Angeles Times, May 30, 2020.
- The Tip of the Iceberg – Victor M. Rios on Police Brutality and the Black Lives Matter Protests. June 9, 2020. <https://www.fromthesquare.org/the-tip-of-the-iceberg>
- Code Switch: A Decade of Watching Black People Die (Say Their Names): <https://www.npr.org/2020/05/29/865261916/a-decade-of-watching-black-people-die>

IIIB. Museums:

- The National Museum of African American History and Culture has a webportal for talking about race, a digital resources guide and:
 - Virtual exhibitions
 - images to view and download in Online collections and
 - Educational resources in their learning labs
- National Memorial for Peace and Justice: The new memorial and museum that investigates the history of lynching in the United States and honors the victims <https://museumandmemorial.eji.org/>

6/10/2020

- A good description of this memorial is at:
<https://www.nytimes.com/2018/04/25/us/lynching-memorial-alabama.html>
- [Jim Crow Museum of Racist Memorabilia](#) (at Ferris State University): Using objects of intolerance to teach tolerance and promote social justice (with link to register for virtual tour)

IV. Documentaries and resources on the general constructs of race and inequality:

- [Race: The power of an illusion](#). <https://csulb.kanopy.com/video/race-power-illusion-0>
Considers the construct of race. Available to faculty, staff and students of CSULB plus others with a public library card.
 - [Companion website to the documentary, Race – The Power of an Illusion](#) (with interactive activities).
- Adelman, L. (2008). Unnatural causes: Is inequality making us sick? PBS.
<https://csulb.kanopy.com/video/unnatural-causes-series> Focuses on inequality in health. (Also requires either a CSULB login or a public library card to access).
- Podcast: Code Switch (Race. In Your Face.) from NPR.
<https://www.npr.org/sections/codeswitch/484785516/the-code-switch-podcast>
 - Code Switch Guide to Race and Policing (a compilation of their podcasts that speak to this moment) <https://www.npr.org/sections/codeswitch/2020/06/09/873066989/the-code-switch-guide-to-race-and-policing>
- A Class Divided <http://www.pbs.org/wgbh/frontline/film/class-divided/> An oldie but a goodie (the blue eyes/brown eyes class experiment).
- [Why Black Lives Matter: Discussing Race Through Film, Photography and Design](#) is a free curriculum for elementary and middle school students developed by the Baltimore based Wide Angle Youth Media Producers.

V. Recommendations and Resources for Various Groups:

For Whites:

- [75 Things White people can do for Racial Justice](#) from M:Equality Includes You, this is a wide ranging list, from articles on the black experience, to what to do in your home and community, to where to donate, and how to support black owned businesses.
- [Anti-racism Resources for White People](#) a Google doc with long lists of excellent articles, books, podcasts, videos and films, organizations to follow and resources to help white parents raise non-racist children.
- [Scaffolded Anti-Racist Resources](#)

6/10/2020

The framework/stages for white identity development developed by *Dr. Janet E. Helms* (Professor of Counseling, Developmental, and Educational Psychology at Boston College) in [A Race Is a Nice Thing to Have](#)

- *White Fragility: Why It's So Hard for White People to Talk About Racism* by sociologist Robin DiAngelo

For Parents and Kids

- [Raising White Kids: Bringing Up Children in a Racially Unjust America](#) is a book for families, educators, and communities who want to equip their children to be active and able participants in a society that is becoming one of the most racially diverse in the world while remaining full of racial tensions.
- [Reading while White](#) lists resources for interracial children's books
- ["Talking to Kids about Racism"](#), part 1 – a Zoom panel discussion with Dr. Kira Banks, Tim Wise, and other anti-racist activists and parents
- ["Talking to Kids about Racism with Beverly Daniel Tatum"](#) – a Zoom discussion with Dr. Kira Banks and Dr. Beverly Daniel Tatum (author of "Why are all the Black kids sitting together in the cafeteria?")
- [Anti-racism for kids 101: Starting to talk about race](#) books and resources for talking with young children. <https://booksforlittles.com/racial-diversity/>
- [21 Young Children's Books to Spark Discussions of Racism and Tolerance](#) recommended by First 5 LA. <https://www.mother.ly/child/best-childrens-books-about-race-and-tolerance/beautiful-beautiful-me-book-by-ashley-sirah-hinton-illustrated-by-vanessa-brantley>
- [Sources for obtaining diverse books for young children](#) recommended by First 5 LA <https://www.embracerace.org/resources/where-to-find-diverse-childrens-books>
- [Your kids aren't too young to talk about race: resource roundup](#) Blog with articles (both popular press and academic), books for children and adults, and podcasts
- [Anti-Racism Resources, especially for kids \(and their adults\)](#) a multifaceted Google doc with long lists of books and shows for children, books for adults and children and articles for adults.
- [Read Woke](#): books featuring main characters of different ethnicities and religions--a librarian's recommendations for teens <https://cicelythegreat.wordpress.com/2017/11/20/readwoke/>

For People of Color (mental health, restorative healing, & self-care)

6/10/2020

- [Filling our Cups: 4 Ways People of Color Can Foster Mental Health and Practice Restorative Healing \(from Medium.com\)](#)
- [Self-Care Tips For Black People Who Are Struggling With This Very Painful Week \(from Vice\)](#)

How Other Racial/Ethnic Minorities Can Be Allies to Support the Black Community:

- [Asian Americans Need to Support Black Lives Matter Now](#) call for action by Dr. C.N. Le on Asian Nation.
- [20+ Allyship Actions for Asians to Show Up for the Black Community Right Now](#) blog post on Medium.com <https://medium.com/awaken-blog/20-allyship-actions-for-asians-to-show-up-for-the-black-community-right-now-464e5689cf3e>
- [Action Items for Solidarity Against the Murder of Black Men and Women](#) from the Muslim Anti-Racism Collaborative. http://www.muslimarc.org/action_items_for_solidarity
- [Six Ways for Arabs to Resist Anti-Blackness](#) Instagram slideshow
- [South Asians and Black Lives](#) Discussion and 10 action steps that South Asians can take now including where to donate and the important reminder "When the urgency stops, don't stop acting"

VI. Activism: Including Organizations to Know and Places to Donate

Free Online Anti-Racist Training

[Anti-racism training \(Diversity and Resiliency Institute of El Paso\)](#) – Until 6/30/2020

Resources for on-the-ground protestors:

- Pointers to make your protest experience safe and rewarding:
 - [Malcolm X Grassroots Movement's Basic Security Protocols for 1st Time Protestors](#)
 - [Malcolm X Grassroots Movement's "Assessing an Action Checklist"](#)
- American Civil Liberties Union explains legal regulations on and legal rights of organizers and protesters [ACLU – Know Your Rights While Protesting](#)
- Graphic on what to wear, what to bring to the protest [AOC Guidelines for Safe Protesting](#)

Other Ways to Combat Inequality

- [12 ways you can be an activist without going to a protest](#)
- [26 ways to be in the struggle beyond the streets](#)

6/10/2020

- [Anti-Racism Resource Document](#), A compilation of places to donate and important resources created by graduate students at the University of Washington School of Public Health Department of Health Services Equity, Diversity, and Inclusion Committee

Long standing civil rights / social justice organizations

Each of these organizations has an excellent track record, having fought for civil rights for decades (or longer). For those who are unfamiliar with them, they are a good place to start.

- [American Civil Liberties Union](#) (ACLU), their lawyers have been fighting for civil liberties for 100 years <https://www.aclu.org/>
 - ACLU Racial Justice Program <https://www.aclu.org/issues/racial-justice>
- [NAACP](#) founded in 1909 after a deadly race riot in Illinois, the NAACP has worked for racial equality for over 100 years <https://www.naacp.org/>
 - NAACP Legal Defense Fund <https://www.naacpldf.org/>
- [Southern Poverty Law Center](#), founded in 1971, they work for justice, to fight hate and to teach tolerance. They have classroom resources for teaching tolerance on their website, provide a map of active hate groups in the US and much more. <https://www.splcenter.org/>

A few other national organizations and projects to know (and donate to)

- [Black Girls Code](#)
- [Black Lives Matter](#): <https://blacklivesmatter.com/>
- [Black Youth Project 100](#): <https://www.byp100.org/>
- [Campaign Zero](#)
 - part of Campaign Zero: the new Abuse of Force report #8cantwait: <https://8cantwait.org/>
- [Color of Change](#)
- [Equal Justice Initiative](#)
- [Free Black Women's Library](#): <https://thefreeblackwomanslibrary.tumblr.com/>
- [Movement for Black Lives](#) <https://m4bl.org/>
- [National Bail Fund Network](#): <https://www.communityjusticeexchange.org/nbfn-directory>
- [Race Forward](#)
- [Showing up for Racial Justice](#)
- [The Bail Project](#): <https://bailproject.org/>
- [United Negro College Fund](#) <https://uncf.org/>

LA based organizations to know, donate to and/or volunteer for:

- [Black Lives Matter Los Angeles](#)
- [Californians United for a Responsible Budget](#)
- [Dignity and Power Now](#)
- [Justice LA](#)
- [Los Angeles Community Action Network](#)
- [People's Budget LA](#)

6/10/2020

- [Reform LA Jails](#)
- [Summaeverythang Community Center food donations](#)
- Keep up to date with LA events and news at LAist: <https://laist.com/>

Support Black-owned businesses and restaurants in the LA areas:

- A crowd-sourced list of black-owned restaurants in the LA area:
<https://docs.google.com/spreadsheets/d/18w-0RBhwBBIXDN9kRV9DVSCAGSCjtHb9K0Pq2YBv18U/htmlview?fbclid=IwAR1-2VbWNTThhOsTGPMWXCyYSJD-JVS-maxuEbqtS3TZo1ZHKLuo4MC4uNKA>
- List of black-owned businesses in LA area (LAist)
https://laist.com/2020/06/01/support_los_angeles_black_owned_restaurants_list_google_doc.php
- List of black-owned businesses in LA area (LA Times):
<https://www.latimes.com/lifestyle/story/2020-06-03/black-owned-businesses-in-los-angeles>