



## Becoming Anti-Racist

This moment in time is one where we are recognizing that just saying that you aren't a racist isn't enough. To create the change that is needed for our country to be able to truly provide us all opportunities to achieve our potential there are steps that we all should take. And remember that even small actions make a difference; so if you are ready to start this important journey here are some resources to help you on your way:

[Being 'not racist' isn't enough](#)

[Microaggressions Don't Just Hurt Your Feelings](#)

[Six Tenets of Ibram Kendi's book "How to be an Antiracist"](#)

[Actor-Ally-Accomplice](#)

[5 Tips for Being an Ally](#)

[Cracking the Codes: A Trip to the Grocery Store](#)

### Other resources:

[Black-ish](#) – an ABC sitcom television series created by Kenya Barris

[This is Us](#) – an NBC television show that chronicles an adoptive transracial family

[5 things everyone should know about racism](#) – a Youtube video (you may want to ignore the comments)

[“Why are all the Black Kids Sitting Together in the Cafeteria?”](#) A psychologist explains the development of racial identity by Beverly Daniel Tatum

[“The Person you Mean to Be: How Good People Fight Bias”](#) by Dolly Chugh

[“Between the World and Me”](#) by Ta-Nehisi Coates

[“My Grandmother’s Hands: Racialized Trauma and the Mending of Our Bodies and Hearts”](#) by Resma Menakem

[“Caste: The Origins of Our Discontents”](#) by Isabel Wilkerson

[“Warmth of Other Suns”](#) by Isabel Wilkerson