

The logo for Equity In Motion Consulting features the text "Equity In Motion Consulting" in a white, sans-serif font, centered over a dark blue background with abstract, flowing light blue patterns that resemble smoke or energy.

Equity In Motion Consulting

ANTI-RACISM & ALLY TOOLKIT

UNDERSTANDING RACISM COMPILATIONS – PORTALS OF RESOURCES AND TOOLS

A proverb is a brief, simple, traditional saying that gives advice based on practical experience, often in the form of a metaphor or allegory. Proverbs are popular in spoken language, and form part of the folklore of a culture, passing down the generations.

“You can’t enter my house through your gate...You must enter through my gate.” -

Chinua Achebe - “Things Fall Apart”

<https://www.indiebound.org/book/9780385474542>

"Pandemic/Revolution 2020" - Artwork from the Presentation

www.marianorthmorganart.com

Anti-Racism Toolkit for Organizations

<https://c4disc.pubpub.org/pub/84y9ozoq/release/2?readingCollection=9a476dc8>

Smithsonian Magazine

<https://www.smithsonianmag.com/history/158-resources-understanding-systemic-racism-america-180975029/>

<https://www.vox.com/2020/6/17/21284527/systemic-racism-black-americans-9-charts-explained>

<https://www.washingtonpost.com/nation/2020/06/08/understanding-racism-inequality-america/?arc404=true>

1619 New York Times Interactive

<https://www.nytimes.com/interactive/2019/08/14/magazine/1619-america-slavery.html>

<https://www.whiteallytoolkit.com/>

<https://www.benjerry.com/home/whats-new/2016/systemic-racism-is-real>

<https://belonging.berkeley.edu/structural-racism-remedies-repository>

ARTICLES/ESSAYS

The United States Needs a Third Reconstruction

<https://www.theatlantic.com/ideas/archive/2020/07/united-states-needs-third-reconstruction/614293/>

How Does Segregation Affect Your Health

<https://www.bustle.com/p/how-does-segregation-affect-your-health-it-has-a-huge-surprising-impact-75726>

12 Things to Do Instead of Calling the Cops:

<https://ia800800.us.archive.org/1/items/12ThingsToDoInsteadOfCallingTheCops/12things-screen.pdf>

What to do Instead of Calling the Police:

<https://www.aaronxrose.com/blog/alternatives-to-police>

Surviving and Resisting Hate: A Toolkit for People of Color:

<https://icrace.files.wordpress.com/2017/09/icrace-toolkit-for-poc.pdf>

Self-care Tips for Black People Who Are Feeling Overwhelmed by Racism:

https://www.vice.com/en_us/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painful-week

How to talk about race, while white, Mark Logan (blog post 2019)

<https://medium.com/idealect/how-to-talk-about-race-while-white-72e1cf3b4beb>

Silence Breakers for Whites in Cross-racial Discussions, Anika Nailah & Robin DiAngelo (2013)

<https://robindiangelo.com/wp-content/uploads/2016/06/Silence-Breakers-for-Whites.pdf>

Inside the Mind of White America:

<https://protect-us.mimecast.com/s/1C9cC68yvyTMMYPoTp7sAr?domain=bbc.co.uk>

Some Notes for Facilitators on Presenting My White Privilege Papers, Peggy McIntosh (2010)

https://nationalseedproject.org/images/documents/peggy/Peggy_McIntosh_Notes_for_Facilitators.pdf

A Guide to How You Can Support Marginalized Communities:

<https://amp-cnn-com.cdn.ampproject.org/c/s/amp.cnn.com/cnn/2020/05/30/us/how-to-be-an-ally-guide-trnd/index.html>

75 Things White People Can Do for Racial Justice:

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

11 Terms You Should Know to Better Understand Structural Racism:

<https://www.aspeninstitute.org/blog-posts/structural-racism-definition/>

The Empathy Crisis of White America:

<https://fruity.substack.com/p/the-empathy-crisis-of-white-america>

Prolific Racism Needs Complicit White People:

<https://johnpavlovitz.com/2020/05/26/prolific-racism-needs-complicit-white-people/>

Your Black Colleagues May Look Like They're Okay—Chances Are They're Not

<https://www.refinery29.com/en-us/2020/05/9841376/black-trauma-george-floyd-dear-white-people>

Maintaining Professionalism in The Age of Black Death is....A Lot

<https://medium.com/@shenequagolding/maintaining-professionalism-in-the-age-of-black-death-is-a-lot-5eac5e17585>

U.S. Businesses Must Take Meaningful Action Against Racism

https://hbr.org/2020/06/u-s-businesses-must-take-meaningful-action-against-racism?utm_medium=email&utm_source=newsletter_daily&utm_campaign=dailyalert_not_activesubs&referral=00563&deliveryName=DM82477

Fighting Racism Even, and Especially, Where We Don't Realize it Exists: How to Be an Antiracist

<https://www.nytimes.com/2019/08/20/books/review/how-to-be-an-antiracist-ibram-x-kendi.html>

Many Americans have no friends of another race: poll

<https://www.reuters.com/article/us-usa-poll-race/many-americans-have-no-friends-of-another-race-poll-idUSBRE97704320130808>

Instead of More Conversations About Race, We Need More Cross-Racial Friendships

<https://www.beaconbroadside.com/broadside/2019/01/instead-of-more-conversations-about-race-we-need-more-cross-racial-friendships.html>

You And Me Will Never Part: A Study of Black Women's Best Friendships

http://acumen.lib.ua.edu/content/u0015/0000001/0001144/u0015_0000001_0001144.pdf

She's white. I'm black -- how our friendship survived real talk about race

<https://www.cnn.com/2018/09/06/opinions/dear-white-people-marissa-calhoun-opinion/index.html>

How to Be a Better Friend to Black Women

<https://www.flare.com/sex-and-relationships/how-to-be-a-better-friend-to-black-women/>

Women in Black & White Survey

<https://www.lesliemorgansteiner.com/women-in-black-white-survey/>

Uncommon Bonds' Explores What It Takes for Women to Have Real Friendships Across Race

<https://www.colorlines.com/articles/uncommon-bonds-explores-what-it-takes-women-have-real-friendships-across-race>

Can black women and white women be true friends?

https://www.washingtonpost.com/nation/2019/03/29/can-black-women-white-women-be-true-friends/?noredirect=on&utm_term=.c69dded2e677

The Year I Gave Up White Comfort: An Ode to my White "Friends" on Being Better to Black Womxn

<https://medium.com/@rayrayleigh/the-year-i-gave-up-white-comfort-an-ode-to-my-white-friends-on-being-better-to-black-womxn-25d8aef05f89>

3 Conditions for Friendship

<https://www.jaceyverdicchio.com/3-conditions-for-friendship>

The massive new study on race and economic mobility in America, explained

<https://www.vox.com/policy-and-politics/2018/3/21/17139300/economic-mobility-study-race-black-white-women-men-incarceration-income-chetty-hendren-jones-porter>

BOOKS/WORKBOOKS:

The Sum of Us

<https://heathermcghee.com/>

Health Affairs Journal – Racism and Health – February 2022

<https://www.healthaffairs.org/toc/hlthaff/41/2>

Letters from an American

<https://heathercoxrichardson.substack.com/>

Just Health: Treating Structural Racism to Heal America

<https://nyupress.org/9781479802661/just-health/>

The Color of Law – Richard Rothstein

<https://www.epi.org/publication/the-color-of-law-a-forgotten-history-of-how-our-government-segregated-america/>

The Belonging Institute Publications

<https://belonging.berkeley.edu/resource/publication>

White Fragility: Why it's So Hard for White People to Talk About Racism, Dr. Robin DiAngelo (2018)

<https://robindiangelo.com/publications/>

<https://www.beacon.org/assets/pdfs/whitefragilityreadingguide.pdf>

The Fire Next Time – James Baldwin (1963)

Between the World and Me – Ta-Nehisi Coates (2015)

Anti-Racism Books

<https://www.ibramxkendi.com/>

The Groundwater Approach: Building a Practical Understanding of Structural Racism – The Racial Equity Institute (2018)

<https://www.raciaequityinstitute.com/groundwaterapproach>

Waking Up White, Debby Irving (2014)

<https://debbyirving.com/the-book/>

Nick Adams, “Making Friends with Black People”

Michelle Alexander, “The New Jim Crow”

Joseph Barndt, “Understanding and Dismantling Racism: The Twenty-First Century Challenge to White America”

Devon W. Carbado and Mitu Gulati, “Acting White?: Rethinking Race in Post-Racial America”

Tanner Colby, “Some of My Best Friends are Black”

Dr. Joy DeGruy, “Post-Traumatic Slave Syndrome: America’s Legacy of Enduring Injury and Healing”

acqueline Goldsby, “A Spectacular Secret: Lynching in American Life and Literature”

bell hooks, “Killing Rage: Ending Racism”

Debby Irving, “Waking Up White and Finding Myself in the Story of Race”

Frances Kendall, “Understanding White Privilege: Creating Pathways to Authentic Relationships Across Race”

Catrice Jackson, 30 Day Crash Course for White Women

Janet Mock, “Redefining Realness”

Trevor Noah, “Born a Crime: Stories from a South African Childhood”

Angie Thomas “The Hate You Give”

Ijeoma Oluo, “So You Want to Talk About Race”

Deborah L. Plummer, PHD, “Some of My Friends Are...: The Daunting Challenges and Untapped Benefits of Cross-Racial Friendships”

Layla Saad, “Me and White Supremacy”

Bryan Stevenson, “Just Mercy”

Beverly Daniel Tatum, "Why are all the Black Kids Sitting Together in the Cafeteria: And Other Conversations About Race"

Jim Wallis, "America's Original Sin: Racism, White Privilege and the Bridge to a New America"

Vron Ware and Mikki Kendall, "Beyond the Pale: White, Women, Racism and History"

Isabel Wilkerson, "The Warmth of Other Suns: The Epic Story of America's Great Migration"

Isabel Wilkerson, "Caste: The Origins of Our Discontents"

Tim Wise, "White Like Me: Reflections on Race from a Privileged Son"

DOCUMENTARIES/FILMS/TV SHOWS

- **Becoming, The Netflix Documentary (Nadia Hallgren)**
- **The Hate You Give (George Tillman Jr.)**
- **The 1965 Debate between James Baldwin and William Buckley**
- **12 Years a Slave (Steve McQueen)**
- **13th (Ava DuVernay)**
- **Selma (Ava DuVernay)**
- **Just Mercy (Destin Daniel Cretton)**
- **The Central Park Five (Ken Burns)**
- **When They See Us (Ava DuVernay)**
- **Hidden Figures (Theodore Melfi)**
- **Underground (Misha Green and Joe Pokaski)**

