

Some Resources for Anti-Racism and Anti Oppressive Work

This is a list of resources to help you get started. This is not all inclusive—there are many issues related to social justice and oppression that are not represented here. This list mostly highlights some of the ways in which oppression shows up in US society with a primary focus on racism.

Some books:

- The New Jim Crow, Michelle Alexander
- Me and White Supremacy, Layla Saad (good book to work through for those seeking to work through, learn, unlearn, reflect on, and address white supremacy)
- How to Be An AntiRacist, Ibram Kendi
- This Bridge Called My Back, Gloria Anzaldúa & Cherie Moraga
- Women, Race, & Class, Angela Davis
- Sister Outside, Audre Lorde
- The Bluest Eye, Toni Morrison
- Are Prisons Obsolete?, Angela Davis
- Killing the Black Body, Dorothy Roberts
- When They Call You A Terrorist, Patrisse Khan-Cullors
- The Fire Next Time, James Baldwin
- How We Get Free: Black Feminism & The Combahee River Collective, Keeanga-Yamahtta Taylor

Some films:

- 13th (Netflix)
- The Black Panthers: Vanguard of the Revolution
- When They See Us (Netflix)
- Dolores (on Dolores Huerta and the Farm Workers Right Movement)
- Let the Fire Burn (MOVE documentary—*important for everyone who live, learn, and work in Philadelphia especially!*)
- Awake: A Dream From Standing Rock

Some shorter videos on various topics:

[Colonialism and Boarding Schools](#)

[School to prison pipeline](#)

[Mass incarceration](#)

[Redlining](#)

[Wealth Inequality](#)

[Racial wealth gap](#)

[Toni Morrison on racism](#)

[Heteronormativity](#)

[Rape culture](#)

[Environmental racism](#)

[Racial capitalism](#)

[Reservations](#)

[Environmental Justice](#)

[Winona LaDuke on Indigenous Sovereignty in Climate Justice](#)

[Winona LaDuke on returning the Land](#)

[Native People on Racism](#)

[Miski Noor of Black Visions Collective on Policing](#)

Other suggestions:

- Follow BIPOC and trans leaders and activists on social media.
- Read fiction by BIPOC, Queer and Trans authors, etc; seek out films, TV shows, and movies that are created by and center BIPOC narratives. Justice also requires love, empathy, and community, and celebrating and honoring everyone, particularly in the face of ongoing systemic dehumanization and othering. Be intentional—this takes active work because oppression intentionally pushes people to the margins and seeks to make people invisible.
- Donate to BIPOC led justice orgs, show up for issues facing marginalized groups

Some questions to consider for further reflection or journaling:

For those in beginning stages:

- What feelings come up for me as I sit with this knowledge? As I sit with my privileges and learn these things?
- What areas of discomfort do I have and feel? What is this telling me and what I am I brushing up against? Make space for this, reflect, and journal. Be open, curious, allow.
- What implicit biases do I hold? Where did they come from? How was I socialized to believe these things? How did they serve me? How did they harm me?
- What must I unlearn? Why?
- What is my personal responsibility around these issues? What intentions do I have? What is my commitment to this work?
- In what ways may I “opt out” of this work and why? What makes it easy for me to do so? How can I remind myself and stay committed to equity and justice?
- How do I generally respond when I hear or see something racist? Sexist? Homophobic? Classist? Xenophobic? Etc? Why? How do I want to respond?
- What is it like for me in this space? Why? How do I want to see this space change?

For those with some knowledge and familiarity, or white folx with more knowledge and familiarity:

- Where am I in my process of unlearning?
- What new things have come up for me as I re-examine, re-visit, re-consider these themes?
- What discomfort is here? What is it teaching me? What can I learn?
- What work must I continue to do? What privileges must I examine, what biases am I newly aware of, what must I unlearn? How can I stay committed to doing this?

- What is my personal responsibility around these issues? What intentions do I have? What is my commitment to this work?
- In what ways may I “opt out” of this work and why? What makes it easy for me to do so? How can I remind myself and stay committed to equity and justice?
- What is it like for me in this space? Why? How do I want to see this space change?

For those for whom these issues are an ongoing part of our lives and who have awareness of oppression and how it exists:

- What is it like for me to be a part of these conversations? How can I take care of myself?
- What do I need to take care of myself today? This weekend? This week? This month and year? Moving forward?
- What are my boundaries for self-care when these conversations are happening around me and people with (more) privilege are learning these things?
- Who are my supports when I feel weary, hopeless, angry, broken hearted?
- What do I need to center my healing? What is available to me? Make a self care plan/commitment and focus on the areas of: physical wellness, emotional wellness, cognitive wellness, spiritual wellness, and relational/community wellness.
- Given my own identities, what are my areas of growth in the work towards collective liberation? What privileges, if any, would I like to spend more time examining? What biases do I hold that I need to unlearn?
- For BIPOC: where am I in my own decolonization and healing process? What does this mean for me?
- A resource for coping with racial trauma: <https://medium.com/nappy-head-club/the-four-bodies-a-holistic-toolkit-for-coping-with-racial-trauma-8d15aa55ae06>

Some last thoughts:

- Meet yourself with love and kindness. There is much to learn, unlearn, and know, and this work is ongoing. Where you are is OK. We all start somewhere and we are all needed to create the change we seek in the world. Let’s go!
- This is active work that starts within. Think about setting intentions and commitments.
- Find time to acknowledge your feelings along the way, mindfully, and with curiosity.
- If you hold privilege, don’t bring your work around a particular area of oppression to someone who doesn’t hold privilege in that area (unless you have been invited to do so). For example, if you are cis and you are working through cis privilege, don’t process this with someone who is trans. If you are white, and working through racism and white supremacy, don’t process this with someone who is BIPOC. If you are nonBlack POC and working through antiBlackness, don’t bring this work to Black folx.
- This is often hard, painful, difficult, uncomfortable work. Be gentle with yourself, don’t expect perfection, don’t judge or beat yourself up, but do keep going. These feelings aren’t bad, and we need to make space for them. It’s never too late to start and the most important thing is that you are here. You can do this!