

ANTI-RACISM: ACTIONABLE STEPS

By Marie Beecham
@MarieBeech



FACILITATE FAMILY DISCUSSIONS

Learn about racism as a family. Utilize these resources and then have a conversation. Look to facts and Black voices for the answers to questions that you don't know. Make conversation about anti-racism a regular practice in your household, friend group, and workplace.

“Unpacking the Invisible Knapsack” by Peggy McIntosh

“Letter From Birmingham Jail” by Martin Luther King Jr.

“Systemic Racism Explained” by Act.TV

Watch a TED or TEDx Talk

@MarieBeech

DIVERSIFY YOUR FEED

Follow Black people to earnestly learn from someone whose experiences are different than yours. Without flooding our DMs, take in the information on our pages. Sit with the discomfort that comes with learning about marginalization. Share our posts and amplify our voices. A handful of my absolute favorite Black women in this space are:

Layla F. Saad @laylafsaad

Rachel Elizabeth Cargle @rachel.cargle

Aja Barber @ajabarber

Mikaela Loach @mikaelaloach

Leah Thomas @greengirlleah

@MarieBeech

WATCH TED TALKS

TED and TEDx Talks are free to watch on YouTube. They are saturated with valuable information. Learn from Black people's knowledge and experiences. Share them with your friends and family so you can talk through your learning together afterward.

"We Need to Talk About an Injustice" Bryan Stevenson

"The Dangers of Whitewashing Black History" David Ikard

"Let's Get to the Root of Racial Injustice" Megan Ming Francis

"How America's Public Schools Keep Children in Poverty"

Kandice Sumner

"The Symbols of Systemic Racism- And How To Take Away

Their Power" Paul Rucker

@MarieBeech

IGNORANCE IS NOT BLISS

Read and watch things about the history of Black oppression. Learn so that you can fight for social change.

WATCH

13th - Netflix

When They See Us - Netflix

Just Mercy - Available for purchase

The Hate U Give - Hulu

The Racial Wealth Gap, Explained, S1:E1 - Netflix

READ

Solitary by Albert Woodfox

I Know Why The Caged Bird Sings by Maya Angelou

How to be Anti-Racist by Dr. Ibram X Kendi

Me And White Supremacy by Layla F. Saad

The New Jim Crow by Michelle Alexander

@MarieBeech

BLACK DOLLARS MATTER

From the privatization of the criminal justice system to perpetuating segregation through blockbusting, there are systems in place that prevent Black communities from achieving financial security.

Donate to organizations, such as these, which work to remedy the racial injustices that plague the Black community.

NAACP Legal Defense Fund

Equal Justice Initiative

National Bail Out

Mutual Aid NYC

Reclaim the Block

@MarieBeech

LET'S GET POLITICAL

“I’m not really into politics” speaks volumes.

Oppressed groups of people don’t have the privilege of opting out of politics, because their rights are at stake. If you don’t care about politics, the law is probably on your side. MLK said, “To ignore evil is to become accomplice to it.” Let’s learn from that.

Research

Get involved in local action groups

Learn about social issues

Sign petitions

Contact elected officials

Vote!

@MarieBeech

UNLEARNING AND LEARNING

It's okay to change your opinion after learning new things. That doesn't mean you're a hypocrite. It means you're unlearning some ideas and learning others. As members of a society that is overtly and subtly racist in policy and in practice, we all have a lot to unlearn.

@MarieBeech



BE ON THE RIGHT SIDE OF HISTORY

You may want things to 'go back to normal.'
Resist the urge to disengage. Going backward isn't a good thing. This 'Keep things the way they have always been' narrative has been used throughout history to slow the progress of every civil rights movement, from abolishing Slavery in the U.S. to desegregation.

Have you ever wondered what you would've done during pivotal moments in history?
Your answer is in how you choose to act today.

@MarieBeech