

# Breaking Down the Walls of White Supremacy: A Guide to Beginning An Anti-Racist Practice in Community

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## Statement on Accessibility and Financial Accountability



This quote, attributed to Jonathan Herrera (BFA), is both a declaration and ethical commitment that we have made in our anti-racist work as we understand that an anti-racist practice must also coincide with anti-capitalist. At the same time, we recognize that the academic, physical, intellectual, spiritual, and emotional labor of Black and Brown people is often extracted and exploited and so we are also committed to the anti-racist practice of financial compensation. To honor both of these commitments in the time of the COVID 19 Pandemic, we ask that you if you are going to use this guide and readings, that you commit to buying some of the listed books, as well as contributing to appropriate funds for anti-racist or mutual-aid causes.

In the case of the case of the Me and White Supremacy and the Practice Showing up workbook, these must be purchased through the appropriate places. This whole guide revolves around these works, if you do not have them the guide will not be what it was meant to be.

Me and White Supremacy: <https://www.meandwhitesupremacybook.com/>

Practice Showing Up: <https://www.jardanapeacock.com/the-book.html>

This guide was created through a practice of critical collaboration and it is here I would like to express my gratitude and acknowledgement:

First and foremost, I acknowledge the land in which I occupy and do my work is the ancestral homelands of the Cheyenne, Arapahoe, Ute, Kiowa, Shoshone, and Comanche people and tribes. I recognize my responsibility to Indigenous peoples as a settler identified person extends into the mission of returning land.

I wish to extend my deepest feeling of gratitude to those who contributed lessons, readings, suggestions, and loving feedback and accountability and help with creating this document:  
*Dr. Caridad Souza, Roe Bubar, J.D., Dr. Eric Ishiwata, Monica Rivera, Kalyn Bonn, Bill O'Connor, Cat Bourne, Whitney Gustafson, Cynthia Ortega, Yan Xue, Avondine Hill, Shakota Dilley, Rorey King*

*“A lot of women are talking about all this radical stuff, but when it comes to be it will scare the shit out of them.”*

*“Before turning our eyes “forward” let’s cast a look at the roads that led us here.”*

*-both from Acts of Healing, Gloria Anzaldúa*

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This guide and resource book were critically, lovingly, and intentionally put together in the current moment of uprising in response to the continued murder of Black people at the hands of state sanctioned police and white supremacist vigilantes. Our current collective movement has been catalyzed by the unspeakable loss of Ahmaud Arbery, Breonna Taylor, George Floyd, Tony McDade, and Modesto Reyes from this world. Their names join the expansive list of names of Black people unjustly killed before them.

As a poor white single mother who has had the privilege of accessing academic spaces which has allowed me to engage critically with myself and my role in white supremacy, I recognize that this movement joins the temporal currents of resistance that flow from the mouth of chattel slavery. I recognize that the place we stand in the river is a place we have come to many times before. I recognize that as a white mother, my socialization has been critical to the perpetuating of white supremacy and it is this understanding that motivates my desire to dismantle this structure internally and externally. Indeed, this moment is not a new one, and as I observed and reflected on the mass sharing of resource drives and reading lists, I moved to create a guide for those that I love and care about who are seeking to enter into the necessary practices that are required to dismantle the stronghold of white supremacy.

I do this not because I think I can guide people better than anyone else doing this work. I offer this because through my own learning and practices in my time spent as a student of Ethnic and Women/Gender studies, I have come to understand that in order to create new social fabric it must be done in community. We must work together to dismantle the ways we as individuals embody and perpetuate whiteness and uphold the systems and structures of white supremacy. My growth as a white person has been in relation to the close relationships with my Indigenous, Puerto Rican, and Japanese American advisors who are not only excellent scholars but are always trying their best in their own practices. My growth has also spurred in relation to my friends, peers, cohort, and role as a graduate teaching assistant and mentoring undergraduates who reflect the beautiful spectrum of difference that has truly enriched my life. Without these relationships, I would not be where I am today in terms of consciousness and I certainly would not understand the need for a deeper commitment.

This guide is created out of my own working knowledge on how to begin the practice of anti-racist relationship and community building. It is a guide for how to move through the invaluable works created by critical Black, Indigenous, Asian-American, Latinx, Multi-racial scholars located in different positions of the colonial matrix of domination with other people. The people you need to work through this guide need to be the people in our families, partners, parents, friends, co-workers, colleagues, peers, and neighbors. Doing this will create movement and cracks in the walls of whiteness that separate us from each other so that we may collectively move towards all the possibilities of living in liberation.

An aspect of embodied whiteness is the belief that we cannot begin to speak about white supremacy, race, or racism until we know all there is to know. This keeps us from taking steps in any direction, as the charge to learn everything there is to know about white supremacy and whiteness is larger than life. However, because white supremacy results in the unjust mass killings of Black, Indigenous, and people of color, it is beyond imperative that we take steps forward and break the silence in our lives.

This tool kit is meant to serve as a starter so that you can build a good foundation of critical knowledge while you practice new ways of being and showing up in your life and community. This means a few things:

First, this is a beginning place. There is so much more to read and consider, and it's important to know that where a lot of people stop is when they feel overwhelmed. If you've accessed any of the reading lists that are being widely shared, you may have felt this. This also may not be the beginning space for you, and that is okay. Please find one that speaks to you.

Second, the resources provided here cannot be taken on solely as a book club or an exercise in academics. Please read that a few times over. In "*And When You Leave, Take Your Pictures With You*", Jo Carrillo writes "theory alone cannot wipe out racism. We (women of color) do not experience racism, whether directed at ourselves or others, theoretically. Neither do white women".<sup>1</sup> She goes on to say that "racism effects all of our lives, but it is only white women who can "afford" to remain oblivious to these effects."<sup>2</sup> As such, the materials that this guide centers require action, as Paulo Freire offers "liberation is a praxis: the action and reflection of people upon their world in order to transform it."<sup>3</sup> Praxis and practice require us to pay attention to the

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<sup>1</sup> Jo Carillo, "And When you Leave Take Your Pictures With You", ed. Moraga, Cherríe, and Gloria Anzaldúa. *This Bridge Called My Back : Writings by Radical Women of Color* Fourth edition. Albany, NY: SUNY Press, 2015.

<sup>2</sup> Ibid.

<sup>3</sup>Freire, Paulo, Myra Bergman Ramos, and Donaldo P. Macedo. *Pedagogy of the Oppressed* 30th anniversary edition. New York ;Bloomsbury Academic, an imprint of Bloomsbury Publishing, 2000. ,use of the word "people" is mine intentionally as the original text refers to 'men' and 'women' and it is recognized that it is not inclusive of people who identify as Trans, non-Binary, Gender Queer, and otherwise.

ways we show up in our daily lives and are connected to the critiques of power you will find in the given and suggested readings.

This toolkit is intended to be used in relationships with other people. This means that while there is an ample amount of reading lists being shared over and over, what I am offering here is a working framework along with resources. To reiterate, through my work, I have learned that practicing anti-racism is best done in relation to people in our families, friend groups, workspaces, neighborhoods, churches, exercise/movement studios, parent groups, and so on. I put an emphasis on collaborative and relational work because anti-racism cannot be an individual practice on its own if we wish to move towards liberation and freedom.

In doing this critically vulnerable work with others, we create stronger relationships based in meaning and accountability, which has a ripple effect in the fabric of an extremely oppressive society. When we move together, we can create a more sustainable practice, which is imperative to carrying us beyond this current moment of outrage, as Audre Lorde reminds us that “Revolution is not a onetime event”.

This tool kit is for any person: white, Black, Indigenous, Latinx, Asian-American, Bi and Multi-Racial, and of International Origin to explore all the ways we unknowingly participate in white supremacy. Contrary to mainstream belief, because of the pervasiveness of whiteness, everyone internalizes and participates in unrecognized ways.

Internalized whiteness destroys us from the inside while the arms of society destroy from the outside in a myriad of ways, affecting us all depending on where we are situated in a socially constructed matrix of domination (Patricia Hill Collins). This guide is based in the revolutionary sentiments communicated by radical Black and Women of Color feminists that anti-racist work is about learning to love ourselves and each other, so that we may move beyond just surviving. In it you will find, resources that form beginning space of transformation rather than one about “fixing” ourselves. You are here now. You have nothing to lose and everything to gain by not looking back.

In radical love and solidarity,

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\*Please note that this is considered a living document and always has room for improvement.

### THINGS TO KNOW UP FRONT:

#### Realizations about what it means to contend with whiteness

1. This work requires vulnerability and honesty about the deepest, darkest parts of ourselves that we may be afraid to face. No one can do this work for you; you must do it for yourself so that you can do it with other people.
2. Because of this, this is the hardest work that you will probably have ever taken on at this point in your life, even IF you consider yourself to be a social justice advocate/ally/practitioner.
3. This means that you are going to want to quit and walk away many times and you may even do this. A few times. In these times REMIND YOURSELF that you get to do this, you get to walk away because of whiteness.
4. So, keep trying, because anti-racism is a PRACTICE that you do while you journey through life. It is not a destination; it is not something you can ever “complete”.
5. And so, just know that YOU WILL NEVER BE DONE WITH THIS WORK.
6. Choosing to practice anti-racism is a lifetime commitment because every step away from the practices of whiteness and white supremacy puts cracks in the systems that disproportionately kill Black, Brown, and Indigenous people.
7. This means that YOU (and me) are DIRECTLY connected to this system. And this is something that once you know, you cannot look away from because choosing to know and look away has taken you from a passive practitioner of whiteness into an active one. Consider what that means.

8. Choosing to practice anti-racism is also a lifetime commitment in that every step away from whiteness and white supremacy, you are choosing to have a relationship with yourself, the people, and the world around you. This means that you will be able to walk towards BETTER, more loving, and more connected relationships because
9. WHITENESS is empty and alienating. It hollows us out and uses us for the purposes of capitalism and the maintenance of hierarchies. But it will lie to you and attempt to entice you back with a false sense of security and comfort.
10. Practicing anti-racism means choosing discomfort instead of running away.
11. And you are going to want to run away, because facing all of this is going to be painful. It is going to hurt. But only by going through this pain can we come out on the other side, being able to look back and see all the ways we participated in white supremacy.
12. Whiteness hurts white people in ways we don't realize. We need to go through the pain of healing our self-inflicted wounds so that we can truly empathize and feel with the Black, Brown, Indigenous people who are hurting and being killed by our complicity in white supremacy,
13. This requires vulnerability and honesty with ourselves about the deepest, darkest parts of ourselves. You must do this work for yourself; no one can do it for you,

### Ten Tips for Receiving Feedback/Reading/Encountering those moments of discomfort:

1. Pause and really listen
2. Be curious-internally and externally
3. Incorporate your values
4. Breathe, acknowledge, respond
5. Be proactive and consider what you can control (about yourself)
6. Be mindful of tone policing
7. Hold the tension
8. Understand that mistakes are necessary
9. Recognize the difference between "safe" and "comfortable"



10. Find an accountability buddy with whom to process who can offer compassion and won't let you off the hook.

As you go along, you will build up on this foundation as you begin to collect more tools. There is no such thing as being an expert on these matters. For those of us who have been doing this work, both BIPOC and white identified, a point of understanding we have come to many times over is that this work is never done. It's going to be messy and mistakes will be made which provides more opportunities to learn.

#### Contents of this tool kit:

- *White Supremacy Culture* by Tema Okun
- *Racial Microaggression in Everyday Life* by Derald Wing Sue, Christina M. Capodilupo, Gina C. Torino, Jennifer M. Bucceri, Aisha M. B. Holder, Kevin L. Nadal, and Marta Esquilin
- Social Locations Worksheet
- Your purchased copies of *Me and White Supremacy* by Layla F. Saad and *How to Practice Showing Up* by Jardana Peacock
- Readings attached via PDF or google doc link
- Books to Buy List
- Media suggestions in the form of documentaries, podcasts, YouTube videos, websites that specialize in topical education

### How to Move Through

1. Invite a group of trusted friends, family members, neighbors, etc. into a work/practice group with you. If you are looking for ideas about how to structure your discussion, Layla Saad recommends Circle Ways (noted in the *White Supremacy and Me Workbook* and linked [here](#))

2. Look through the *Me and White Supremacy* workbook, read the introduction and get a sense of what Layla F. Saad is asking us to do. Plan how you will work through this and who you will be doing it with.
  3. Before diving into the workbook, read *White Supremacy Culture* by Tema Okun along with the Racial Microaggressions article. Write down what you realized about yourself and how this made you feel. Talk about this with whoever you are working with or post on social media if you want to invite a more public conversation.
1. Do the Social locations worksheet. Write down/talk about what you learned and what feelings, sensations, images, connections, memories, or thoughts came up for you.
  2. The readings provided below are intended to be read alongside doing the *Me and White Supremacy* workbook. For example, while doing the first few sections of the workbook that have to do with reflecting on whiteness, read from the readings on whiteness, the section on Black people in relation to Black History section readings, Indigeneity, etc. Layla Saad does not include a section on Asian-American or Latinx identified people related to white supremacy, so please use the questions she asks in relation to those readings as well.
  3. While you are reading and going through the workbook, make sure you are still participating in actions that are being directed from the national movement for Black lives. Do not just hole up in your study. What are ways that you can be involved in anti-racist work in your community? What commitments can you make within your work group? Check in and up with each other.
  4. After completing the *Me and White Supremacy* workbook, take some time to reflect on all that you have learned about yourself and the world and write about where you are in your understanding of whiteness compared to when you first started.
  5. Like with *Me and White Supremacy*, plan out and begin the *Practice Showing Up* Workbook and take up any readings you have not read that were provided, or expand out into the books that hopefully you have been buying off the list.

**Readings to be used along with *Me and White Supremacy* and *Practice Showing Up***

## Whiteness and White Supremacy

### *Free Readings*

**Peggy McIntosh** *White Privilege: Unpacking the Invisible Knapsack:*

<https://www.racialequitytools.org/resourcefiles/mcintosh.pdf>

**Allan Johnson** *Power, Privilege, and Difference:*

<https://csgenderstudies.weebly.com/uploads/2/0/2/1/20211125/johnson-powerprivdifference.pdf>

**David R. Roediger** *How race survived U.S. history, from settlement and slavery to the Obama phenomenon:*

**Nell Irvin Painter** *The History of White People*

<https://drive.google.com/file/d/1hp-Bs00RO8thhWrSC2SnvueD7x0gKQoB/view>

**David R. Roediger**, *The Wages of Whiteness:*

<https://drive.google.com/file/d/1vZv1HLGjk8H1tjW-RJk8dtmHVLvY58K0/view>

**Theodore W. Allen**, *The Invention of Race Volume I:* <https://drive.google.com/file/d/1odd-DNXSqq69VDfNxiAs3n1HIFtVDZdH/view>

**Kenneth Jones & Tema Okun**, “The Characteristics of White Supremacy Culture”

<https://www.showingupforracialjustice.org/white-supremacy-culture-characteristics.html>

**George Lipsitz**, *The Possessive Investment in Whiteness*

[https://www.jstor.org/stable/2713291?read-now=1&refreqid=excelsior%3Aaf83e678578600ced61e787c28d3c079&seq=1#page\\_scan\\_tab\\_contents](https://www.jstor.org/stable/2713291?read-now=1&refreqid=excelsior%3Aaf83e678578600ced61e787c28d3c079&seq=1#page_scan_tab_contents)

**Ivan Illich**, *To Hell with Good Intentions*

[http://www.uvm.edu/~jashman/CDAE195\\_ESCI375/To%20Hell%20with%20Good%20Intentions.pdf](http://www.uvm.edu/~jashman/CDAE195_ESCI375/To%20Hell%20with%20Good%20Intentions.pdf)

**FIST-Fight Imperialism, Stand Together**, *What is Marxism all about? A street guide for revolutionaries*

While this does not explicitly contend with whiteness, it is an important framework for understanding the systematic and sociopolitical implications of it.

## Internalized Whiteness/Internalized Colonization

**Frantz Fanon**, *Black Skin, White Masks*

<https://drive.google.com/file/d/1mHVuFDecEhA4Bc9z2kNNihKp4zFC0Lcb/view>

**Frantz Fanon**, *The Wretched of the Earth*

<https://drive.google.com/file/d/18YQzaxseFNZH14kqh-gQcAvkEgq1IJhA/view>

**Paulo Freire**, *Pedagogy of the Oppressed*,

[https://drive.google.com/file/d/1oCE28eynMuAfuSwUWZ\\_9H8J77J89NGDg/view](https://drive.google.com/file/d/1oCE28eynMuAfuSwUWZ_9H8J77J89NGDg/view)

### White Supremacy and Class

**Annette Lareau**, *Unequal Childhoods: Class, Race, and Family Life*

**Evelyn Nakano Glenn**, *Cleaning Up, Kept Down: A Historical Perspective on Racial Inequality in "Women's Work"* \*can be accessed with a free account on JSTOR

[https://www.jstor.org/stable/1229043?seq=1#metadata\\_info\\_tab\\_contents](https://www.jstor.org/stable/1229043?seq=1#metadata_info_tab_contents)

**D. Stanley Eitzen**, *Globalization: The Transformation of Social Worlds: Chapters 1, 3, 8, 10*

### White Supremacy and Indigeneity (pdfs)

**Thomas King**, *Chapter One, The Truth About Stories*

**Andrea Smith**, *The Three Pillars of White Heteropatriarchy*

**Patrick Wolfe**, *Settler Colonialism and the Elimination of the Native:*

<https://scinapse.io/papers/2018276495>

**Roxane Dunbar-Ortiz**, *Chapters 1,2,3,4 and 11 from An Indigenous People's History of the United States* (this book is an essential must have, please buy it!)

**Rayna Greene**, *The Pocahontas Perplex*

**Leanne Betasamosake Simpson**, "Land as Pedagogy" from *As We Have Always Done: Indigenous Freedom Through Radical Resistance*

### White Supremacy/Anti-Blackness/Black History/ Prison Abolition

**Angela Davis**, Are Prisons Obsolete? <https://drive.google.com/file/d/1kM1S-Agaq5IJyjjUnFHmkbds7NRO4KjB/view>

**bell hooks**, We real cool: <https://drive.google.com/file/d/154-xBsCJ9524wVzPpUOy9hRPXN1YRrWJ/view>

**bell hooks**, *Yearning: race, gender, and cultural politics* <https://drive.google.com/file/d/1A7q-sRqf919ItEwIAJb-rqO1G5RGHV4N/view>

**W.E.B DuBois**, Collection of Essays:

<https://drive.google.com/file/d/1eMRXXGIFPR9IV6DJYWI3qRm1YTQ8rSoi/view>

**Keeanga-Yamahtta Taylor**, *How We Get Free: Black Feminism and the Combahee River*

*Collective*, [https://drive.google.com/file/d/1Vk4h3\\_MdGZLCILJpFOX0Ub74X1UKO5w1/view](https://drive.google.com/file/d/1Vk4h3_MdGZLCILJpFOX0Ub74X1UKO5w1/view)

**Ta-Nehisi Coates**, [The Case for Reparations](#)

### White Supremacy/Imperialism and Asian- American History and Activism

From the book, "Dragon Ladies: Asian American Feminists Breathe Fire"

**Pamela Chiang, MilYoung Cho, Elaine H. Kim, Meizhu Lui, Helen Zia**, *On Asian America, Feminism and Agenda Making: A Roundtable Discussion*

**Yuri Kochiyama, Diane C. Fujino**, *Revolutions from the Heart: The Making of an Asian American Woman Activist*

**Cheng Imm Tan**, *Searching for the Ox: The Spiritual Journey of an Asian American Feminist Activist*

**Shah**, *Redefining Home*

### White Supremacy and Latinx History

**Gloria Anzaldua**, *La Conciencia De La Mestiza: Towards a New Consciousness*

<https://f.hypotheses.org/wp-content/blogs.dir/3462/files/2018/11/4.-ANZALDUA-Borderlands.-La-Consciencia-de-la-mestiza.pdf> ; “*La herencia de Coatlicue/The Coatlicue State*”;

“*Movimientos de rebeldia y las culturas que traicionan*”

**Mariana Ortega**, “*Being Lovingly, Knowingly Ignorant . . .*”

**Leela Fernandes**, “*Identity*”

**Eliana Rivero**, “*Fronterisleña*”

**Ana Castillo**, “*La Macha: Toward a Beautiful Whole Self*”

**Maria Lugones**, “*Playfulness, ‘World’-Travelling, and Loving Perception*”

**Patricia Fernandez-Kelly & Douglas S. Massey**, *Borders for Whom: The Role of NAFTA in*

*Mexico-US Immigration* [https://www.jstor.org/stable/25097891?read-now=1&refreqid=excelsior%3Afc42f1f61c7d34cad1c4c9c1a6c7ec45&seq=1#page\\_scan\\_tab\\_contents](https://www.jstor.org/stable/25097891?read-now=1&refreqid=excelsior%3Afc42f1f61c7d34cad1c4c9c1a6c7ec45&seq=1#page_scan_tab_contents)

### White Supremacy and Sexuality/LGBTQ

**Adrienne Rich**, *Compulsory Heterosexuality and Lesbian Experience*

[adrienne rich: compulsory heterosexuality and lesbian existence](#)

**C. Riley Snorton**, “*Black on Both Sides: A Racial History of Trans Identity*,”

<https://drive.google.com/file/d/1KgxNKKtH4qToMENGXrbFOgDataqR-uJV/view>

### White Supremacy and Religion

**Jemar Tisby**, [The Color of Compromise: The Truth about the American Church’s Complicity in Racism](#)

### White Supremacy and Disability

<https://www.aapd.com/racism-and-ableism/>

<https://bcrw.barnard.edu/videos/ableism-is-the-bane-of-my-motherfuckin-existence/>

<https://bcrw.barnard.edu/videos/my-body-doesnt-oppress-me-society-does/>

<https://disabilityvisibilityproject.com/2020/05/14/a-paradoxical-history-of-black-disease/>

### White Supremacy and White Feminism

**Combahee River Collective**, *The Combahee River Collective Statement*

[https://americanstudies.yale.edu/sites/default/files/files/Keyword%20Coalition\\_Readings.pdf](https://americanstudies.yale.edu/sites/default/files/files/Keyword%20Coalition_Readings.pdf)

**Audre Lorde**, *Sister Outsider*: <https://drive.google.com/file/d/1ivue2-iRrkYR1HPiS6TzNwjSU4x4i52z/view>

**Claudia Jones**, *An End to the Neglect of the Negro Woman*

[https://drive.google.com/file/d/1\\_pLNrNp6\\_02sdTRqm3C7pOahUwGWPLuJ/view](https://drive.google.com/file/d/1_pLNrNp6_02sdTRqm3C7pOahUwGWPLuJ/view)

**Layla Saad** “I need to talk to white women about white supremacy” open letter in 2 parts (this is from 2017 regarding the unite the right riot in Charlottesville)

Part 1: <http://laylafaad.com/poetry-prose/white-women-white-supremacy-1>

Part 2: <http://www.wildmysticwoman.com/poetry-prose/white-women-white-supremacy-2>

**bell hooks**, *Ain't I A Woman: Black Women and Feminism*:

<https://drive.google.com/file/d/1vS8wIqjAw2Sdexe6Z6HijRjjgy5sNqZ/view>

**Kimberlé Williams Crenshaw**, *Mapping the Margins: Intersectionality, Identity Politics, and Violence Against Women of Color*

<https://www.racialequitytools.org/resourcefiles/mapping-margins.pdf>

## White Supremacy and White Motherhood/Reproductive Justice

### Parenting/Teaching Small Children

**Angela Davis**, *Modern Motherhood, Women and Family in England*

[https://drive.google.com/file/d/1sNxwwfkwR24xhIMFP\\_n1347qirem80LC/view](https://drive.google.com/file/d/1sNxwwfkwR24xhIMFP_n1347qirem80LC/view)

**Loretta Ross**, “The Color of Choice: White Supremacy & Reproductive Justice”

**Angela Davis**, “Rape, Racism and the Capitalist Setting”

**Jen Harvey**, [Raising White Kids](#)

['Raising White Kids' Author On How White Parents Can Talk About Race](#)

For more readings on radical anti-racist, anti-imperialist thinking, ways of being, and politics please visit this collection of works provided for free:

[https://docs.google.com/document/d/1kwDGZFH2-jFr4xZ2ynxQkihYwIVh\\_uZlp1-Q73uXzso/mobilebasic?usp=gmail\\_thread](https://docs.google.com/document/d/1kwDGZFH2-jFr4xZ2ynxQkihYwIVh_uZlp1-Q73uXzso/mobilebasic?usp=gmail_thread)

**Websites:** <https://www.racialequitytools.org/resourcefiles/Racially-Conscientious-Parenting-in-a-Colorblind-Society.pdf>

<https://www.embracerace.org/resources/its-time-for-white-parents-of-white-kids-to-bring-the-resistance-home>

<https://www.parenttoolkit.com/social-and-emotional-development/advice/social-awareness/how-to-talk-to-kids-about-race-and-racism>

[Books to Teach White Children and Teens How to Undo Racism and White Supremacy](#)

Books to Buy:

**Cherie Moraga and Gloria Anzaldua**, *The Bridge Called My Back: Writings by Radical Women of Color*

**Beverly Guy-Sheftall**, *Words of Fire: An Anthology of African American Feminist Thought*

**Michelle Alexander**, *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*

**Claudia Rankine**, *Citizen: An American Lyric*

**Keeanga-Yamahtta Taylor**, *From #BlackLivesMatter to Black Liberation*

**Brittney Cooper**- *Eloquent Rage: A Black Feminist Discovers Her Superpower*

**Robin DiAngelo**, *White Fragility*

**Ijeoma Oluo**, *So You Want To Talk About Race*

**Ibram X. Kendi**, *How to be an Antiracist*

**Ibram X. Kendi**, *Stamped from the Beginning*

**Ibram X. Kendi**, *Antiracist Baby*

**Cecilia Caballero, Yvette Martinez-Vu, Judith Perez-Torres, Michelle Tellez, Christine Vega**, *Chicana Motherwork Anthology*

**Ana Castillo**, *Black Dove*

**Marc Lamont Hill**, *Nobody*

**Laura Briggs**, *How All Politics Became Reproductive Politics*

**Nancy Ordover**, *American Eugenics: Race, Queer Anatomy, and the Science of Nationalism*

**Zenju Earthlyn Manuel**, *The Way of Tenderness: Awakening Through Race, Sexuality, and Gender*

**Resmaa Menakem**, *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*

**Rev. angel Kyodo williams**, *Being Black: Zen and the Art of Living with Fearlessness and Grace*

**Rev. angel Kyodo williams, Lama Rod Owens, Dr. Jasmine Syedullah**, *Radical Dharma: Talking Race, Love, and Liberation*  
Briggs

Media:

*13th*

*Black Power Mixtape: 1967-1975*

*I Am Not Your Negro*

*Just Mercy*

*When They See Us*

Free Resources:

Cultural somatics course from Resmaa Menakem:

<https://culturalsomaticsuniversity.thinkific.com/courses/cultural-somatics-free-5-session-ecourse>

Blog Posts:

**Tada Hozumi**, *The key to healing whiteness is understanding cultural somatic context*

<https://selfishactivist.com/the-key-to-healing-whiteness-is-understanding-cultural-somatic-context/>

Podcast episodes:

**Rev. angel Kyodo williams**

<https://www.stitcher.com/podcast/shambhala-meditation-center-of-new-york-city/meditation-in-the-city-a-shambhala-meditation-center-of-new/e/54561075>

**Prentis Hemphill:** <https://soundcloud.com/bioneers/somatics-trauma-healing-and-social-change>

**Lama Rod Owens:** <https://www.tenpercent.com/podcast-episode/lama-rod-owens-253>

Instagram Accounts to follow:

@M4BL

@BLM5280

@ParentingisPolitical

@Raising\_the\_Resistance

@wokebrownfem

@nowwhitesaviours

@theintiredproject

@rachel.cargle

@advancementproject

@britthawthorne

@indyamoore

@wearyourvoice

@ckyourprivilege

@alokvmenon

@theunapologeticallybrownseries

@austinchanning

@theconsciouskid

@antiracismctr

@\_nickyflash\_

@heyqueenyoucute

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@MsPackyetti  
@JBouie  
@thearmchaircom  
@RevJacquiLewis  
@drchanequa  
@ava  
@YNPierce  
@esglaude  
@jemelehill  
@\_nickyflash\_  
@nhannahjones