



# 30-DAY RACIAL EQUITY CHALLENGE

(R-READ, L-LISTEN, W-WATCH, P-PRACTICE)

## A CALL TO ACTION/ UNDERSTANDING OUR HISTORY

- THE "INDIAN PROBLEM" (W,L)
- SLAVERY TO MASS INCARCERATION (W,L) → TERROR LYNCHING IN AMERICA (W,L)
- LISTEN TO '1619,' A PODCAST FROM THE NEW YORK TIMES (L,R)
- HOW WHITE PEOPLE GOT MADE. WHITENESS IS ONE OF THE BIGGEST AND... | BY QUINN NORTON | THE MESSAGE (R)
- SEGREGATED BY DESIGN ON VIMEO (W,L) → THE DISTURBING HISTORY OF THE SUBURBS | ADAM RUINS EVERYTHING (W,L)
- YOU CANNOT DIVORCE RACE FROM IMMIGRATION (L,R)
- THE CASE FOR REPARATIONS FROM THE ATLANTIC (R)

## RACISM AND YOU/BIAS INTERPERSONAL RACISM AND ALLYSHIP

- 5 TIPS FOR BEING AN ALLY (W,L) → BEING AN ALLY (R)
- WHY "I'M NOT RACIST" IS ONLY HALF THE STORY | ROBIN DIANGELO | BIG THINK (W,L)
- TAKE IMPLICIT BIAS TEST (P)
- VERNA MYERS: HOW TO OVERCOME OUR BIASES? WALK BOLDLY TOWARD THEM (W,L)
- WHAT IS A MICROAGGRESSION? 14 THINGS PEOPLE THINK ARE FINE TO SAY AT WORK — BUT ARE ACTUALLY RACIST, SEXIST, OR OFFENSIVE (R)
- 'INTERGROUP ANXIETY': CAN YOU TRY TOO HARD TO BE FAIR? (W,L)

## SYSTEMIC AND INSTITUTIONAL

- TRAITS OF WHITE SUPREMACY CULTURE & GRAPHIC (R)
- 7 WAYS WE KNOW SYSTEMIC RACISM IS REAL (R) → NEXT TIME SOMEONE SAYS RACISM ISN'T REAL, SHOW THEM THIS 3-MINUTE VIDEO (W,L)
- LISTEN TO CODE SWITCH: "A DECADE OF WATCHING BLACK PEOPLE DIE" ON NPR (L,R)
- LET'S GET TO THE ROOT OF RACIAL INJUSTICE | MEGAN MING FRANCIS | TEDxRAI (W,L)
- EXPLAINED | RACIAL WEALTH GAP | FULL EPISODE | (W,L)

## NOW WHAT?

- JOHN LEWIS: TOGETHER, YOU CAN REDEEM THE SOUL OF OUR NATION (R,L)
- DEI APPROACH IS NO LONGER RELEVANT: OPERATIONALIZING RACIAL JUSTICE IN NON-PROFIT ORGANIZATIONS (R)
- THERE IS NO NEUTRAL | MICHELLE JOHNSON | TEDxWAKEFORESTU (W,L,P)
- MAPPING OUR SOCIAL CHANGE ROLES IN TIMES OF CRISIS & MAPPING OUR SOCIAL CHANGE ROLES + REFLECTION GUIDE (R,P)
- WHEN CIVILITY IS USED AS A CUDGEL AGAINST PEOPLE OF COLOR (R,L)
- 'LEAN INTO DISCOMFORT' WHEN TALKING ABOUT RACE | HERE & NOW (R,L)
- BELONGING.BERKELEY.EDU/TARGETEDUNIVERSALISM

WEEK 1  
WEEK 2  
WEEK 3  
WEEK 4