

Racial Injustice Tool Kit to Aid the Black Community

The following information is being provided as a **starting point** to dismantling the racial injustices and inequalities faced by the Black Community. The list of resources are by no means an end all answer, but rather resources to jump start ideas and initiatives. *The items highlighted in blue are hyperlinks to resources.* If you would like to provide additional resources or ideas, please email the Director of the Unity Center.

For the Black Community

- SELF-CARE!
 - Whatever that looks like, and if you need to explore to find it, now is the time
- Take all the space or none of the space you need. Don't be afraid to TAKE A BREAK.
- Don't feel pressured to speak
- Find outlets and space where your input matters
- Don't feel pressured to carry the Black voice at work or in the classroom
- Don't take more burden on than you can carry
- Find a comfortable support system and community, don't battle alone
- If you feel the need to protest, please be safe and make sure those around are there for the same purpose
- Know what your triggers are
- Create boundaries

Black Mental Health Resources

- [Black Emotional and Mental Health Collective Took Kit](#)
- [Association of Black Psychologists Self Care Tool Kit](#)
- [Black Mental Health Alliance - Therapist Connection](#)
- [Inclusive Therapists](#)
- [Directory of African-American Therapist](#)
- [Black Women's Health Imperative](#)
- [Sista Afya](#)
- [Emotional Emancipation Circle Support](#)
- [Marian Counseling Services](#)
- [Indianapolis Recorder](#)
- [Ourselves Black Magazine](#)
- [People of Color Classroom Resources](#)

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- [Mental Health Screening Tool](#)
- [Anxiety Disorders Association of America](#)
- [Autism Society of America](#)
- [Suicide Prevention](#)

For Counterparts and Allies

- Increase your knowledge of the inequalities, anti-racism, critical race theory, culturally responsive teaching and inclusive pedagogy, which impact the Black community
- Review [Marian's Unity Center Inclusive Language Glossary](#)
- Listen more; Talk less to promote the opportunity of gaining perspective and brave space
- Try to resist the need to respond with a better or different insight about something you've read or listened to as it relates to a shared opinion or experience of a Black person
- Know the difference between an ally and wanting to not be a racist
 - An ally works to dismantle systems of oppression
- Please refrain from making remarks as if these occurrences are new
 - "I can't believe this happens in this day in age"
- Remember that colorblindness is not a good thing
- Be mindful of opening up meetings and interactions with questions like "How are you" or "How was your weekend" during these times, it can be re-triggering
- Diversify your social media
- Acknowledge what is happening and share your empathy
- Don't stay silent during injustice
- Prayer does not always lead to action, as some misuse the free will God has given
- Be aware of [gas lighting](#) language
- Do ask Black colleagues if they would like to make space to discuss BEFORE making space
 - If yes, be sure to listen, don't over apologize, don't ask to be educated, don't ask if you've been racist, and don't force a Black person to share
- Ask for Black input before speaking on or toward the community
- [75 Things White People Can Do For Racial Justice](#)

Action Item Ideas

- Dispel racism by planning within the following steps:
 - Notice the incident
 - Name the problem

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- Assume personal responsibility to address it
- Choose an intervention strategy in which to address, act or speak on racism issues
 - Direct – Address the system or aggressor and come between them and the targets
 - Indirect – Address the target that was harmed
 - Distanced – Address the harm and impact
- Take action
- Understand that being in solidarity has [roles](#), which are:
 - Weavers
 - Experimenters
 - Frontline Responders
 - Visionaries
 - Builders
 - Caregivers
 - Disruptors
 - Healers
 - Storytellers
 - Guides
- Promote opportunities for Black experience outside of the normal occurrences
- Promote the opportunity for Black students to gain an education, which can positively impact their communities
- Donate to Organizations that directly benefit the Black community
- Join text or call movements
- Bring more Black speakers to campus
- Sign petitions
- Assess systemic barriers and oppressions of Black communities, and how to dispel them
- Register to Vote
- Check in your black friends, family, partner and colleagues
- Screenshot, share, and repost resources to educate those around you
- Don't center the narrative around you. Identify privilege and condemn it.
- Stop supporting organizations that promote hate
- Empathize - [Depiction](#)
- Understand that it is uncomfortable for everyone, whether on the giving or receiving end
- Be an ally! Continue being an ally after the outrage and don't wait for an incident to occur.

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Watch List (Films/TV)

- LA 92 (Netflix)
- 13th (Netflix)
- American Son (Netflix)
- Dear White People (Netflix)
- When They See Us (Netflix)
- See You Yesterday (Netflix)
- Who Killed Malcolm X? (Netflix)
- If Beale St. Could Talk (Hulu)
- Detroit (Hulu)
- The Rape of Recy Taylor (Hulu)
- Blindspotting (Hulu)
- 3½ Minutes, Ten Bullets (Hulu)
- Kiki (Hulu)
- The Hate You Give (Cinemax/Available to Rent)
- Just Mercy (Available to Rent)
- King Of the Wilderness (Available to Rent & YouTube)
- Selma (Available to Rent)
- Best of Enemies (Available to Rent)
- Do The Right Thing (Available to Rent)
- 12 Years a Slave (Available to Rent)
- Birth of Nation (Available to Rent)
- Harriet (Available to Rent)
- American Violet (Available to Rent)
- Hidden Figures (Available to Rent)
- Higher Learning (Available to Rent)
- Free State of Jones (Available to Rent)
- Black Power Mixtape: 1967-1975 (Available to Rent)
- Clemency (Available to Rent)
- Fruitvale Station (Available to Rent)
- I Am Not Your Negro (Available to Rent)

Watch List (YouTube/Podcasts)

- [MLK Speech w/ Tribute to Recent Police Brutality Victims](#)

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- [Bloomberg and The Legacy of Stop-and-Frisk - Between the Scenes | The Daily Show](#)
- [History of MLK Day: What It Took to Recognize a Great Black Man](#)
- [Being Black by Jane Elliott](#)
- [Empathy vs. Sympathy](#)
- [White Privilege](#)
- [How We Can Win](#)
- [Let's Get To The Root of Racial Injustice](#)
- [Still Processing on Kaepernick](#)
- [White Lies](#)
- [Jim Crow of The North](#)
- [James Baldwin Debates William Buckley \(1965\)](#)
- [Snapshot of #BlackLivesMatter Movement History](#)
- [5 Tips for Being an Ally](#)
- [Black Feminism & the Movement for Black Lives: Barbara Smith, Reina Gossett, Charlene Carruthers \(50:48\)](#)
- ["How Studying Privilege Systems Can Strengthen Compassion"](#)
- [Interview about I'm Still Here](#)
- [Interview about White Awake](#)
- [White Fragility](#)
- [White Lies](#)
- [The 1619 Project](#)
- [Uncivil](#)
- [The Witness Podcast Network -](#)
- [Seeing White](#)
- [A Decade on Watching Black People Die](#)
- [Brené Brown + Ibram X. Kendi "How to Be an Antiracist"](#)

Books

- [How To Be An Antiracist](#) by Ibram Kendi
- [White Fragility: Why It's So Hard for White People to Talk About Racism](#) by Robin DiAngelo
- [Autobiography of Malcolm X](#) as told to Alex Haley
- [Huey P Newton Reader](#) by Huey P. Newton
- [The Miseducation of The Negro](#) by Carter G. Woodson
- [The Black Jacobins](#) by C.L.R. James
- [Weary Blues](#) by Langston Hughes
- [How Europe Underdeveloped Africa](#) by Walter Rodney

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- [Aint I Woman](#) by Bell Hooks
- [America's Original Sin](#) by Jim Wallis
- [Jennifer Harvey's Dear White Christians](#) by Jennifer Harvey
- [The Color of Compromise: The Truth about the American Church's Complicity in Racism](#) by Jemar Tisby
- [Divided by Faith: Evangelical Religion and the Problem of Race in America](#) by Michael O. Emerson
- [Dear Church: A Love Letter from a Black Preacher to the Whitest Denomination in the US](#) by Lenny Duncan
- [Disunity In Christ Uncovering Hidden Forces That Keep Us Apart](#) by Christena Cleveland
- [Coming Together in the 21st Century: The Bible's Message in an Age of Diversity](#) by Curtiss Paul DeYoung
- [Reconciliation Blues: A Black Evangelical's Inside View of White Christianity](#) by Edward Gilbreath's
- [Tears We Cannot Stop: A Sermon to White America](#) by Michael Eric Dyson
- [Trouble I've Seen](#) by Drew Hart
- [I Bring the Voices of My People: A Womanist Vision for Racial Reconciliation](#) by Chanequa Walker-Barnes's
- [Where Do We Go From Here: Chaos or Community?](#) by Martin Luther King Jr.
- [Black Skin, White Masks](#) by Frantz Fanon
- [Black Feminist Thought](#) by Patricia Hill Collins
- [Critique of Black Reason](#) by Achille Mbembe
- [The End of Policing](#) by Alex Vitale
- [Monster](#) by Walter Dean Myers
- [Eloquent Rage: A Black Feminist Discovers Her Superpower](#) by Dr. Brittney Cooper
- [Heavy: An American Memoir](#) by Kiese Laymon
- [The Fire Next Time](#) by James Baldwin
- [How To Be An Antiracist](#) by Dr. Ibram X. Kendi
- [I Know Why the Caged Bird Sings](#) by Maya Angelou
- [Just Mercy](#) by Bryan Stevenson
- [So You Want Talk About Race](#) by Ijeoma Oluo
- [Me and White Supremacy](#) by Layla F. Saad
- [Raising Our Hands](#) by Jenna Arnold
- [Redefining Realness](#) by Janet Mock
- [Sister Outsider](#) by Audre Lorde
- [Why I No Longer Talk to White People about Race](#) by Reni Eddo-Loge
- [The Fire This Time](#) by Jesmyn Ward

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- [So You Want to Talk About Race](#) by Ijeoma Oluo
- [The Bluest Eye](#) by Toni Morrison
- [The Fire Next Time](#) by James Baldwin
- [The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#) by Michelle Alexander
- [The Next American Revolution: Sustainable Activism for the Twenty-First Century](#) by Grace Lee Boggs
- [The Warmth of Other Suns](#) by Isabel Wilkerson
- [Their Eyes Were Watching God](#) by Zora Neale Hurston
- [This Bridge Called My Back: Writings by Radical Women of Color](#) by Cherríe Moraga
- [Why Are All the Black Kids Sitting Together in the Cafeteria](#) by Beverly Tatum
- [I'm Still Here](#) by Austin Channing Brown
- [Whistling Vivaldi](#) by Claude Steel
- [White Awake](#) by Daniel Hill

Articles to Read

- ["America's Racial Contract Is Killing Us"](#) by Adam Serwer | Atlantic (May 8, 2020)
- [Ella Baker and the Black Freedom Movement \(Mentoring a New Generation of Activists\)](#)
- ["My Life as an Undocumented Immigrant"](#) by Jose Antonio Vargas | NYT Mag (June 22, 2011)
- [The 1619 Project \(all the articles\)](#) | The New York Times Magazine
- [The Combahee River Collective Statement](#)
- ["The Intersectionality Wars"](#) by Jane Coaston | Vox (May 28, 2019)
- [Tips for Creating Effective White Caucus Groups](#) developed by Craig Elliott PhD
- ["Where do I donate? Why is the uprising violent? Should I go protest?"](#) by Courtney Martin (June 1, 2020)
- ["White Privilege: Unpacking the Invisible Knapsack"](#) by Knapsack Peggy McIntosh
- ["Who Gets to Be Afraid in America?"](#) by Dr. Ibram X. Kendi | Atlantic (May 12, 2020)

More Anti-racism Resources

- [75 Things White People Can Do for Racial Justice](#)
- [Anti-Racism Project](#)
- [Jenna Arnold's resources \(books and people to follow\)](#)
- [Rachel Ricketts' anti-racism resources](#)
- [Resources for White People to Learn and Talk About Race and Racism](#)
- [Save the Tears: White Woman's Guide](#) by Tatiana Mac

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- [Showing Up For Racial Justice's educational toolkits](#)
- [The \[White\] Shift on Instagram](#)
- ["Why is this happening?" — an introduction to police brutality from 100 Year Hoodie](#)
- [Zinn Education Project's teaching materials](#)

Tips to Practice While Protesting

- Stay hydrated
- Dress for weather
- Bring supplies such as: masks, hand sanitizer, milk, food and first aid
- Inform an emergency contact
- Know your area and surroundings
- Designate rally points with group members
- Maintain situational awareness and maintain social distance
- Pay attention to suspicious people, packages and vehicles
- Stay away from trash cans and mailboxes
- Find cover or conceal yourself in the event of immediate threat
- In the event of chemical agents, cover your face and move upwind
- If there's an explosion, exit quickly and safely

Tips to Actively Protest From Home

- Promote protest and informational updates in your area
- Offer supplies to protesters
- Volunteer your services, skills, and talents for protesters (make flyers, legal services, babysitting)
- Contact government officials and advocate

Organizations to Follow on Social Media

- Antiracism Center: [Twitter](#)
- Audre Lorde Project: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Black Women's Blueprint: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Color Of Change: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Colorlines: [Twitter](#) | [Instagram](#) | [Facebook](#)
- The Conscious Kid: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Equal Justice Initiative (EJI): [Twitter](#) | [Instagram](#) | [Facebook](#)
- Families Belong Together: [Twitter](#) | [Instagram](#) | [Facebook](#)
- The Leadership Conference on Civil & Human Rights: [Twitter](#) | [Instagram](#) | [Facebook](#)

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- MPowerChange: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Muslim Girl: [Twitter](#) | [Instagram](#) | [Facebook](#)
- NAACP: [Twitter](#) | [Instagram](#) | [Facebook](#)
- National Domestic Workers Alliance: [Twitter](#) | [Instagram](#) | [Facebook](#)
- RAICES: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Showing Up for Racial Justice (SURJ): [Twitter](#) | [Instagram](#) | [Facebook](#)
- SisterSong: [Twitter](#) | [Instagram](#) | [Facebook](#)
- United We Dream: [Twitter](#) | [Instagram](#) | [Facebook](#)
- [Unity Center's Instagram](#) & [Unity Center Webpage](#)
- [Marian's Union for Black Identity](#)