

Resources for Continued Learning about Diversity and Inclusion

Below are resources to continue learning about anti-racism and increase multicultural competence. This list is not exhaustive or definitive, and your own learning and seeking of resources is encouraged.

TO READ

● Websites/Articles

○ White Privilege

It's Not Our Job: An Open Letter to Well-Meaning White People Who Might Be Racist But Aren't Sure <https://blavity.com/its-not-our-job-an-open-letter-to-well-meaning-white-people-who-might-be-racist-but-arent-sure>

Tim Wise, A Look at The Myth of Reverse Racism

<http://www.raceandhistory.com/selfnews/viewnews.cgi?newsid1024893033,80611,.shtml>

Exercise by Paul Kivel: The Benefit of Being White <http://paulkivel.com/resource/the-benefit-of-being-white/>

On "the absence of white culture"

<https://www.terraincognitamedia.com/features/white-people-have-no-culture2018>

10 Ways Whiteness Shows Up You May Not Even Realize

<https://fakequity.com/2018/03/22/10-ways-whiteness-shows-up-and-you-may-not-even-realize-it/>

10 Examples That Prove White Privilege Protects White People in Every Aspect Imaginable

<https://everydayfeminism.com/2015/11/lessons-white-privilege-poc/>

Unpacking the Invisible Knapsack by Peggy McIntosh

<http://www.collegeart.org/pdf/diversity/white-privilege-and-male-privilege.pdf>

Quiz: How Privileged Are You?

https://www.buzzfeed.com/regaiha/how-privileged-are-you?utm_term=.phM6b9Rpm#.qyraA8WMX

○ Anti-Racism/Racial Justice

Racism Defined <http://www.dismantlingracism.org/racism-defined.html>

Anti-Racism Defined <http://www.ucalgary.ca/cared/antiracismdefined>

Ibram X. Kendi: This is what an antiracism America would look like. How do we get there?

<https://www.theguardian.com/commentisfree/2018/dec/06/antiracism-and-america-white-nationalism>

Why I Teach a Course Called White Racism <http://theconversation.com/why-i-teach-a-course-called-white-racism-90093>

Paul Kivel: Breaking White Silence and Stepping Up Your Work for Racial Justice

<http://paulkivel.com/resource/breaking-white-silence-and-stepping-up-your-work-for-racial-justice/>

Paul Kivel: Guidelines for Being Strong White Allies

<http://paulkivel.com/resource/guidelines-for-being-strong-white-allies/>

o Therapy/Mental Health

Mental Health is Different for People of Color

<https://restforresistance.com/zine/mental-health-is-different-for-people-of-color>

More Ways Mental Health is Different for People of Color

<https://restforresistance.com/zine/more-ways-mental-health-is-different-for-people-of-color>

Mental Health Issues Are Not Just “White People Problems” <https://blavity.com/mental-health-issues-are-not-just-white-people-problems/>

● Books

Experiential Activities for Teaching Multicultural Competence in Counseling by Pope, M., Pangelinan, J. S., & Coker, A. D. (Eds.)

White Fragility: Why It’s So Hard for White People to Talk About Race by Robin Diangelo

Why Are All The Black Kids Sitting Together in the Cafeteria? And Other Conversations

About Race by Beverly Daniel Tatum

So You Want to Talk About Race by Ijeoma Oluo

White Rage: The Unspoken Truth of Our Racial Divide by Carol Anderson

The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle

Alexander

Stamped from the Beginning: The Definitive History of Racist Ideas in America by Ibram

X. Kendi

Tears We Cannot Stop: A Sermon to White America by Michael Eric Dyson

Eloquent Rage: A Black Feminist Discovers Her Superpower by Brittany Cooper

Anything by Ta-Nehisi Coates including *Between the World and Me*

Anything by Paul Kivel, including *Uprooting Racism: How White People Can Work for Racial Justice*

Anything by Tim Wise, including *Colorblind: The Rise of Post-Racial Politics and the Retreat from Racial Equity*

Overcoming Unintentional Racism in Counseling and Therapy: A Practitioner’s Guide to Intentional Intervention

Compilations of Other Great Books to Read

10 Books About Race to Read Instead of Asking a POC to Explain Things to You

<https://www.bustle.com/p/10-books-about-race-to-read-instead-of-asking-a-person-of-color-to-explain-things-to-you-8548796>

17 Books on Race Every White Person Needs to Read

<https://www.bustle.com/p/17-books-on-race-every-white-person-needs-to-read-76401>

13 Nonfiction Books About Race, Written by Women of Color

<https://www.bustle.com/p/13-nonfiction-books-about-race-written-by-women-of-color-78395>

10 Unapologetic Books About Race in America <https://earlybirdbooks.com/10-books-bravely-address-race-america>

TO WATCH

● Videos

Brene Brown “Why We Need to Keep Talking About Charlottesville”

<https://www.facebook.com/brenebrown/videos/1778878652127236/>

What a White Savior is and Why it’s Problematic:

<https://everydayfeminism.com/2016/06/white-savior-problem/>

What is Privilege?

<https://www.facebook.com/BuzzFeedVideo/videos/1754579938016214/> *(This activity can be used in groups. One criticism, however, is that it can put POC in a position where they are used as props to teach others about privilege. It’s important to check in with POC beforehand and provide the option to not participate.)*

6 Things Not to Say to a Mixed Race Person:

<https://everydayfeminism.com/2015/11/lessons-white-privilege-poc/>

5 Tips for Being an Ally

<https://www.youtube.com/watch?v=dg86g-QlMO>

Why Minorities Hate Cultural Appropriation

<https://www.youtube.com/watch?v=0b33twnpqvE>

If Microaggressions Happened to White People

<https://www.youtube.com/watch?v=KPRA4g-3yEk>

TO HEAR

● Podcasts

Uncivil <https://www.gimletmedia.com/uncivil>

Find a list at <https://player.fm/podcasts/Racism>

TO FOLLOW

● Twitter

Mikki Kendall - @Karnythia <https://twitter.com/Karnythia/>

Charlotte Clymer - @cmclymer <https://twitter.com/cmcllymer?lang=en>

Kimberle Crenshaw - @sandylocks <https://twitter.com/sandylocks>

Symone D Sanders - @SymoneDSanders <https://twitter.com/SymoneDSanders>

Brittney Cooper - @ProfessorCrunk <https://twitter.com/ProfessorCrunk>

Black Lives Matter - @Blklivesmatter <https://twitter.com/Blklivesmatter>

The Root - @TheRoot <https://twitter.com/TheRoot>

Show Up For Racial Justice (SURJ) - @ShowUp4RJ <https://twitter.com/ShowUp4RJ>

Crunk Feminists - @CrunkFeminists <https://twitter.com/crunkfeminists>

● Instagram

Barbie Savior @barbiesavior <https://www.instagram.com/barbiesavior/?hl=en>