

BETTER INFORMATION. BETTER OUTCOMES.

An Anti-Racism Knowledge Guide

Committing to do the work of anti-racism in your own life is the start of a lifelong fight against oppression and journey towards justice. This is hard work; the abundant fruits of which you may not see in your lifetime. These guides are intended to help guide you towards deeper study and change in your micro environment (self, family, friends) and prepare you for direct action in the macro environment (systems, institutions, society at large).

Theory of Change

These guides are prepared from the beliefs that:

- (1) In order to do better, you must have better information from which to develop your own opinions, judgments, and action plans;
- (2) Change at the individual (micro) level is critical to enacting change at the systemic and institutional (macro) level;
- (3) Collective action first requires individual introspection and change; and
- (4) Individual strategy informed by historical context and lived experiences, alongside shared vision can move the barge towards justice.

EACH GUIDE INCLUDES:



WATCH



LISTEN



SHORT READ



LONG READ



TAKE ACTION
Inward/Outward

An Anti-Racism Knowledge Guide

This volume focuses on preparing to do the work and provides resources that will help set your feet on a solid foundation of general knowledge before deep diving into specific areas of interest.



“LET’S GET TO THE ROOT OF RACIAL INJUSTICE”, Megan Ming Francis

This talk by Megan Ming Francis at TEDx Rainier provides anecdotal and practical foundation for understanding what this work is about and why it is so crucial to our future as humans.

[Watch the TEDx](#)



“DISMANTLING WHITE FRAGILITY” with Robin DiAngelo - GOOP Podcast

A short podcast interview with the author of White Fragility (future recommendation). Robin engages in this work as a White woman and challenges others in those identity groups to rethink their ideas, views, and actions in the frameworks and intersections of racism and sexism.

[Listen on GOOP](#)
[Listen on Apple Podcasts](#)



“FROM WHITE RACIST TO WHITE ANTI-RACIST”, Tema Okun

Yo, no one is calling you racist. But, this short read from Dismantling Racism provides a framework for understanding where your ideas and actions may be on a continuum toward an anti-racist worldview.

[Download the PDF](#)



“UNDERSTANDING AND DISMANTLING RACISM”, Joseph Barndt

This is a book I recommend buying and reading in chunks before other deep study. Treat it like a textbook. It is older which is why you don’t see it on many current book lists, but it is one that you can find in stock. It provides a fantastic conceptual overview to how we got here, where we’ve failed, and where we can go. You’ll get some history, some theoretical frameworks, and some strategy. Written by a pastor, but not religious or churchy. It’s a generalists handbook. I keep a copy on my bookshelf and highly recommend it as a foundational overview.

[Get it From the Publisher](#)
[Download the Study Guide PDF](#)



TAKE ACTION

Take the [Harvard Implicit Association Test](#); In the list of tests, select **RACE IAT**

Pick an action item from this [Action List](#) in honor of Breonna Taylor’s 27th Birthday