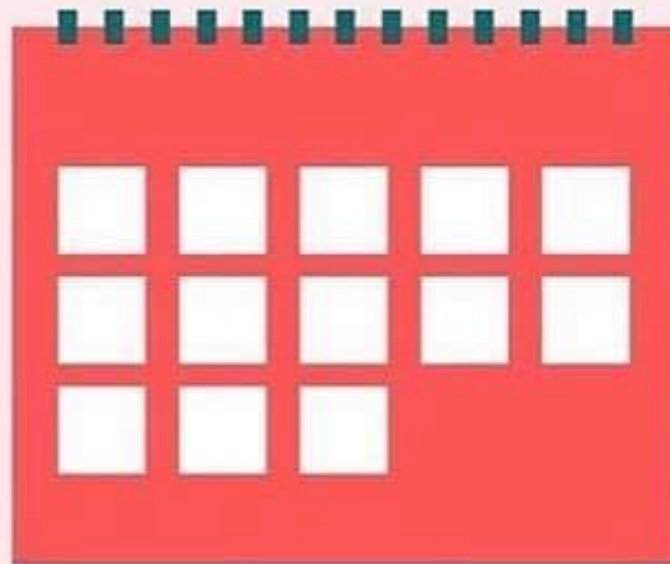


# 7 WEEKS OF ANTI-RACIST ACTION



ALREADY PLANNED OUT  
FOR YOU

# WEEK ONE

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## Book

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

## Movie/TV Show

*13th* (Netflix movie, dir. Ava DuVernay; available for free on YouTube)

## Essay/Speech

Dr. Angela Y. Davis, "The Gates to Freedom"

## Podcast

*1619* from *The New York Times*

## Social Media Activity

Boost Black artists you genuinely support (musicians, graphic designers, etc.), especially underground or up-and-coming artists.

## Introspective Exercise

Check your privilege. Do as much research as you can on white privilege and how non-Black POC benefit from white supremacy. Think back to your education, childhood neighborhood, socioeconomic status, etc. Realize that holding privilege does not mean you have an easy life. Recognize, however, what parts of your life would be harder if you were Black and why.

# WEEK TWO



## Book

James Baldwin, *I Am Not Your Negro*



## Movie/TV Show

*Just Mercy* (movie, dir. Destin Daniel Cretton)



## Essay/Speech

Malcolm X, "The Ballot or the Bullet"



## Podcast

*Jamele Hill is Unbothered* on Spotify



## Social Media Activity

Follow Black bookstagrammers and jot down any of their anti-racist reading recommendations (which you can tackle in later weeks!).



## Introspective Exercise

Start and carry out uncomfortable conversations about race within your family. Whether it's your ultra-conservative uncle or your seemingly progressive cousin, try to come from a place of understanding and openness. There are tons of resources available to guide you through this process.

# WEEK THREE



## Book

Ibram X. Kendi, *Stamped from the Beginning: The Definitive History of Racist Ideas in America*



## Movie/TV Show

*When They See Us* (Netflix series, dir. Ava DuVernay, available for free on YouTube)



## Essay/Speech

Chimamanda Ngozi Adichie, "We Should All Be Feminists"



## Podcast

*Come Through with Rebecca Carroll* on WNYC



## Social Media Activity

Follow and buy from Black-owned businesses (bookstores, restaurants, fashion retailers, etc.). Try to avoid buying from Amazon or other giant companies like Barnes & Noble if at all possible.



## Introspective Exercise


Investigate your favorite brands. Weed out any restaurants, retailers, or other businesses that rely on prison labor. No matter how much you love their product, you cannot claim to be an ally and simultaneously support institutions that feed into the prison-industrial complex.

# WEEK FOUR

 **Book**  
Layla F. Saad, *Me and White Supremacy*

 **Essay/Speech**  
Audre Lorde, "The Uses of Anger: Women Responding to Racism"

 **Social Media Activity**  
Read (*really* read) reputable graphics you find about prison abolition, police abolition, inequities in health care, microaggressions, white-washed Black history, etc.

 **Movie/TV Show**  
*Get Out* (movie, dir. Jordan Peele)

 **Podcast**  
*There Goes the Neighborhood* on WNYC

 **Introspective Exercise**  
List as many white savior materials as you can identify (such as *The Help*, *The Blind Side*, and *Freedom Writers*) and research why you need to drop them immediately. Think back on your own life and identify any times you've tried to act as a "savior" to the Black community. Realize that your role is not to save anyone but rather to help amplify Black voices and use your privilege to create change.

# WEEK FIVE



## Book

Beverly Daniel Tatum, *Why Are All the Black Kids Sitting Together in the Cafeteria? And Other Conversations About Race*



## Movie/TV Show

*The Hate U Give* (movie, dir. George Tillman, Jr.)



## Essay/Speech

Chavella T. Pittman, "Racial Microaggressions: The Narratives of African American Faculty at a Predominantly White University"



## Podcast

*Code Switch* on NPR



## Social Media Activity

Cleanse your feed of racists. Get to know who has a bad track record with the Black community (the Kardashian-Jenner family, Jeffree Starr, etc.) and let them go. Find Black influencers to support and admire instead.



## Introspective Exercise

Research microaggressions. Admit that you have committed and witnessed these. List as many as you can remember hearing, saying, or doing. Reflect on where these ideas came from, why they are unacceptable, and how you can avoid repeating your mistakes.

# WEEK SIX

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## Book

Toni Morrison, *Song of Solomon*

## Essay/Speech

Dr. Lisa Amanda Palmer, "Diane Abbott, misogynoir and the politics of Black British feminism's anticolonial imperatives: 'In Britain too, it's as if we don't exist'"

## Social Media Activity

Fact check, fact check, fact check! This shouldn't require its own category, but devote this week to checking up on where you're getting your news. Make sure what you're spreading is not coming from sources like Fox News.

## Movie/TV Show

*Dear White People* (Netflix series, dir. Justin Simien)

## Podcast

*NATAL* on Stitcher

## Introspective Exercise

Take a look at who in your life is supporting Trump. You don't have to feel any way about politics to know that Trump is not a friend to Black Americans. If you're "not into politics," it's time to check your privilege and educate yourself. Make sure you know Trump's history of racism (like his newspaper ad about the Central Park Five). Know what his followers stand for and against, either actively or passively. Decide how much space they should take up in your life.

# WEEK SEVEN



## Book

bell hooks, *feminism is for everybody: passionate politics*



## Movie/TV Show

*Moonlight* (movie, dir. Barry Jenkins)



## Podcast

*Strange Fruit* on NPR



## Essay/Speech

Dr. Jafari S. Allen,  
"Black/Queer/Diaspora at the  
Current Conuncture"



## Introspective Exercise

Educate yourself about intersectionality. Learn about intersectional feminism and make sustained efforts to include LGBTQ+ Black people in your research. You must support all Black lives, not just cisgender and heterosexual ones. You must make sure you are a feminist for all people who identify as women or femme. If you have a problem with queer Black people, especially queer Black women, you are not an ally at all and need to check your queerphobia.



## Social Media Activity

Follow and study Black activists — especially female and/or queer — who are frequently active on social media (Rachel Cargle, Janet Mock, etc.).