



Reflect, Educate, Act

SIGN these petitions:

All can be seen here - <https://blacklivesmatters.carrd.co/#petitions>

Also check out this amazing spreadsheet created by Nandini posted by @cambridgebme - https://docs.google.com/spreadsheets/u/0/d/1x65xLdIUdWmUI4_nkuD-EeP98UuJ2nuknUDsqUm7R9s/htmlview

FOLLOW AND SUPPORT these accounts:

- **Black Lives Matter**
- **Color of Change**
- **The Conscious Kid**
- **Civilrightsorg (the leadership conference)**

DONATE: (all UK organisations – thanks to Students for Global Health Barts for the list!)

- <http://kidsofcolour.com> - A platform for young people of colour to explore race, identity and culture and challenge the everyday, institutionalised racism that shapes their lives
- <https://www.theblackcurriculum.com/donate> - "The Black Curriculum is a social enterprise founded in 2019 by young people to address the lack of Black British history in the UK Curriculum. We believe that by delivering arts focused Black history programmes, providing teacher training and campaigning through mobilising young people, we can facilitate social change"
- <https://blamcharity.com> - Blam UK is committed to improving the wellbeing of peoples of African descent, which has been affected globally due to racism and racial trauma.
- <https://www.4frontproject.org> - "The 4Front Project is a member-led youth organisation empowering young people and communities to fight for justice, peace and freedom. We support members with experiences of violence and the criminal justice system to create change in their own lives, communities and society."
- <https://www.stophateuk.org> - Stop Hate UK is one of the leading national organisations working to challenge all forms of Hate Crime and discrimination, based on any aspect of an individual's identity. Stop Hate UK provides independent, confidential and accessible reporting and support for victims, witnesses and third parties.
- <https://www.bteg.co.uk> - Black Training and Enterprise Group is a National charity aiming to end racial inequality through education and employment.
- <https://southallblacksisters.org.uk/about/> - Southall Black Sisters are a group of black and minority women with years of experience of struggling for women's human rights in the UK. Although based locally, their work has a national reach.
- <https://www.runnymedetrust.org> - Runnymede is the UK's leading independent race equality think tank. We generate intelligence to challenge race inequality in Britain through research, network building, leading debate, and policy engagement.

For those of you unable to donate money, you can watch monetized videos on YouTube to support the cause. Watch these with ad-blockers disabled, the volume on and don't skip any ads to generate revenue.

- <https://www.youtube.com/watch?v=bCgLa25fDHM>
- https://www.youtube.com/watch?v=gEg_18R_0L0&t=875s

Donate to US organisations: Minnesota Freedom Fund has asked for us donate to other worthy organisations: https://docs.google.com/document/d/1yLWGTQle3967hdc9RSxBq5s6KKZHe-3_mWp5oemd7OA/preview?pru=AAABcPuiX3k*Y6Q4I6UBtkH3ILz9GVLg0A

WRITE to your MPs:

For those in the UK, this is a resource which has been compiled by @perkin_amalaraj about what you can do to support the Black Lives Matter movement. This includes a template email to send to your local MP and free courses available online to learn more.

- https://docs.google.com/document/d/10ilz_pFB8DzPkwddc8dcmJdJ0ZMITfTs7lvs4uyusZk/preview?pru=AAABcPq4DFs*vMagUmNDo49zeqvyfUnleg



READ:

Books for adults (and young adults):

- How to Be an Antiracist *by Ibram X. Kendi*
- Stamped from the Beginning: The Definitive History of Racist Ideas *by Ibram X. Kendi*
- White Fragility: Why it's so hard for White People to talk about Racism *by Robin DiAngelo*
- Why I'm No Longer Speaking to White People About Race *by Reni Eddo-Lodge*
- The New Jim Crow: Mass Incarceration in the Age of Colorblindness *by Michelle Alexander*
- Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor *by Layla F. Saad (1)*
- So You Want To Talk About Race *By Ijeoma Oluo*
- Between the World and Me *by Ta-Nehisi Coates*
- I Know Why The Caged Bird Sings *by Maya Angelou*
- Americanah *by Chimimanda Ngozi Adichie*
- Natives *by Akala*
- Bri-tish *by Afua Hirsch*
- Black and British *by David Olusoga*
- The Good Immigrant *by Nikesh Shukla*
- Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do *by Jennifer L. Eberhardt*
- Girl, Woman, Other *by Bernadine Evaristo*

Healthcare related:

- Fatal Invention: How Science, Politics and Big Business Re-Crete Race in the Twenty-First Century *by Dorothy Roberts*
- Superior: The Return of Race Science *by Angela Saini*
- The Health Gap *by Michael Marmot*
- The Immortal Life of Henrietta Lacks
- Check out this amazing document for more!
 - **Decolonising the Medical Curriculum Resources List**

Links to books for your children:

- <https://www.embracerace.org/resources/26-childrens-books-to-support-conversations-on-race-racism-resistance>
- From Brittany Smith, teacher from New Jersey: <https://www.buzzfeed.com/mikespohr/childrens-books-about-race-and-racism>

Links to articles/blog posts:

- **Save the Tears: White Woman's Guide** by Tatiana Mac
- **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**

LISTEN:

- 1619 by New York Times
- The Nod with Brittany Luse and Eric Eddings
- Intersectionality Matters! with Kimberle Crenshaw
- Sharp Scratch – Episodes (*Racism in Medicine* and *Yvonne Coghill is trying to fix racism in the NHS*)
- Code Switch or White Lies by NPR
- Slay in Your Lane by Yomi Adegoke and Elizabeth Uviebinene
- The Diversity Gap
- About Race

WATCH:

- Selma
- The Hate U Give
- When they See Us
- Dear White People
- Just Mercy
- 13th
- Self Made: Inspired by the Life of Madam C.J Walker
- Fences

For more check out this other amazing resource: <https://linktr.ee/grmdaily>