Tips for Being an Ally in the Fight Against Racism

Speak out

Speak out! Take a stand against injustice. Take risks and be willing to act, despite your own fear and the resistance you face from others.

Recognize

Recognize that learning to see oppression and privilege is an ongoing, lifelong process.

Recognize

Recognize that you will make mistakes, and approach them as learning opportunities. It is okay to be uncomfortable; it is a sign that you are learning!

Listen

Listen to, respect, and support the leadership, perspectives, and experiences of members of oppressed groups.

Mobilize and organize

Mobilize and organize to respond to inequality without being prompted by members of oppressed groups.

(Some items adapted from Adams, Bell, & Griffin, 1997; Kivel, 2002; Wong (n.d.).)
<table>
<thead>
<tr>
<th>Take</th>
<th>Take responsibility for learning about how oppression and privilege work, and teach others. Do not expect others to teach you.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seek</td>
<td>Seek community: there are many websites, organizations, and social movements out there working for social justice that you can join.</td>
</tr>
<tr>
<td>Assume</td>
<td>Assume that inequality and oppression are everywhere, all the time, even when not visible to you.</td>
</tr>
<tr>
<td>Work</td>
<td>Work continuously to be aware of your own privilege and the way privilege operates. Notice who the center of attention is, who has access to power, and whose voices are missing.</td>
</tr>
<tr>
<td>Notice</td>
<td>Notice the ways in which oppression and privilege are denied, ignored, minimized, or justified.</td>
</tr>
<tr>
<td>Learn</td>
<td>Learn from history: from both the history of specific forms of inequality as well as from social movements that have worked for change and social justice.</td>
</tr>
</tbody>
</table>

(Some items adapted from Adams, Bell, & Griffin, 1997; Kivel, 2002; Wong (n.d.).)
A Partial List of Resources for Learning More About Racism in America

Video: PBS: Race, the Power of An Illusion
Video: The Myth of Race
Research: The State of Race in America
Research: CSI's Talking About Race Tools
Article: White Privilege: Unpacking the Invisible Knapsack
Netflix Movie: 13th
Movie: Just Mercy
Video: On Intersectionality
Research: White Supremacy
Articles: Blueprint for Belonging
Book: White Fragility
Video: A Brief History of White Privilege, Racism and Oppression in America
Video: Color Blind or Color Brave

Research: National Equity Atlas

Research: Center for the Study of Ethnicity & Race

Book: Racing to Justice

Book: The New Jim Crow

Video: The 1619 Project

Book: Race Matters

Book: Racism without Racists

Article: Structural Racism

Video: How do I Explain Racism to my Black Son?

Article: America's Changing Color Lines

Book: How to be an AntiRacist

Tools: Haas Institute for a Fair and Inclusive Society

Article: The Other Wealth Gap: The Racial Wealth Rift...