

Short Guide to Anti-Racist Praxis

"One either allows racial inequities to persevere, as a racist, or confronts racial inequities, as an antiracist. There is no in-between safe space of 'not racist.' The claim of 'not racist' neutrality is a mark for racism."

-Ibram X Kendi,
How to Be an Antiracist

An anti-racist is someone who supports antiracist policy through their actions or expressing an antiracist idea (Kendi, 18). **If you have not engaged in anti-racism work in the past, start now.**

Racist policies uphold racist ideas and result in the economic, social, educational, health, and various forms of inequity that we see today. Being antiracist requires each of us to actively choose to advocate for change within systems that have been left unexamined.

There are many ways you can take anti-racist action- but until the policies are changed, we will not see lasting, meaningful change for justice. Below are specific, antiracist actions that you can take that contribute to systems change.

Read, reflect, and contribute

Complete the [Me and White Supremacy Workbook](#)

Subscribe to advocacy groups

- [Movement for Black Lives](#)
- [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#)
- [Black Youth Project 100](#)
- [Dream Defenders](#)
- [Public Health Awakened](#)
- [APHA's Spirit of 1848 Listserve](#)
- [Chicago Freedom School](#)

Follow your local chapter

- [National Association for the Advancement of Colored People](#)
- [Showing Up for Racial Justice](#)
- [Black Lives Matter](#)

Donate

- [The Chicago Community Bond Fund](#)
- [The Bail Project](#)

Discuss racism openly

Find out how slavery, the civil war, and Jim Crow are being taught in your school district. Advocate that it is taught correctly.

Teach your loved ones if the system won't.

Explain redlining to someone who doesn't understand systemic oppression.

Talk to white people who are not upset using "I" statements.
(I feel [feeling] when you [behavior])

Use mass media to raise awareness, reframe the debate, share petitions, and amplify other's voices.

Tell your friends who are people of color that you see them, hear them, and love them.

Engage politically

Vote in all elections.

Send letters to representatives signed by your institution or representatives.

Sign petitions

- [Justice for George Floyd](#)
- [Justice for Breonna](#)

Attend town halls, write to, and call your legislators.

Highlight scholarly sources

- [Chicago Beyond Guide to Research](#)
- [Chicago Beyond COVID-19 Edition](#)
- [Dr. Camara Jones' anti-racist public health research](#)

Write policy and research briefs that support anti-racist policies.

Participate in advocacy events (e.g., demonstrations and marches)

Topics to watch: criminal justice reform, police de-escalation trainings, body cameras on police officers, prison abolition, defunding police, divesting from private prisons, decriminalizing marijuana, ending cash bail, affirmative action, school privatization, livable wages, healthcare for all, COVID19 relief



More resources



Guides

- Anti-Oppression Resource Guide
<https://docs.google.com/spreadsheets/d/1RkJ-ugKzyhRc6ZxRh2mtcBG5vmGM3hi5aiAvQXPGPR0/edit#gid=0>.
- Carpenter, Nicola. 17 May 2018. Resources for White People to Learn and Talk About Race and Racism.
<https://blog.fracturedatlas.org/resources-for-white-people-to-learn-and-talk-about-race-and-racism-5b207fff4fc7>
- For educators: Kendi, Ibram. 12 February, 2019. Antiracism Syllabus. The Atlantic
<https://www.theatlantic.com/ideas/archive/2019/02/antiracist-syllabus-governor-ralph-northam/582580>
- For parents: Greenberg, John. 26 July 2015. 30+ Resources To Help White Americans Learn About Race and Racism. Everyday Feminism.
<https://everydayfeminism.com/2015/07/white-americans-learn-race/>
- For public health: Human Impact Partner's Guide to Health Equity: <https://healthequityguide.org>
- Ryals, Tasha K. 28 May, 2020. Anti-Racism Resource Guide
https://docs.google.com/document/d/1hpub-jkm9cLzJWqZSsETqbE6tZ13Q0UbQz--vQ2avEc/preview?pru=AAABcn_tIYA*an9vS7UI2w-HVmrZUtzi3w
- Tatiana Mac, Save the Tears: White Woman's Guide:
<https://tatianamac.com/posts/save-the-tears/>
- Tatiana Mac, White Guyde to the Galaxy
<https://tatianamac.com/posts/white-guyde/>

More resources

- Antiracism Project: <https://www.antiracismproject.org/resources>
- Critical Resistance's Resources on Prison Abolition: <http://criticalresistance.org/resources/>
- Chicago United for Equity: <https://www.chicagounitedforequity.org>
- Rachel Ricketts' Anti-Racism Resource: <https://www.rachelricketts.com/antiracism-resources>
- Shutack, Corrine. 13 August 2017. 75 Things White People can Do for Racial Justice. Medium.
<https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234>
- Showing Up For Racial Justice's educational toolkits : <https://www.showingupforracialjustice.org/resources.html>
- Southern Poverty Law Center: <https://www.splcenter.org>
- UIC's Radical Public Health: <https://publichealth.uic.edu/current-students/student-organizations/radical-public-health/>
- "Why is this happening?" — an introduction to police brutality from 100 Year Hoodie: <https://www.100yearhoodie.com/why>

These actions serve as a starting point for your own advocacy work—whatever that may look like. We hope that you take action alongside us—silence is compliance.



Collaboratory for Health Justice