

(Re)Learning Moment

Being an Antiracist

Popularized by Ibram X. Kendi at the height of racial unrest in summer 2020, the concept of antiracism continues to permeate our national discourse.

Antiracist *noun*

an individual actively committed to identifying and opposing racism

While not an identity, individuals practice antiracism through an active, lifelong commitment to reflection and resistance. Engaging in antiracism work promotes critical thinking in bettering our current institutions for the inclusion of a multi-racial society. Antiracist practices begin at the individual level with reflecting on our own identities, values, preferences, and biases. Often, at this level, we need to (re)learn our history, policies, and practices, engaging in cultural humility by focusing on understanding others' experiences through empathy.

Antiracism Is




- Understanding and acceptance of the racialized history of our society
- Focused on how current public policies continue to maintain racial inequality
- Consistent, active examination of our world to promote racial equality/equity

Antiracism Is Not

- Promoting one racial group as inferior or superior to another
 - Placing blame on individuals for systemic issues
 - Promoting feelings of guilt based on race
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Begin with the Self-Work

Journaling and debriefing within your network of support can help you grow and challenge implicit biases. To begin, try these potential prompts:

-  How do my lens/identities influence my engagement with others, particularly those with different identities?
-  How do those people closest to me reinforce and/or challenge my worldview?
-  Where do I see gaps in my knowledge or understandings around race/racism?

(Re)Learn About Being an Antiracist

Resources curated by Stefanie Benjamin, PhD

General Educational Resources

- Caste: The Origins of Our Discontents – Isabel Wilkerson | [E-Book](#)
- How to Be an Antiracist – Ibram X. Kendi | [Physical Book](#) | [E-Book](#)
- The New Jim Crow – Michelle Alexander | [E-Book](#)
- So You Want to Talk About Race – Ijeoma Oluo | [Physical Book](#) | [E-Book](#)

Articles & Workbooks

- How to Have Better Conversations about Racism with Your Parents – Sarah McCammon | [Article](#)
- How to Talk to Your White Family about Racism – Sam Reed | [Article](#)
- Racial Healing Workbook Select Pages – Anneliese A. Singh | [Workbook](#)
- White Ally Toolkit & Workbook – David Campt | [Workbook](#)
- What Is White Privilege? | [Article](#)

Movies & Documentaries

- Black America Since MLK: And Still I Rise | Documentary
[Part 1](#) | [Part 2](#) | [Part 3](#) | [Part 4](#)
- The Battle of Algiers | [Movie](#)
- Do the Right Thing | [Movie](#)
- Fruitvale Station | [Movie](#)
- Selma | [Movie](#)
- The Talk: Race in America | [Documentary](#)
- Tell Them We Are Rising: The Story of Historically Black Colleges and Universities | [Documentary](#)

Video & Multimedia Resources

- Be Antiracist with Ibram X. Kendi | [Podcast](#)
- Debunking the Most Common Myths White People Tell About Race | [Video](#)
- everything’s gonna be all white | [Free Full Episode](#)
- Explained: Racial Wealth Gap | [Free Full Episode](#)
- How “White Fragility” Reinforces Racism | [Video](#)
- How White Privilege Works | [Video](#)
- Systematic Racism Explained | [Video](#)
- The Urgency of Intersectionality - Kimberlé Crenshaw | [Video](#)
- What Is Racism – Toni Morrison | [Video](#)