



IUPUI

**DIVISION OF DIVERSITY
EQUITY AND INCLUSION**

INDIANA UNIVERSITY–PURDUE UNIVERSITY
Indianapolis

Anti-Racism Resources

This resource hub points to resources related to anti-racism, white privilege, allyship, understanding systems of oppression, self-care, and more for self-education, learning, and healing. Please note that these resources are by no means exhaustive, given the wealth of resources available online, but can offer a starting point.

Self-Care and Wellness Resources

- [Academics for Black Survival and Wellness](#) (Academics for Black Lives)
- [Black Lives Matter – Black Mental Health Matters Too!](#) (To Write Love on Her Arms)
- [Black Lives Matter Meditations](#) (Candice Nicole Hargons)
- [Black Mental Health Resources](#) (Zahra Barnes)
- [Healing in Action Toolkit](#) (Black Lives Matter)
- [Healing Justice Toolkit](#) (Black Lives Matter)
- [Strategies for Practicing Self-Care from Racial Battle Fatigue](#) (Stephen Quaye, Shamika Karikari, Courtney Allen, Wilson Okello, Kiaya Carter)

Compiled Anti-Racism Resource Lists with Books, Documentaries, Movies, Videos, Publications, Organizations, and More!

- [Anti-Racism Resource List for Beginners](#) (Tiffany Bowden)
- [Anti-Racism Resources for White People to Deepen Anti-Racism Work](#)
- [Anti-Racist Tools Repository for non-Black People Seeking to Become Allies for Black Communities](#)
- [Scaffolded Anti-Racism Resources Based on Helm’s Stages of White Identity Development](#)
- [The Anti-Racist Starter Pack: 40 TV Series, Documentaries, Movies, TED Talks, and Books to Add to Your List](#) (Brea Baker)
- *Note: some of these books and publications may be accessible for free for faculty, staff, and students via the [IUPUI University Library](#) (for example, these books are available as eBooks)*
 - *White Fragility: Why It's So Hard for White People to Talk About Racism* by Robin DiAngelo
 - *How to be an Anti-Racist* by Ibram X. Kendi
 - *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander



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Resources Related to White Privilege and Accountability

- [Dear White People: Reimagining Whiteness in the Struggle for Racial Equity](#) (Lori Patton, Chayla Haynes)
- [Explaining White Privilege to a Broke White Person](#) (Gina Crosley-Corcoran)
- [Reading Guide for Small Study Groups Focused on Reading Robin DiAngelo's Text *White Fragility*](#) (Robin DiAngelo)
- [Resources for White Accountability Groups](#) (Kathy Obear)
- [Understanding the Dynamics of White Fragility](#) (Robin DiAngelo)
- [White Privilege: Unpacking the Invisible Knapsack](#) (Peggy McIntosh)

Resources Related to Allyship

- [10 Ways for non-Black Academics to Value Black Lives](#) (Stacey Ault)
- [A Letter to my White Family and Friends](#) (Elyse Gordon)
- [Allyship Guide: From Awareness to Advocacy](#) (African American Associate Resource Group, Kroger)
- [Beyond Optics: How to Create Allyship in an Anti-Racist Work Culture](#) (Michele Weldon)
- [Dear non-Black Allies: Make this the First Step, Not the Only Step](#) (Lara McLeod)
- [Don't be an Amy Cooper: Accountable Allyship Tips](#) (Future for Us)
- [Guide to Allyship](#) (Amélie Lamont)
- [Performative Allyship is Deadly \(Here's What to do Instead\)](#) (Holiday Phillips)
- [Women of Color Get Less Support at Work. Here's How Managers Can Change That](#) (Zuhairah Washington and Laura Morgan Roberts)
- [Your Black Colleagues May Look Like They're Okay—Chances Are They're Not](#) (Danielle Cadet)

Podcasts

- [1619](#) (New York Times)
- [Code Switch: Fearless Conversations about Race](#) (NPR)
- [Conversations for Equal Pay](#) (Lean in Women of Color Network)
- [Hear to Slay](#) (Roxane Gay and Tressie McMillan Cottom)
- [Intersectionality Matters!](#) (hosted by Kimberlé Crenshaw)
- [Pod for the Cause](#) (The Leadership Conference on Civil and Human Rights)
- [Pod Save the People](#) (Crooked Media)
- [Seeing White](#) (Scene on Radio)
- [What Matters](#) (Black Lives Matter)



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Engage and Learn

- [Free Course on Race and Cultural Diversity in American Life and History](#)
- [Implicit Biases Tests](#) (Harvard University)
- [Institutionalized Racism: A Syllabus](#) (JSTOR)
- [Overcoming Conversation Roadblocks](#) (Catalyst)
- [Racial Equity Tools to Support Individuals and Groups Working to Achieve Racial Equity](#) (Center for Assessment and Policy Development, MP Associates, World Trust Educational Services)
- [Talking about Race](#) (National Museum of African American History & Culture)
- [The Urgency of Intersectionality TedTalk](#) (Kimberlé Crenshaw)
- [The 1619 Project Curriculum Resources](#) (Pulitzer Center)
- [What is Systemic Racism? Video Series](#) (Race Forward)