

Anti-Racism Learning Resources for Allies

The Anti-Oppression Curriculum (AOC) Initiative has compiled a set of resources that are meant to introduce some key concepts and ideas around race, racism and anti-racism. This list is meant as a starting point and is by no means comprehensive. These resources are intended primarily to help individuals who have not personally experienced the traumas inflicted by racism to learn more about experiences with and impacts of racism, to consider white privilege and the ways in which it reinforces systems of oppression, and to explore strategies for allyship and upstanding.

In approaching this resource list, we suggest finding a friend or colleague who is also committed to building their knowledge and skills as an ally/upstander who would like to partner with you in this learning. It can be helpful to debrief with a trusted friend or colleague after viewing/reading these resources. One approach is to choose one resource per week to discuss.

We expect this resource list to continue to evolve over time. If you have ideas for additional resources to add to this list, or other feedback you would like to convey, please [share your thoughts here](#).

Racism

[Racism Has a Cost for Everyone](#). Heather C. McGhee (14 minute video). Furthering: *The Sum of Us*, Heather C. McGhee

[What it Takes to be Racially Literate](#). Priya Vulchi and Winona Guo (15 minute video)

[Race: Race and Racist Institutions](#). Eduardo Mendieta (7 minute video). Further exploration: [Website](#)

[We Need to Talk About Injustice](#). Bryan Stevenson (23 minute video)

[Why We Must Confront the Painful Parts of US History](#). Hasan Kwame Jeffries (13 minute video)

[Confronting Racism Denial: Naming Racism and Moving to Action](#). Camara Jones, MD, MPH, PhD (48 minute video)

[Repairing the Past: Returning Native Land](#). Ibram X. Kendi and David Treuer (39 minute podcast)

Racism and Impacts on Health

[How Racism Makes Us Sick](#). Dr. David R. Williams (17 minute video)

[The Problem with Race-Based Medicine](#). Dorothy Roberts (14 minute video)

[Clinical Problem Solvers, Antiracism in Medicine Series: Centering Asian Americans: Racism, Violence and Health](#). Thu Quach, PhD, and Tung Nguyen, MD (1 hour podcast)

Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present. Harriet A. Washington (517 page book)

Introduction to Latinx Identities and Discrimination Experiences

[A Conversation With Latinos on Race](#). New York Times (7 minute video)

[The Complicated History and Identity of Latinos in the United States](#). (50 minute podcast)

[The Brutal History of Anti-Latino Discrimination in America](#). Erin Blakemore (brief on-line article)

White Privilege and Whiteness

[10 Things Every White Teacher Should Know When Talking about Race](#). Angela Watson's Truth for Teachers (30 minute podcast)

[The Lie that Invented Racism](#). John Biewen (16 minute video).
Further listening: [Scene on Radio—Seeing White](#)

[White Supremacy Culture](#). Tema Okun (7 pages of definitions)

[White Immunity: Working Through Some of the Pedagogical Pitfalls of "Privilege"](#). Nolan L. Cabrera (13 pages)

[Deconstructing White Privilege with Dr. Robin DiAngelo](#). (22 minute video)

[The White-Savior Industrial Complex](#). Teju Cole (brief magazine article)

Allyship/Upstanding

[How to be a White Ally](#). Ellen Goldstein (7 minute video)

[4 Things Your Black Employees and Coworkers Wish You Knew— and How You Should Offer Allyship and Support](#). Khalil Smith June (brief magazine article)

[Moving from bystander to upstander: take action to combat harassment and aggression](#). Terrence Winston (2 hour video)

[Training to Stop Anti-Asian/American and Xenophobic Harassment](#) (1 hour intro training, plus advanced trainings offered)

[The Case for Reparations](#). Ta-Nehisi Coates (medium-length magazine article)

Introduction to Structural Competency

[Structural competency: theorizing a new medical engagement with stigma and inequality](#). J. M., & Hansen, H. Social science & medicine, 103, 126-133 (medium length journal article)

Curated Learning

[Justice in June](#). Suggestedings, viewings, and actions that can be done on a daily basis, and includes weekly calendars with resources to explore.

Historic Insights

[James Baldwin Debate with William F. Buckley](#). 1965
(1 hour video)