

# Justice in June

*This resource was compiled by Autumn Gupta with Bryanna Wallace's oversight for the purpose of providing a starting place for individuals trying to become better allies.*

Choose how much time you have each day to become more informed as *step one* to becoming an active ally to the black community. On this document are links to the learning resources and a schedule of what to do each day. Click on the following to jump directly to that info:

- I. [10 minutes/day](#)
- II. [25 minutes/day](#)
- III. [45 minutes/day](#)

## **Additional Resources:**

- Most of the links in this doc were pulled from: [Anti-Racism Resources](#) and [75 Things White People Can Do For Racial Justice](#)

**Important Note:** This should just be the beginning. Please do not stop learning after you complete this month. Each section (10/25/45 minutes) has somewhat different material and the links under “Additional Resources” also include new content, so go above and beyond to educate yourself.

Want to increase your impact? Find a friend, create a group, and share this content with others.

[Share on Twitter](#)

[Share on Facebook](#)

Share using shortened link: [bit.ly/junejustice](https://bit.ly/junejustice)

\*\*If you have additional resource recommendations or see any errors in the links listed, please send them to [justiceinjuneofficial@gmail.com](mailto:justiceinjuneofficial@gmail.com).

Find this useful? Check out our [Go Fund Me](#) page to learn more on how we want to make this more accessible, more permanent and more of a lifestyle.

## 10 Minutes/Day

Over the course of the month, you will have spent 5 hours intentionally learning how to be an active ally of the black community. (That’s less than the amount of time it takes to watch all of Tiger King ~ 5.5 hours.) Remember, the black community *lives the reality* of the information you will learn- they have a lifetime of fearing for their well being versus 5 hours of you being uncomfortable. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

## DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read <a href="#">“Who Gets to Be Afraid in America?”</a>	2nd & 3rd Read <a href="#">“America’s Racial Contract is Killing Us”</a>		4th Listen to <a href="#">“Your Body Being Used”</a> podcast	5th Help reallocate city budgets by defunding the police <a href="#">Automatic Email Template Link</a>	6th & 7th Watch <a href="#">“How Studying Privilege Systems Can Strengthen Compassion”</a> TED Talk	
8th & 9th & 10th Explore and read the articles that are part of <a href="#">The 1619 Project</a> from the New York Times			11th Listen to <a href="#">“When Civility is Used as a Cudgel Against People of Color”</a> podcast	12th Register to vote! If you are serious about real change, your individual vote does matter. Use <a href="#">this link</a> to register to vote, check your registration, vote by mail, get election reminders, etc.	13th & 14th Watch <a href="#">“Let’s Get to the Root of Racial Injustice”</a> TED Talk	
15th Read <a href="#">“The Intersectionality Wars”</a>	16th & 17th Read <a href="#">“White Privilege: Unpacking the Invisible Knapsack”</a>		18th Listen to <a href="#">“The Power of Martin Luther King Jr.’s Anger”</a> podcast	19th Write/call local gov rep & police chief advocating for police de-escalation training. The racial make-up of your town doesn’t matter — This needs to be standard everywhere.	20th & 21st Watch <a href="#">“How to Overcome Our Biases? Walk Boldly Towards Them”</a> TED Talk	
22nd Read <a href="#">“The Case for Reparations”</a>	23rd & 24th Read <a href="#">“Tips for Creating Effective White Caucus Groups”</a>		25th Listen to <a href="#">“Opinion: My Father Stood for the National</a>	26th Donate to anti-white supremacy work (see below links)	27th & 28th Watch <a href="#">“How We’re Priming Some Kids for College and others for prison”</a> TED Talk	

		<a href="#">Anthem for the Same Reason Colin Kaepernick Sits</a> and <a href="#">“When Calling the Po-Po is a No-No”</a>		
29th & 30th Buy books, materials, supplies for educator friends featuring POC (see below links)				

## WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
<b>Watch</b>	<a href="#">“How Studying Privilege Systems Can Strengthen Compassion”</a> TED Talk	<a href="#">“Let’s Get to the Root of Racial Injustice”</a> TED Talk	<a href="#">“How to Overcome Our Biases? Walk Boldly Towards Them”</a> TED Talk	<a href="#">“How We’re Priming Some Kids for College and others for prison”</a> TED Talk	
<b>Read</b>	<a href="#">“Who Gets to Be Afraid in America?”</a> by Ibram X. Kendi and <a href="#">“America’s Racial Contract is Killing Us”</a> by Adam Serwer	<a href="#">The 1619 Project</a> from the New York Times	<a href="#">“The Intersectionality Wars”</a> by Jane Coaston and <a href="#">“White Privilege: Unpacking the Invisible Knapsack”</a> by Peggy McIntosh	<a href="#">“The Case for Reparations”</a> by Ta-Nehisi Coates and <a href="#">“Tips for Creating Effective White Caucus Groups”</a> developed by Craig Elliott	
<b>Listen</b>	<a href="#">“Your Body Being Used”</a>	<a href="#">“When Civility is Used as a Cudgel Against People of Color”</a>	<a href="#">“The Power of Martin Luther King Jr.’s Anger”</a>	<a href="#">“Opinion: My Father Stood for the National Anthem for the Same Reason</a>	

				<a href="#">Colin Kaepernick Sits</a> and <a href="#">“When Calling the Po-Po is a No-No”</a>	
<b>Act</b>	Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. <a href="#">Automatic Email Template Link</a>	Register to vote! If you are serious about real change, your individual vote does matter. Use <a href="#">this link</a> to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today’s action a step further by sharing this link with friends and planning time into your schedule to vote in the closest	<sup>1</sup> Google whether your city or town currently employs evidence-based police de-escalation training. Write to your city or town government representative and police chief and advocate for it. The racial make-up of your town doesn’t matter — This needs to be standard everywhere.	<sup>2</sup> Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the <a href="#">National Council for Incarcerated and Formerly Incarcerated Women and Girls</a> , the <a href="#">NAACP</a> , <a href="#">Southern Poverty Law Center</a> , <a href="#">United Negro College Fund</a> , <a href="#">Black Youth Project 100</a> , <a href="#">Color of Change</a> , <a href="#">The Sentencing Project</a> , <a href="#">Families against Mandatory Minimums</a> , <a href="#">A New Way of Life</a> , and <a href="#">Dream Defenders</a> .	<sup>3</sup> If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are <a href="#">here</a> , <a href="#">here</a> , <a href="#">here</a> , <a href="#">here</a> , and <a href="#">here</a> . And/or purchase educational toys that feature POC, such as <a href="#">finger puppets</a> , <a href="#">Black History Flashcards</a> , etc for their classroom. Use these items year-round, not just in February.

---

<sup>1</sup> Same as above  
<sup>2</sup> Same as above  
<sup>3</sup> Same as above

		<p>upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)</p>			
--	--	---	--	--	--

## All the links:

### Watch

- [“How Studying Privilege Systems Can Strengthen Compassion”](#) TED Talk
- [“Let’s Get to the Root of Racial Injustice”](#) TED Talk
- [“How to Overcome Our Biases? Walk Boldly Towards Them”](#) TED Talk
- [“How We’re Priming Some Kids for College and others for prison”](#) TED Talk

### Read

- [“America’s Racial Contract is Killing Us”](#) by Adam Serwer
- [“Who Gets to Be Afraid in America?”](#) by Ibram X. Kendi
- [The 1619 Project](#) from the New York Times
- [“White Privilege: Unpacking the Invisible Knapsack”](#) by Peggy McIntosh
- [“The Intersectionality Wars”](#) by Jane Coaston
- [“The Case for Reparations”](#) by Ta-Nehisi Coates
- [“Tips for Creating Effective White Caucus Groups”](#) developed by Craig Elliott

### Listen

- [“Your Body Being Used”](#) CodeSwitch Podcast from NPR ~ 6 min
- [“When Civility is Used as a Cudgel Against People of Color”](#) CodeSwitch Podcast NPR ~ 6 min
- [“The Power of Martin Luther King Jr.’s Anger”](#) CodeSwitch Podcast NPR ~ 5 min
- [“Opinion: My Father Stood for the National Anthem for the Same Reason Colin Kaepernick Sits”](#) CodeSwitch Podcast NPR ~ 4 minutes
- [“When Calling the Po-Po is a No-No”](#) CodeSwitch NPR ~ 4 min

### Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your

information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)

- Register to vote! If you are serious about real change, your individual vote does matter. Use [this link](#) to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)
- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))

## 25 Minutes/Day

Over the course of the month, you will have spent 12.5 hours intentionally learning how to be an active ally of the black community. (That’s less than the amount of time it takes to watch Season 24 of the Bachelor in 2020 ~ 18 hours.) Remember, the black community *lives the reality* of the information you will learn- they have a lifetime of fearing for their well being versus you being uncomfortable for half a day. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

## DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read pg. 1-9 in “White Fragility”	2nd Read pg. 10-19 in “White Fragility”	3rd Read pg. 20-29 in “White Fragility”	4th Read pg. 30-39 in “White Fragility”	5th Listen to podcast: <a href="#">A Decade of Watching Black People Die</a>	6th & 7th Watch first half of <b>13th (Ava DuVerny)</b> AND help reallocate city budgets by defunding the police <a href="#">Automatic Email Template Link</a>	
8th Read pg. 40-49 in “White Fragility”	9th Read pg. 50-59 in “White Fragility”	10th Read pg. 60-69 in “White Fragility”	11th Read pg. 70-79 in “White Fragility”	12th Listen to podcast: <a href="#">Anger: The Black Woman’s “Superpower”</a>	13th & 14th Watch second half of <b>13th (Ava DuVerny)</b> AND Register to vote! If you are serious about real change, your individual vote does matter. Use <a href="#">this link</a> to register to vote, check your registration, vote by mail, get election reminders, etc.	
15th Read pg. 80-89 in “White Fragility”	16th Read pg. 90-99 in “White Fragility”	17th Read pg. 100-109 in “White Fragility”	18th Read pg. 110-119 in “White Fragility”	19th Listen to podcast: <a href="#">“The Limits of Empathy”</a>	20th & 21st Watch first half of <b>King in the Wilderness (Peter Kunhardt)</b> AND write/call local gov rep & police chief advocating for police de-escalation training. The racial make-up of your town doesn’t matter — This needs to be standard everywhere.	
22nd Read pg. 120-129 in “White Fragility”	23rd Read pg. 130-139 in “White Fragility”	24th Read pg. 140-149 in “White Fragility”	25th Read pg. 150-end in “White Fragility”	26th Listen to podcast: <a href="#">Ask Code Switch - What about your friends? 50 minute episode</a>	27th & 28th Watch second half of <b>King in the Wilderness (Peter Kunhardt)</b> AND Donate to anti-white supremacy work (see below links)	

29th Listen to podcast: <a href="#">True Allyship and the Willingness to be Uncomfortable</a>	30th Buy books, materials, supplies for educator friends featuring POC (see below links)					
---	--	--	--	--	--	--

## WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
<b>Watch</b>	<b>13th (Ava DuVerny)</b> <a href="#">13th Documentary (Full Length) YouTube</a>  Available with Netflix subscription	<b>13th (Ava DuVerny)</b> <a href="#">13th Documentary (Full Length) YouTube</a>  Available with Netflix subscription	<b>King in the Wilderness (Peter Kunhardt)</b> <a href="#">Free on YouTube</a>  Available on HBO Go & Hulu subscription	<b>King in the Wilderness (Peter Kunhardt)</b> <a href="#">Free on YouTube</a>  Available on HBO Go & Hulu subscription	
<b>Read</b>	Pg. 1-39 in <b>“White Fragility”</b>	Pg. 40-79 in <b>“White Fragility”</b>	Pg. 80 - 119 in <b>“White Fragility”</b>	Pg. 120-end in <b>“White Fragility”</b>	
<b>Listen</b>	<a href="#">A Decade of Watching Black People Die: CodeSwitch Podcast from NPR</a>	<a href="#">Anger: The Black Woman’s “Superpower” CodeSwitch Podcast from NPR</a>	<a href="#">“The Limits of Empathy” CodeSwitch Podcast from NPR</a>	<a href="#">Ask Code Switch - What about your friends? 50 minute episode</a> Podcast from NPR	<a href="#">True Allyship and the Willingness to be Uncomfortable</a>



<p><b>Act</b></p>	<p>Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. <a href="#">Automatic Email Template Link</a></p>	<p>Register to vote! If you are serious about real change, your individual vote does matter. Use <a href="#">this link</a> to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are &lt;18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan</p>	<p><sup>4</sup>Google whether your city or town currently employs evidence-based police de-escalation training. Write to your city or town government representative and police chief and advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p><sup>5</sup>Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the <a href="#">National Council for Incarcerated and Formerly Incarcerated Women and Girls</a>, the <a href="#">NAACP</a>, <a href="#">Southern Poverty Law Center</a>, <a href="#">United Negro College Fund</a>, <a href="#">Black Youth Project 100</a>, <a href="#">Color of Change</a>, <a href="#">The Sentencing Project</a>, <a href="#">Families against Mandatory Minimums</a>, <a href="#">A New Way of Life</a>, and <a href="#">Dream Defenders</a>.</p>	<p><sup>6</sup>If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are <a href="#">here</a>, <a href="#">here</a>, <a href="#">here</a>, <a href="#">here</a>, <a href="#">here</a>, and <a href="#">here</a>. And/or purchase educational toys that feature POC, such as <a href="#">finger puppets</a>, <a href="#">Black History Flashcards</a>, etc for their classroom. Use these items year-round, not just in February.</p>
-------------------	---	--	---	--	--

<sup>4</sup> Same as above

<sup>5</sup> Same as above

<sup>6</sup> Same as above

		for this suggestion!			
--	--	----------------------	--	--	--

## All the links:

### Watch

- **13th (Ava DuVerny)**
  - [13th Documentary \(Full Length\) YouTube](#)
  - Available with Netflix subscription
- **King in the Wilderness (Peter Kunhardt)**
  - [Free on YouTube](#)
  - Available with HBO Go & Hulu Subscription

### Read

- **“White Fragility: Why It’s So Hard for White People to Talk About Racism” by Robin DiAngelo**
  - [Amazon Paperback Link \\$11](#)
  - Apple Bookstore \$13 download for text, \$15 download for audiobook
  - [Mid-Continent Public Library Ebook & Audiobook Link](#) \*\*these are all on hold right now\*\*
  - [FREE with Audible trial link](#)

### Listen

- [A Decade of Watching Black People Die](#) CodeSwitch Podcast from NPR
- [Anger: The Black Woman’s “Superpower”](#) CodeSwitch Podcast from NPR
- [“The Limits of Empathy”](#) CodeSwitch Podcast from NPR ~ 36 min
- [Ask Code Switch - What about your friends? 50 minute episode](#) ~50 minutes
- [True Allyship and the Willingness to be Uncomfortable](#) ~ 36 min

### Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)
- Register to vote! If you are serious about real change, your individual vote does matter. Use [this link](#) to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today’s action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)

- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))

## 45 Minutes/Day

Over the course of the month, you will have spent 22.5 hours intentionally learning how to be an active ally of the black community. (That’s less than the amount of time it takes to watch all of Avatar: The Last Airbender ~ 30 hours.) Remember, the black community *lives the reality* of the information you will learn- they have a lifetime of fearing for their well being versus you being uncomfortable for less than a day. All the action items listed in the calendar have linked information below the weekly schedule (see sections Watch, Read, Listen, and Act).

## DAILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Read pg. 3-14 in “How to be an Antiracist”	2nd Read pg. 15-26 in “How to be an Antiracist”	3rd Read pg. 27-38 in “How to be an Antiracist”	4th Read pg. 39- 50 in “How to be an Antiracist”	5th Read pg. 51-62 in “How to be an Antiracist”	6th & 7th Combine daily time to watch <b>13th documentary</b> AND help reallocate city budgets by defunding the police <a href="#">Automatic Email Template Link</a>	
8th Read pg. 63-74 in “How to be an Antiracist”	9th Read pg. 75-86 in “How to be an Antiracist”	10th Read pg. 87-98 in “How to be an Antiracist”	11th Read pg. 99-110 in “How to be an Antiracist”	12th Read pg. 111-122 in “How to be an Antiracist”	13th & 14th Combine daily time to watch <b>King in the Wilderness</b> AND Register to vote! If you are serious about real change, your individual vote does matter. Use <a href="#">this link</a> to register to vote, check your registration, vote by mail, get election reminders, etc.	
15th Read pg. 123- 134 in “How to be an Antiracist”	16th Read pg. 135-146 in “How to be an Antiracist”	17th Read pg. 147-158 in “How to be an Antiracist”	18th Read pg. 159-170 in “How to be an Antiracist”	19th Read pg. 171-182 in “How to be an Antiracist”	20th & 21st Combine daily time to watch <b>I Am Not Your Negro</b> AND write/call local gov rep & police chief advocating for police de-escalation training. The racial make-up of your town doesn’t matter — This needs to be standard everywhere.	
22nd Read pg. 183- 194 in “How to be an	23rd Read pg. 195-206 in “How to be an	24th Read pg. 207-218 in “How to be an	25th Read pg. 219-230 in “How to be an	26th Read pg. 231-238 (end) in “How to be	27th & 28th Combine daily time to watch <b>Just Mercy</b> AND Donate to anti-white supremacy work (see below	

Antiracist”	Antiracist”	Antiracist”	Antiracist”	an Antiracist”	links)	
29th Listen to podcast: <a href="#">Episode 1: The Fight for a True Democracy - 1619   Podcast</a>	30th Buy books, materials, supplies for educator friends featuring POC (see below links)					

## WEEKLY

	Week 1	Week 2	Week 3	Week 4	Week 5
<b>Watch</b>	13th (Ava DuVerny) <a href="#">13th Documentary (Full Length) YouTube</a>  Available with Netflix subscription	King in the Wilderness (Peter Kunhardt) <a href="#">Free on YouTube</a>  Available on HBO Go & Hulu with subscription	I Am Not Your Negro (Raoul Peck) <a href="#">Kanopy Link</a>  <a href="#">Free with Amazon Prime Link</a>	Just Mercy (Destin Daniel Cretton) <a href="#">Just Mercy Free Amazon Link</a>	
<b>Read</b>	Pg. 3 - 62 in “How to be an Antiracist”	Pg. 63 - 122 in “How to be an Antiracist”	Pg. 123 - 182 in “How to be an Antiracist”	Pg. 183 - end in “How to be an Antiracist”	
<b>Listen</b> **this will exceed 45 minutes	<a href="#">Side Effects of White Women</a> 53 min	<a href="#">Side Effects of Communication</a> 1 hr 1 min	<a href="#">Side Effects of Being Misunderstood</a> 1 hr	<a href="#">Side Effects of Professionalism</a> 53 min	<a href="#">Side Effects of Being a Black Intellectual</a> 1 hr 31 min  <a href="#">Episode 1: The Fight for a True Democracy - 1619   Podcast</a>

<p><b>Act</b></p>	<p>Help reallocate city budgets by defunding the police. The following link leads to <a href="https://defund12.org">Defund12.org</a> which generates an email template pre-populated with elected officials emails. Simply fill in some of your information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. <a href="#">Automatic Email Template Link</a></p>	<p>Register to vote! If you are serious about real change, your individual vote does matter. Use <a href="#">this link</a> to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are &lt;18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)</p>	<p><sup>7</sup>Google whether your city or town currently employs evidence-based police de-escalation training. Write to your city or town government representative and police chief and advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere.</p>	<p><sup>8</sup>Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the <a href="#">National Council for Incarcerated and Formerly Incarcerated Women and Girls</a>, the <a href="#">NAACP</a>, <a href="#">Southern Poverty Law Center</a>, <a href="#">United Negro College Fund</a>, <a href="#">Black Youth Project 100</a>, <a href="#">Color of Change</a>, <a href="#">The Sentencing Project</a>, <a href="#">Families against Mandatory Minimums</a>, <a href="#">A New Way of Life</a>, and <a href="#">Dream Defenders</a>.</p>	<p><sup>9</sup>If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are <a href="#">here</a>, <a href="#">here</a>, <a href="#">here</a>, <a href="#">here</a>, <a href="#">here</a>, and <a href="#">here</a>. And/or purchase educational toys that feature POC, such as <a href="#">finger puppets</a>, <a href="#">Black History Flashcards</a>, etc for their classroom. Use these items year-round, not just in February.</p>
-------------------	--	--	---	--	--

<sup>7</sup> Same as above

<sup>8</sup> Same as above

<sup>9</sup> Same as above

## All the links:

### Watch

- **13th (Ava DuVerny)**
  - [13th Documentary \(Full Length\) YouTube](#)
  - Available with Netflix subscription
- **King in the Wilderness (Peter Kunhardt)**
  - [Free on YouTube](#)
  - Available on HBO Go with subscription
  - Available on Hulu with subscription
- **I Am Not Your Negro (Raoul Peck)**
  - [Kanopy Link](#)
  - [Free with Amazon Prime Link](#)
- **Just Mercy (Destin Daniel Cretton)**
  - [Just Mercy Free Amazon Link](#)

### Read

- **“How to Be An Antiracist” by Ibram X. Kendi**
  - [Amazon Kindle Link \\$15](#)
  - Apple Bookstore \$15 download for text and audiobook
  - [Mid-Continent Public Library Ebook & Audiobook Link](#)
  - [FREE with Audible trial link](#)
  - [Link to Guided Questions while reading](#)

### Listen

\*\*This will exceed 45 minutes, but still good content. Maybe choose to listen to this instead of the radio or Spotify on some days.

- [Small Doses with Amanda Seales Podcast](#)
  - [Side Effects of White Women](#) 53 min
  - [Side Effects of Communication](#) 1 hr 1 min
  - [Side Effects of Being Misunderstood](#) 1 hr
  - [Side Effects of Professionalism](#) 53 min
  - [Side Effects of Being a Black Intellectual](#) 1 hr 31 min
- [Episode 1: The Fight for a True Democracy - 1619 | Podcast](#) 44 min

### Act

- Help reallocate city budgets by defunding the police. The following link leads to Defund12.org which generates an email template pre-populated with elected officials emails. Simply fill in some of your

information and the body of the message (advocating for defunding the police in that city) is automatically filled in for you. [Automatic Email Template Link](#)

- Register to vote! If you are serious about real change, your individual vote does matter. Use [this link](#) to register to vote, check your registration, vote by mail, get election reminders, pledge to register if you are <18, find the nearest polling place, and fill out your 2020 census form. Take today's action a step further by sharing this link with friends and planning time into your schedule to vote in the closest upcoming election - city, state, or national. (Thanks to Pamela Duncan for this suggestion!)
- Google whether your city or town currently employs evidence-based police de-escalation training. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- Donate to anti-white supremacy work such as your local Black Lives Matter Chapter, the [National Council for Incarcerated and Formerly Incarcerated Women and Girls](#), the [NAACP](#), [Southern Poverty Law Center](#), [United Negro College Fund](#), [Black Youth Project 100](#), [Color of Change](#), [The Sentencing Project](#), [Families against Mandatory Minimums](#), [A New Way of Life](#), and [Dream Defenders](#). Join some of these list-serves and take action as their emails dictate.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))
- If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are [here](#), [here](#), [here](#), [here](#), [here](#), [here](#), and [here](#). And/or purchase educational toys that feature POC, such as [finger puppets](#), [Black History Flashcards](#), etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.
  - a. (Source: [75 Things White People Can Do For Racial Justice](#))