

Resources for Unlearning History & Learning Anti-Racism

A few notes about this resource list:

This work starts with each of us, and there is no ending point. Find ways to keep unlearning and learning, take good care of yourself in the process so that you [don't burn out](#).

This is *not* a comprehensive, full, complete list. This is a **small** list of places and spaces to gain more information and to interrupt what was taught about American History in most places and spaces in educational institutions.

This is primarily for folx who identify as white, white-passing, and who do not identify as Black, Brown, Indigenous. If you do identify as Black, Brown, Indigenous, these resources may be helpful and/or may be harmful. [Healing is essential](#).

Even if one reads all of these articles, books, watches everything here, there is more work to be done, there will be changes in how language is used and new resources will pop up daily. The categories are to help you identify where you want to start or continue your work; and the content all weaves together.

Start here

- Know your own [Social Identities](#)
- Read about [allyship](#)|co-conspirator work
- Learn about [reducing the emotional labor](#) of BIPOC (Black|Indigenous| People of Color) before, during and after reading these.
- Prepare to be uncomfortable:
 - Access a [feelings wheel |list](#) | chart to process your emotions for yourself and within [racial affinity groups](#).
 - This can be powerful and healing so that you do not get stuck living in your emotional body or in an overintellectualized state and so you can take action.
- Understanding [Whiteness](#) ([Robin DiAngelo's book](#) and [an interview here](#))
 - [I Wanted to Know What White Men Thought About Their Privilege. So I asked.](#)
 - [What's My Complicity- Talking White Fragility with Robin DiAngelo](#)
 - [White Rage \(book\)](#)
 - [Scene on Radio: Seeing White](#)
 - [Me and White Supremacy](#)
 - [Understanding & Dismantling Racism](#) (contains a list of additional books)

Resources for Unlearning History & Learning Anti-Racism

Implicit Bias & Racial Healing Work

[Project Implicit from Harvard University](#)

[Implicit Bias Series from NYTimes](#)

[Mindful of Race](#)

[Radical Dharma](#)

[The Little Book of Race & Restorative Justice](#)

[The Body is Not an Apology](#)

Unlearning & Relearning History

[1619 Project](#)

[400 Years of Inequality](#)

[Lies My Bookshelf Told Me About Slavery](#)

[Frederick Douglass: What to the Slave is the 4th of July](#)

[Stamped: Racism, Antiracism, and You A Remix of the National Book Award-winning Stamped from the Beginning](#)

[The Draft Riots](#)

[Reparations](#)

[Barracoon: The Story of the Last "Black Cargo" by Zora Neale Hurston](#)

[History of Racism and Immigration Timeline](#)

[Zinn Education Project: If We Knew Our History](#)

[An Indigenous Peoples' History of the United States](#)

[An Indigenous Peoples' History of the United States for Young People](#)

[Dr. Martin Luther King Jr. Speech: The Other America](#)

[Walking with the Wind by John Lewis & Michael D'Orso](#)

[Hands on the Freedom Plow](#)

[Defining Moments in Black History by Dick Gregory](#)

[4 Things You Need to Know About the Cradle to Prison Pipeline](#)

[The New Jim Crow](#)

Resources on Intersectionality & LGBTQIA+

Dr. [Kimberle Crenshaw](#)

[The Urgency of Intersectionality](#)

[DisCrit—Disability Studies and Critical Race Theory in Education](#)

[Being African American & LGBTQ: An Introduction](#)

[Marsha P. Johnson Institute](#)

[Dreaming Disability Justice](#)

[Black is the Body](#)

Required Reading

[Between the World and Me](#)

[Ain't I A Woman?](#)

[Toni Morrison : The Origin of Other](#)

[The Fire Next Time by James Baldwin](#)

[killing rage: Ending Racism by bell hooks](#)

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[Women, Race, and Class by Angela Davis](#)

[Sister Outsider by Audre Lorde](#)

Engaging in Dialogue

[How to be an Antiracist](#)

[Teaching Tolerance: Speak Up at School](#)

[The Little Book of Racial Healing](#)

[Race Talks and The Conspiracy of Silence: Understanding and Facilitating Difficult Dialogues on Race](#)

[5 Ways to Support Undocumented Folks](#)

[What Can You Do To Help Immigrants Whose Rights Are Under Attack](#)

[So You Want to Talk About Race](#)

[A Look at Diversity in Children's Books](#)

TedTalks | Films | TV | Movies

[Ava DuVernay: Writer, Producer, Director, and Distributor of Independent Film](#)

[When They See Us](#)

[Untold History of the United States: DVD](#)

[The Danger of a Single Story](#)

[The Danger of Silence](#)

[How to Deconstruct Racism One Headline at a Time](#)

More Learning

[Black Lives Matter](#)

[Courageous Conversations](#)

[Social Justice Standards: Unpacking Action - online](#)

[Embrace Race - webinars, articles, more](#)

[Teaching Tolerance - webinars, articles, etc.](#)

[Check Your Privilege](#)

Additional Notes:

These resources are compiled from a variety of sources: friends, colleagues, people I follow on twitter, facebook, instagram, links within other articles, references in books, people sharing resources from workshops and conferences, and google searches. There are social identities and racial groups not represented in this collection. There are aspects of identities not fully showing up here: immigrant status, accents, and even dis/ability does not show up here in the ways needed (see intersectionality section).

Take note of the books on your shelves, the movies you watch, the media you consume, the people you follow on social media, your social networks. Whose perspectives are missing? In what ways can those perspectives be brought into your world without placing emotional labor on people whose identities have been forcefully pushed to the margins?

Author Note: I am a racially ambiguous biracial person Asian/White. I am the daughter of a first generation Korean immigrant.