

Anti-Racism and Multicultural Competency Resources

Lists of books, movies, online accounts and more

Book Names and Book Lists

- A People's History of the United States by Howard Zinn
- Aphro-Ism: Essays on Pop Culture, Feminism, And Black Veganism From Two Sisters by Aph Ko & Syl Ko
- Between the World and Me by Ta-Nehisi Coates
- Black Feminist Thought by Patricia Hill Collins
- Born A Crime by Trevor Noah
- Citizen: An American Lyric by Claudia Rankine
- Coretta Scott King Book Award Winners
- Eloquent Rage: A Black Feminist Discovers Her Superpower by Dr. Brittney Cooper
- Even the Rat Was White: A Historical View of Psychology by Robert V. Guthrie
- Heavy: An American Memoir by Kiese Laymon
- How to Be an Antiracist by Dr. Ibram X. Kendi
- I Know Why the Caged Bird Sings by Maya Angelou
- I'm Still Here: Black Dignity in a World Made for Whiteness by Austin Channing Brown
- Just Mercy by Bryan Stevenson
- Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor by Layla F. Saad
- Raising Our Hands by Jenna Arnold
- Redefining Realness: My Path to Womanhood, Identity, Love & So Much More by Janet Mock
- Sister Outsider by Audre Lorde
- So You Want to Talk About Race by Ijeoma Oluo
- Tears We Cannot Stop by Michael Eric Dyson
- The Bluest Eye by Toni Morrison
- The Color of Law: A Forgotten History of How Our Government Segregated America by Richard Rothstein
- The Fire Next Time by James Baldwin
- The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander
- The Next American Revolution: Sustainable Activism for the Twenty-First Century by Danny Glover, Grace Lee Boggs, and Scott Kurashige
- The Source of Self-Regard: Selected Essays, Speeches, and Meditations by Toni Morrison
- The Warmth of Other Suns by Isabel Wilkerson
- Their Eyes Were Watching God by Zora Neale Hurston
- This Bridge Called My Back: Writings by Radical Women of Color by Cherríe Moraga and Gloria E. Anzaldúa
- Waking Up White: And Finding Myself in The Story of Race by Debby Irving
- We Live for the We: The Political Power of Black Motherhood by Dani McClain
- What Truth Sounds Like by Michael Eric Dyson
- When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America by Ira Katznelson
- White Fragility by Robin DiAngelo
- "Why Are All the Black Kids Sitting Together in The Cafeteria?" by Beverly Daniel Tatum, PhD
- Why I'm No Longer Talking to White People About Race by Reni Eddo-Lodge

Online Books for Multicultural Competency in Mental Health

- Encyclopedia of Multicultural Psychology
- Handbook of Multicultural Competencies in Counseling and Psychology
- Race, Culture and Psychotherapy: Critical Perspectives in Multicultural Practice
- Strategies for Building Multicultural Competence in Mental Health and Educational Settings
- The Social Psychology of Ethnic Identity by M. Verkuyten

Compiled in collaboration with others by Amy Vermillion.

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TV Shows and Movies

- 13th – Netflix
- American Son – Netflix
- [Black Feminism & the Movement for Black Lives](#)
- Black Power Mixtape: 1967-1975
- Blindsight – Hulu
- Clemency
- Dear White People – Netflix
- Fruitvale Station
- ["How Studying Privilege Systems Can Strengthen Compassion"](#) – TEDx
- I Am Not Your Negro
- If Beale Street Could Talk (Barry Jenkins) – Hulu
- [Just Mercy](#)
- King in The Wilderness
- See You Yesterday – Netflix
- Selma
- The Black Panthers: Vanguard of the Revolution
- The Hate U Give
- [The Next Question by Austin Channing Brown](#)
- When They See Us – Netflix

Podcasts:

- [1619](#) – New York Times
- [About Race](#)
- [Code Switch](#) (NPR)
- [Fare of the Free Child](#)
- Integrated Schools: Episode Raising White Kids
- Intersectionality Matters!
- Momentum: A Race Forward
- [Parenting Forward: Episode 'Five Pandemic Parenting Lessons'](#)
- Pod For The Cause– The Leadership Conference on Civil & Human Rights)
- Pod Save the People– Crooked Media
- Seeing White

Articles

- [America's Racial Contract Is Killing Us](#) by Adam Serwer – The Atlantic
- [The Intersectionality Wars](#) by Jane Coaston – Vox
- [Where do I donate? Why is the uprising violent? Should I go protest?](#) by Courtney Martin
- [Who Gets to Be Afraid in America?](#) by Dr. Ibram X. Kendi – Atlantic
- [My Life as an Undocumented Immigrant](#) by Jose Antonio Vargas – NYT Mag
- [White Privilege: Unpacking the Invisible Knapsack](#) by Peggy McIntosh
- [75 Things White People Can Do for Racial Justice](#)
- [Ella Baker and the Black Freedom Movement \(Mentoring a New Generation of Activists\)](#)
- [Black People "Loot" Food, White People "Find" Food](#) by Van Jones – HuffPost
- [How to Make this Moment the Turning Point for Real Change](#) by Barack Obama – Medium
- [75 Things White People Can Do for Racial Justice](#) by Corinne Shutack – Medium
- [5 Ways White People Can Take Action in Response to White and State-Sanctioned Violence](#) – Medium
- [National Museum of African American History & Culture: Talking About Race Being Antiracist](#)
- [PBS's Teaching Your Child About Black History Month](#)
- [Black People Need Stronger White Allies – Here's How You Can Be One](#) by Stephanie Long – Refinery 29
- [The Case for Reparations](#) – The Atlantic
- [The Combahee River Collective Statement](#)
- [The Guide to Allyship by Amélie Lamont](#)
- [How White Women Use Themselves as Instruments of Terror](#) –The New York Times
- [Tips for Creating Effective White Caucus Groups](#) by Craig Elliott PhD
- [How to Be a Good White Ally, According to Activists](#) – Vox
- [Welcome to the Anti-Racism Movement](#) – The Establishment
- [White People: I don't Want You to Understand Me Better, I Want You To Understand Yourself](#) – Medium
- [Your Kids Aren't Too Young to Talk About Race: Resource Roundup](#) – Pretty Good

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Social Media Accounts:

- Allen – [Instagram](#)
- Asian Activist – [Instagram](#)
- Audre Lorde Project – [Twitter](#) | [Instagram](#) | [Facebook](#)
- Austin Channing Brown – [Instagram](#)
- Black Women's Blueprint – [Twitter](#) | [Instagram](#) | [Facebook](#)
- Blavity – [Instagram](#)
- Brittany Packnett Cunningham – [Instagram](#)
- Catrice M Jackson – [Instagram](#)
- Center for Antiracist Research – [Twitter](#)
- Check Your Privilege – [Instagram](#)
- Color Of Change – [Twitter](#) | [Instagram](#) | [Facebook](#)
- Colorlines – [Twitter](#) | [Instagram](#) | [Facebook](#)
- The Conscious Kid – [Instagram](#)
- Dear White Friends Anti-Racism Book Club - [Facebook Group](#)
- Decolonize This Place – [Instagram](#)
- Dr. Jennifer Mullan – [Instagram](#)
- Ebony Janice – [Instagram](#)
- Equal Justice Initiative (EJI) – [Twitter](#) | [Instagram](#) | [Facebook](#)
- Families Belong Together – [Twitter](#) | [Instagram](#) | [Facebook](#)
- Grassroots Law – [Instagram](#)
- Indigenous Rising – [Instagram](#)
- Int'l Indigenous Youth Council – [Instagram](#)
- Jeny Booth Potter – [Instagram](#)
- Kaitlin Curtice – [Instagram](#)
- Layla F. Saad – [Instagram](#)
- Luvvie Ajayi – [Instagram](#)
- White Girl Learning – [Instagram](#)
- MPowerChange – [Twitter](#) | [Instagram](#) | [Facebook](#)
- Muslim Girl – [Twitter](#) | [Instagram](#) | [Facebook](#)
- NAACP – [Twitter](#) | [Instagram](#) | [Facebook](#)
- National Domestic Workers Alliance – [Twitter](#) | [Instagram](#) | [Facebook](#)
- No White Saviors – [Instagram](#)
- Rachel Cargle – [Instagram](#)
- Rachel Ricketts – [Instagram](#)
- RAICES – [Twitter](#) | [Instagram](#) | [Facebook](#)
- Redfish – [Instagram](#)
- Seeding Sovereignty – [Instagram](#)
- Shaun King – [Instagram](#)
- Showing Up for Racial Justice (SURJ) – [Twitter](#) | [Instagram](#) | [Facebook](#)
- SisterSong – [Twitter](#) | [Instagram](#) | [Facebook](#)
- Tamika D. Mallory – [Instagram](#)
- The Conscious Kid – [Twitter](#) | [Instagram](#) | [Facebook](#)
- The Leadership Conference on Civil & Human Rights – [Twitter](#) | [Instagram](#) | [Facebook](#)
- The Mirror – [Instagram](#)
- The Root – [Instagram](#)
- Three Token Brown Girl – [Instagram](#)
- United We Dream – [Twitter](#) | [Instagram](#) | [Facebook](#)

Organizations for Information and Donations:

- [Black Futures Lab](#) - Works with Black people to transform our communities, building Black political power and changing the way that power operates—locally, statewide, and nationally.
- [Black Lives Matter](#) – Works to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes.
- [Black Visions Collective](#) – Works for future where all Black people have autonomy, safety is community-led, and we are in the right relationship within our ecosystems.
- [Black Visions Collective](#)
- [Black Youth Project](#) - A member-based organization of Black youth activists creating justice and freedom for all Black people.
- [Brooklyn Bail Fund](#)
- [Campaign Zero](#) – Works to end police violence.
- [Color of Change](#) - Designs campaigns powerful enough to end practices that unfairly hold Black people back, and champion solutions that move us all forward. Until justice is real.
- [Grassroots Law Project](#) - Team of grassroots organizers and legal experts committed to transforming the American criminal legal system.
- [Here's a great list compiled by NY Local](#)
- [Justice for Ahaud Arbery](#)
- [Justice for Breonna Taylor](#)
- [Justice for George Floyd](#)
- [Minnesota Freedom Fund](#)
- [NAACP](#) - Secures the political, educational, social, and economic equality in order to eliminate race-based discrimination and ensure the well-being of all persons.
- [National Bail Out](#)
- [Reclaim the Block](#)

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Organizations for Information and Donations (continued):

- [The Action PAC](#) - Building an unstoppable political organizing force to combat the rising tide of racism and bigotry in this country.
- [The Great Unlearn](#)
- [The Loveland Foundation](#) – Mission is to show up for communities of color in unique and powerful ways and to prioritize opportunity, access, validation, and healing, with a particular focus on Black women/girls.
- [Until Freedom](#) - Intersectional social justice organization rooted in the leadership of diverse people of color to address systemic and racial injustice.
- [White People 4 Black Lives](#) – A white anti-racist collective and activist project rooted in showing up for racial justice and acting in alliance with Black Lives Matter, the Movement 4 Black Lives, and other partners.

Other Resources:

- [75 Things White People Can Do for Racial Justice](#)
- [Anti-Racism Project](#)
- [Jenna Arnold](#)
- [Rachel Ricketts' anti-racism resources](#)
- [Resources for White People to Learn and Talk About Race and Racism](#)
- [Save the Tears: White Woman's Guide by Tatiana Mac](#)
- [Showing Up for Racial Justice](#)
- ["Why is this happening?"](#)
- [Zinn Education Project](#)

Resources Specifically For Parents & Kids:

- Children's Books
 - A is for Activist by Innosanto Nagara
 - Let it Shine: Stories of Black Women Freedom Fighters by Andrea Davis Pinkney
 - Let's Talk About Race by Julius Lester
 - Not My Idea: A Book About Whiteness by Anastasia Higginbotham
 - Separate is Never Equal: Sylvia Mendez & Her Family's Fight for Desegregation by Duncan Tonatiuh
 - The Colors of Us by Karen Katz
- Books for Teens
 - All American Boys by Jason Reynolds & Brendan Kiely
 - How Dare the Sun Rise by Sandra Uwiringiyimana & Abigail Pesta
 - Monster by Walter Dean Myers
 - The Hate U Give by Angie Thomas
- Articles
 - [How Parents Can Use Media to Raise Anti-Racist Kids](#) by Sierra Filucci – Common Sense Media
 - [How to Talk to Kids About Race and Racism](#) – Parent Toolkit
 - [How Well-Intentioned White Families Can Perpetuate Racism](#) by Joe Pinsker – The Atlantic
- Social Media Accounts
 - The Conscious Kid – [Instagram](#)

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