

Continually Learning:

30 Days of Listening and Learning About Racism in America
Week Four Resources – Where Do We Go From Here?



READ: Book Club (for the 4 week period): *So, You Want To Talk About Race* by Ijeoma Oluo. Read chapters 13-17 this week.

In *So You Want to Talk About Race*, Ijeoma Oluo guides readers of all races through subjects ranging from intersectionality and affirmative action to "model minorities" in an attempt to make the seemingly impossible possible: honest conversations about race and racism, and how they infect almost every aspect of American life.

READ: [11 Easy Mistakes to Make When Thinking About Racial Inequality in the U.S.](#) (10 min)
A movement for greater understanding around racial bias and racial injustice is moving across our country. The success of this movement will require lots of hard work and very clear thinking.

NOTICE



[The Choice](#) (2 m)
Racial inequality is the inescapable reality of America. It didn't begin with us, but it can end with us. If we choose to act.
pg.com/takeonrace

REFLECT & JOURNAL

[A Prayer for Canvas](#),
written by Lynne Abraham-Yadlin.

[Black Lives Matter Meditation for Healing Racial Trauma](#)

A 17 minute guided meditation using mindfulness, affirmation, and metta (loving-kindness)

WATCH



Ibram X. Kendi TED Talk:
[The Difference Between Being "Not Racist" and "Antiracist"](#) (51 Minutes)

[Now We Transform](#) (2 m)
Produced by Black Lives Matter Global Network Foundation



13th (1 h 40 min)
Documentary on racial inequality in the US prison system. Available on [Netflix and YouTube](#)

LISTEN



Podcast: Austin Channing Brown with Brene Brown:
[I'm Still Here: Black Dignity in a World Made for Whiteness](#) (1h 5m)

ACT!



[97 Things White People Can Do For Racial Justice](#)

Join our [Facebook Group](#) for discussion and feedback.

NOTICE – WATCH – READ – LISTEN – PRAY – JOURNAL – DISCUSSION