

## Supplemental Resources

### Unpacking Systemic Racism: Implications for Clinical Practice & Personal Growth

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Note: This is by no means an exhaustive list, but may be helpful in your journey to understand systemic oppression and how it impacts the young people we serve. This list centers the voices of POC.

#### Youth Development Resources:

<http://www.dismantlingracism.org>

Hope and Healing in Urban Education (book) and Shift from Trauma Informed Care to Healing Centered Engagement by Dr. Shawn Ginwright

Hurt (book) and Healing the Hidden Wounds of Racial Trauma by Dr. Ken Hardy,

For White Folks Who Teach in the Hood...and the Rest of Ya'll Too (book) by Christopher Emdin

Young Adults' Experiences of Violence and Dreams of Community Led Solutions in Red Hook, Brooklyn

#### People to Follow:

@selmekki (Sharif El Mekki - local Philly educator)

<https://phillys7thward.org>

@BLMPHilly

@rachel.cargle - Rachel Cargle

@msparknetti - Brittany Packnett

@Deray - Deray Mckesson

@LaylaFSaad

@ihartericka - Ericka Hart

@ShaunKing

#### Podcasts:

The Good Ancestor Podcast

Pod Save The People

NPR Code Switch

Intersectionality Matters

Hoodrat to Headwrap - Ericka Hart

#### Books:

- Any books by Bell Hooks, Audra Lorde, Maya Angelou, Octavia Butler, Toni Morrison, Zora Neale Hurston, Alice Walker, Angela Davis (Black Feminist Perspective)
- Pedagogy of the Oppressed - Paulo Freire
- Stamped from the Beginning: The Definitive History of Racist Ideas in America by Ibram X. Kendi
- The New Jim Crow - Michelle Alexander
- Emergent Strategy - Adrienne Maree Brown
- An Anti-Racist Reading List (compiled by Ibram X Kendi.)
- Between the World and Me - Ta-Nahesi Coates
- Anything by James Baldwin

#### Television/Movies:

Notes from the Field - HBO (School to Prison Pipeline)

13th - Netflix (Mass incarceration)

Racial Wealth Gap episode on 'Explained' - Netflix (Racial Wealth Gap)

Crime and Punishment - Hulu (Policing)

Wyatt Cenac's Problem Areas - HBO (Policing in the US)

The Hate u Give by Angie Thomas (movie and book.)

#### Articles and Resources for Being an Ally

The Messy and Hard Work of Being an Ally by by Nadiah Mohajir

The Me & White Supremacy 28-day Workbook by Layla Saad

Black Woman's Triangulation of Rape - SASHA Center Model

Colonization, Supremacy & Capitalism - Dr. Rupa Mayra, MD

# Some Tips/Encouragement for “Doing the Work” for Privileged Groups

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**\*\*It's not the responsibility of people of color to educate you about your privilege or the oppression they've experienced. Some may be willing to share their experiences and wisdom, but the burden of your learning and growth is on YOU.\*\***

1. Expand your worldview/De-center white perspectives.
  1. Read books and articles and watch TV shows written by people of color.
  2. Spend time in neighborhoods that are different than yours. Go to a red-lined neighborhood and notice how you feel and what you're afraid of.
  3. Follow activists and thought leaders on social media.
2. Be willing to be uncomfortable.
  1. It takes courage and a commitment to step into the discomfort so that we can grow. It requires looking at the messages we received about race in our families and communities where we grew up.
  2. Our privilege has disconnected us from the oppression and struggle that many people face. If people of color can push on through the discomfort of daily oppression, we can face our privilege and all the hard realities that come with it.
  3. If you have friends of color, be bold enough to ask them about things that you may have done or said that have shown your privilege. If they're comfortable, ask them to share their experiences of racial bias over the course of their lives.
  4. LISTEN instead of speak. When you feel the urge to denounce your racism, or argue about someone else's experience it's a great opportunity to check yourself and listen.
  5. This is a long process of the consciously undoing the way we've been socialized. You will make mistakes along the way. Learn from them, commit to listening and continue to move forward on your journey.
  6. Enter into stories of police violence and racial injustice with your heart. Think about the impact of these injustices on mama's and families and communities. Let yourself feel devastated and angry.
  7. Support the activism of movement leaders and thought leaders. Follow and share them on social media. Many activists have Patreon links in their bios that you can cash app or venmo them through - \$5 for a coffee or treat goes a long way.
3. Talk about what you're learning. Share this information with people around you.
  1. Be willing to have difficult conversations. Gently invite people in your networks to notice their blind spots around race and privilege.
  2. Share helpful resources and information with friends and family.
  3. As you tune into to stories in social media of young men and women being killed by police, or treated unjustly, #saytheirname. Share their stories and posts.