

# How to be a White Ally



**WHAT TO READ, LISTEN TO, AND WATCH**

# READ



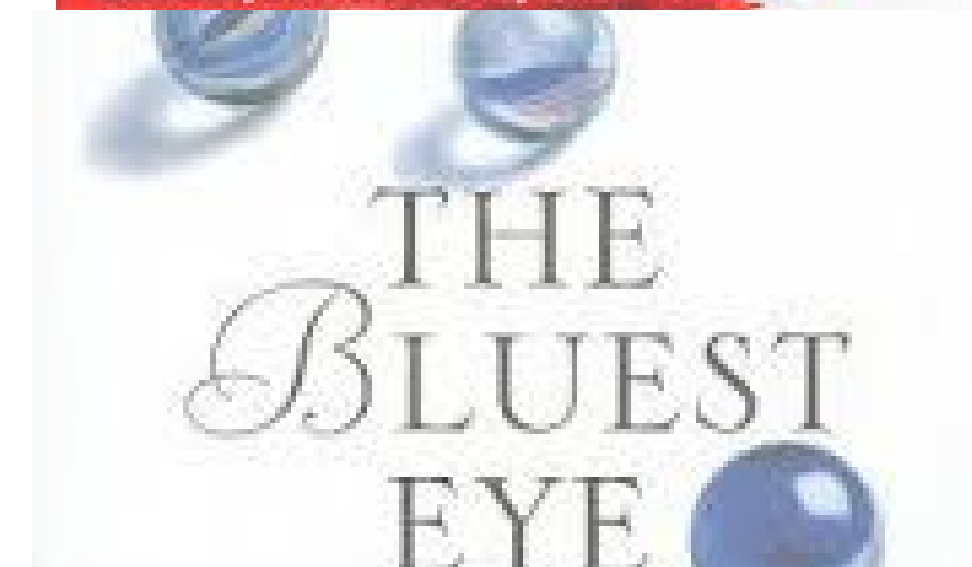
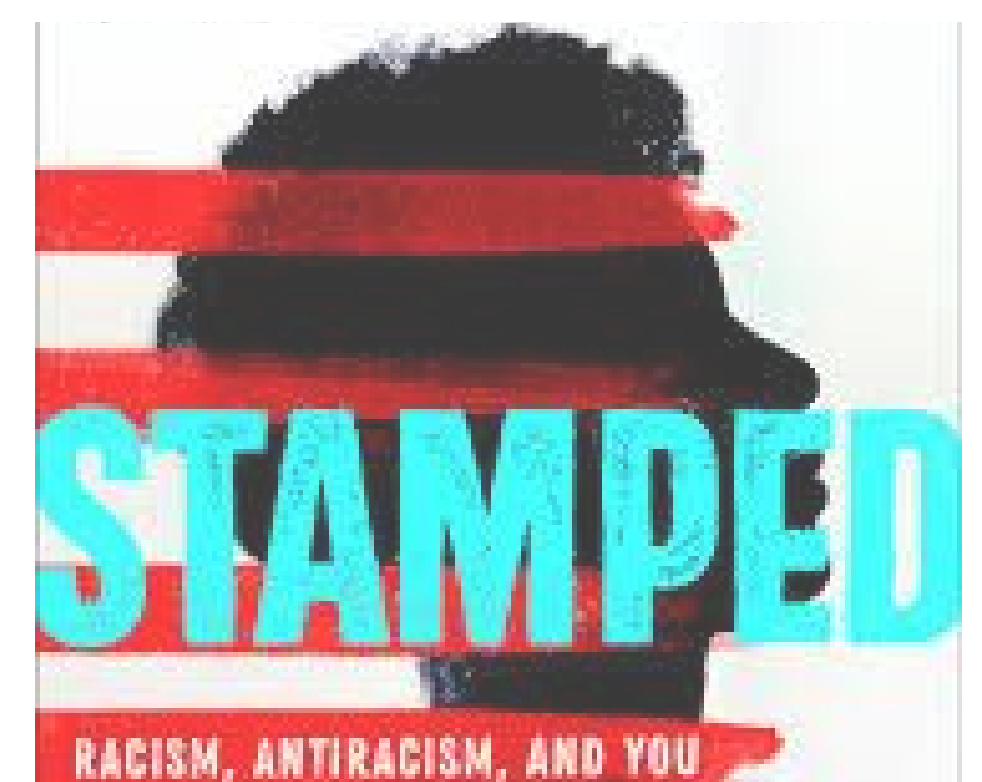
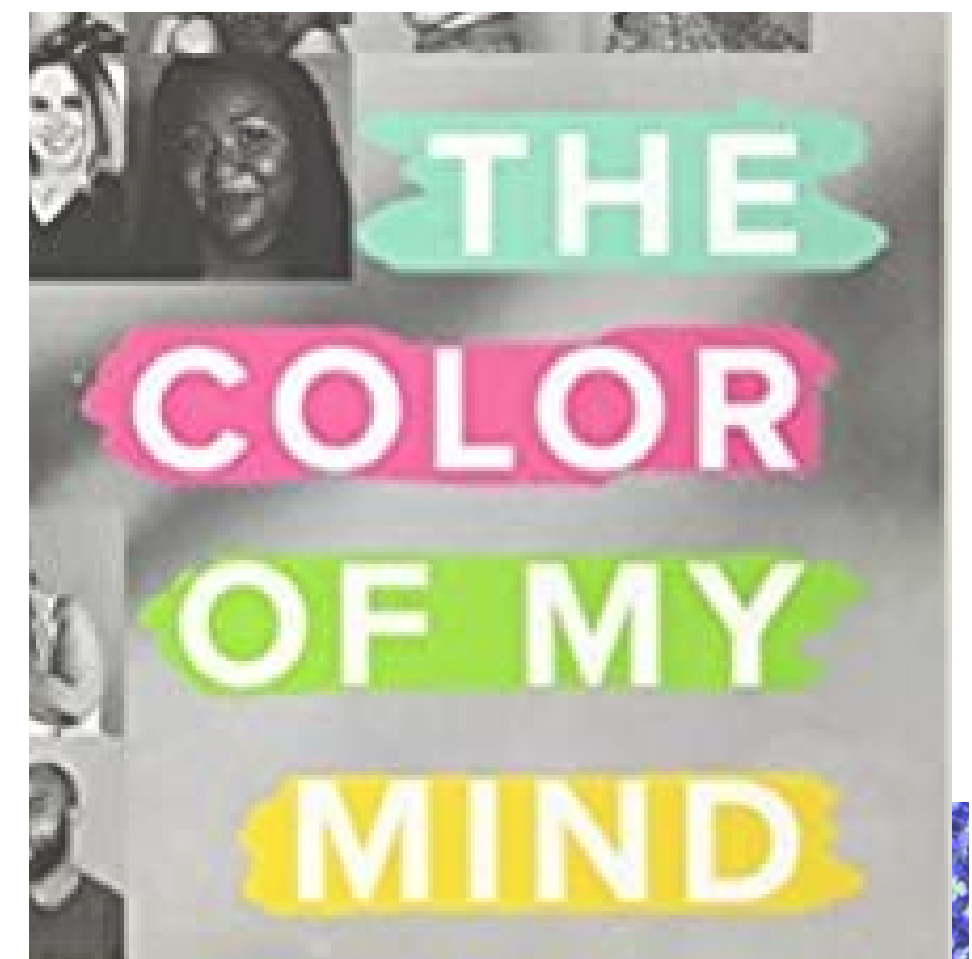
**The Body is Not an Apology: The Power of Radical Self-Love by *Sonia Renee Taylor***

**Stamped: Racism, Antiracism, and You by Ibram X. Kendi**

**The Bluest Eye by Toni Morrison**

**The Autobiography of Malcom X. as told to Alex Hayley**

**The Color of My Mind: Mental Health Narratives for People of Color by Dior Vargas**



# WATCH



**13th by Ava DuVernay (Netflix, 1 hr 30 mins.)**

**Dear White People (Netflix Series)**

**The Hate You Give (Cinemax. 2 hrs)**

**How Can We Win by Kimberly Jones (6 min., Youtube)**

**5 Tips for Being an Ally by Chescaleigh (3 min. Youtube)**



# LISTEN



**Code Switch (NPR. Podcast)**

**Good Ancestor Podcast with Layla F. Saad**

**Still Processing (New York Times Podcast)**

**#GoodMuslimBadMuslim by Tanzila “Taz”  
Ahmed and Zahra Noorbakhsh**

**Latino USA (NPR Podcast)**



# DISCUSSION Q'S TO ASK YOURSELF (AND OTHERS)



✨ **Are a diverse set of BIPOC voices and the perspectives of multiple identities being heard here and in these resources?**

✨ **Am I actively listening and creating space for other perspectives besides my own as I engage with these resources?**

✨ **Is this space created to amplify all voices, or does it silence some while amplifying others?**

✨ **What work can I do to create change? What privileges do I have and how can I redistribute it to others?**

✨ **Am I calling out racism, cultural appropriation, and racist jokes when I see it?**

# DIVERSITY Q'S TO ASK YOURSELF (AND OTHERS)



- ✨ **How many BIPOC authors are currently on my bookshelf?**
- ✨ **How many of my teachers are BIPOC and are there BIPOC educators who I can follow and learn from on social media?**
- ✨ **What BIPOC-led podcasts do I listen to?**
- ✨ **What BIPOC small businesses do I buy from and support?**
- ✨ **Do I make an effort to have a diverse group of friends who look different from me and who live different lives than I do?**
- ✨ **What can I learn from these resources about the diversity of BIPOC experiences with racism in America?**

# ALLYSHIP IMPACT CHECK-IN Q'S TO ASK YOURSELF (AND OTHERS)



bring  
change  
to mind

✨ **Why is learning about the history of racism and different BIPOC perspectives important to being a white ally?**

✨ **What is something that I learned from one of these resources that I did not know before? How does that help me become a better ally?**

✨ **What might be making me uncomfortable to look at or learn? What are the reasons behind that?**

✨ **How can I share what I have learned with others?**

✨ **How will I show up differently as an ally now that I am more informed?**