

Resources

Employee Assistance Program (EAP) is offering individual counseling on the current protests, the trauma of racism or any related topic. Employees can call 1-800-252-4555 and let them know you are an employee of CSH.

Article: "Blacks Life Matters: Anti-Racism Resources for Social Workers and Therapists"

<https://www.socialwork.career/2020/06/anti-racism-resources-for-social-workers-and-therapists.html>

Article: "My white friend asked me on FB to explain White Privilege. I decided to be honest"

https://www.yesmagazine.org/opinion/2017/09/08/my-white-friend-asked-me-on-facebook-to-explain-white-privilege-i-decided-to-be-honest/?fbclid=IwAR1pWfX9n7hQoYmpMyRIOGusPM2JIQ_rYibLEvjijEBN3sGh7DORpYRB9ng

Article: "44 Mental Health Resources for Black People Trying to Survive in This Country"

<https://www.self.com/story/black-mental-health-resources>

Article: "10 Books to Introduce Race & Ethnicity to Kids with Autism"

<https://www.lineupthebooks.com/10-books-to-introduce-race-ethnicity-to-kids-with-autism/>

Article: "15 Kid –Friendly Movies to Help Build a Conversation About Race and Racism"

https://www.womansday.com/life/entertainment/g32745225/movies-about-race-racism-kids/?utm_campaign=socialflowFBWDY&utm_medium=social-media&utm_source=facebook&fbclid=IwAR1Y8R1qqQ1gWINRMUtYmHrI-OoQnd8AyWsWTIM-dSSbLStLCy_VP4MAyYs

Article: "Five Books On Systemic Racism Every White Leader Can Learn From"

<https://www.centerforcompassionateleadership.org/blog/five-books-on-systemic-racism-every-white-leader-can-learn-from>

Article: "The Sit List: 5 things you can do to support the Black community"

<https://www.berkeleyside.com/2020/06/04/the-sit-list-5-things-you-can-do-to-support-the-black-community>

Article: "75 Things White People Can Do for Racial Justice" (this article will continually be updated for accuracy)

<https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234>

Article: "Your Kids Aren't Too Young to Talk about Race: Resource Roundup
<https://www.prettygooddesign.org/blog/Blog%20Post%20Title%20One-5new4>

Black Lives Matter At School: Teaching Materials – 2020 Curriculum Resource Guide
<https://blacklivesmatterschool.com/teaching-materials/>

Video: CNN/Sesame Street Town Hall live airing of Standing Up to Racism
<https://www.cnn.com/2020/06/06/app-news-section/cnn-sesame-street-race-town-hall-app-june-6-2020-app/index.html?fbclid=IwAR2o4mclmAuhszBgU6I1UASUxRBPTYjj9iqmZKKdJ6v9m0ukoUJ9XyjFo>)

Video: Common Sense Parenting-
Parenting in Support of Black Lives: How to Build a Just Future for Kids (and How Media Can Help) – YouTube A conversation with Ibram X. Kendi and Allison Briscoe-Smith moderated by Julie Lythcott-Haims
<https://www.youtube.com/watch?v=dTJyC8fO4mI&feature=youtu.be>

Video: Common Sense Parenting-
Helping Kids Process Violence, Trauma, and Race in a World of Non-Stop News
<https://www.youtube.com/watch?v=dhjMyOqu2G8>

NPR (New England Public Radio): "Microaggressions Are a Big Deal: How To Talk Them Out And When To Walk Away"
https://www.npr.org/2020/06/08/872371063/microaggressions-are-a-big-deal-how-to-talk-them-out-and-when-to-walk-away?utm_term=nprnews&utm_source=facebook.com&utm_medium=social&utm_campaign=npr

Video: Usborne consultants discuss their favorite Usborne books that specifically have black & brown characters
<https://m.youtube.com/watch?v=83Bot5DdBf4>

Anti-Racism Reading List

From Victoria Alexander: "I've been getting a lot of questions from my non-Black friends about how to be a better ally to Black people. I suggest unlearning and relearning through literature as just one good jumping off point and have broken up my anti-racist reading list into sections." 📖

Please follow on

Twitter: <https://twitter.com/victoriaalxndr/status/1266829408268095493?s=21>

Her Instagram account has incredible resources for non-Black allies: @victoriaalxndr

Anti-Racist Starter Kit:

Stamped from the Beginning - Ibram X Kendi

A People's History of the United States - Howard Zinn (There is a "young people's" version for elementary and middle school readers)

White Fragility - Robin Diangelo

So you want to talk about race - Ijeoma Oluo

I'm Still Here: Black Dignity in a World Made for Whiteness - Austin Channing Brown

Me and White Supremacy - Layla F Saad

Stamped - Jason Reynolds & Ibram X. Kendi

Anti-Racist Intermediate Kit:

The Burning House: Jim Crow and the Making of Modern America - Anders Walker

The New Jim Crow - Michelle Alexander

The Condemnation of Blackness - Khalil Gibran Muhammad

Dying of Whiteness - Jonathan Metzl

A Different Mirror - Ronald Takaki

How to be an AntiRacist - Ibram X Kendi

How the South Wont the Civil War - Heather Cox Richardson

Anti-Racist Topic Specifics:

Evicted - Matthew Desmond

Nobody - Marc Lamont Hill

Lies My Teacher Told Me - James W Loewen

Why are all the Black Kids Sitting Together in the Cafeteria - Beverly Daniel Tatum, PhD

The Color of Law - Richard Rothstein

Blackballed - Darryl Pinkney

Lies My Teacher Told Me - James W. Loewen

Anti-Racist Lit; Bios, Non-fiction, novels, personal narratives:

The Warmth of Other Sons - Isabel Wilkerson

The Fire Next time - James Baldwin

Malcolm X - Alex Haley

Between the World and Me - Ta-Nehisi Coates

Killing Rage Ending Racism - Bell Hooks
Becoming - Michelle Obama
Real American: A Memoir-Julie Lythcott-Haims
An American By Marriage - Tayari Jones
A Good Time for the Truth: Race in Minnesota -
The Color of Water: A Black Man's Tribute to His White Mother - James McBride
Just Mercy: A Story of Justice and Redemption - Bryan Stevenson
The Myth Of Race - Robert Sussman

Anti-Racist Lit - Black Feminism:

How we Get Free - Keeanga-Yamhitta Taylor
Black Feminists Thought - Patricia Hill Collins
Ain't I a Woman Black Women and Feminism - Bell Hooks
Bad Feminist - Roxane Gay
Eloquent Rage - Brittney Cooper
In Search of Our Mothers Gardens - Alice Walker
Sister Outsider - Audre Lorde
Women Race & Class - Angela Y Davis
Assata: An Autobiography - Assata Shakur
To Exist is to Resist: Black Feminism in Europe - Akwugo Emejulu and Francesca Sobande

Anti Racist List Black LGBTQ+:

Giovanni's Room - James Baldwin
Zami - Audre Lorde
Real Life - Brandon Taylor
Unapologetic A black, queer, and feminist Mandate for Radical Movements -
Charlene A Carruthers
No Tea, No Shade: New Writings in Black Queer Studies - E. Patrick Johnson
Since I Laid My Burden Down - Brontez Purnell
The Other Side of Paradise - Staceyann Chin
No Ashes in the Fire - Darnell L. Moore
The Summer We Got Free - Mia McKenzie
Black Like Me - John Howard Griffin
Rising Out of Hatred - Eli Saslow
Black On Both Sides: A Racial History of Trans Identity - C. Riley Snorton

AntiRacist List for Parents:

Antiracist Baby-Ibram X. Kendi
Stamped: Racism, Antiracism, and You: A Remix of the National Book Stamped from
the Beginning—Ibram X. Kendi
Dear Black Boy—Martellus Bennett