

Racial Self-Care and Allyship

- Adames, Hector Y. and Chavez-Dueñas, Nayeli Y., “[Surviving & Resisting Hate: A Toolkit For People of Color](#)”
- Cadet, Danielle, “[Your Black Colleagues May Look Like They’re Okay — Chances Are They’re Not](#)”
- DiAngelo, Robin (2018). *White Fragility: Why It’s So Har for White People to Talk About Racism*. Boston: Beacon Press.
- Gerwin, Virginia, “[What Black Scientists Want From Colleagues and Their Institutions](#)”
- Hartlep, Nicholas D., Ball, Daisy (2019). *Racial Battle Fatigue in Faculty: Perspectives and Lessons from Higher Education*. New York: Routledge.
- Just Jasmine, “[Self-Care for People of Color after Psychological Trauma](#)”
- Miller, Rachel, “[Self-Care Tips for Black People Who Are Struggling With This Very Painful Week](#)”
- University of Michigan, Office of Diversity, Equity & Inclusion, “[I Am So Tired](#)”

Teaching Resources

- CUNY, “[Handbook for Facilitating Difficult Conversations](#)”
- hooks, B. (2017). *Teaching to transgress: Education as the practice of freedom*. New York: Routledge.
- Kendi, Ibram X. “[A History of Race and Racism in America, in 24 Chapters](#)”
- Lewis-Clark State College CTL “[Teaching and Anti-Racism](#)”
- Perlow, O. N., Wheeler, D. I., Bethea, S. L., & Scott, B. M. (2018). *Black Women's Liberatory Pedagogies: Resistance, Transformation, and Healing Within and Beyond the Academy*. Cham: Springer International Publishing
- Sue, Derald Wing, (2015). *Race Talk and the Conspiracy of Silence: Understanding and Facilitating Difficult Dialogues on Race*. Hoboken: John Wiley and Sons, Inc.
- University of Michigan CRLT “[Diversity and Inclusion Teaching Resources](#)”
- U.S. Commission on Civil Rights, “[Police Use of Force: An Examination of Modern Policing Practices](#)”; “[2018 Report](#)”
- WTTW, “[Teaching About Laquan McDonald: A Toolkit for Teachers](#)”
- Vanderbilt University “[Difficult Dialogues](#)”

Anti-Racism Work

- ACSD, “[How to be an anti-racist educator](#)”:
- Aebersold, Andrea, “[Antiracist Pedagogy Reading List](#)”
- Flicker, Sarah Sophie and Alyssa Klein, “[Resources for Engaging in Anti-Racism Work](#)”
- Grundy, Saida, “[The False Promise of Anti-Racism Books](#)”
- Imazeki, Jennifer, “[Anti-Racism and Allyship in the Classroom](#),”
- Kendi, Ibram X. (2019). *How to Be An Antiracist*. New York: One World.
- Moore Jr, Eddie, “[21-Day Racial Equity Habit Building Challenge](#)”:
- The Smithsonian National Museum of African American History & Culture, “[Talking About Race](#)”
- Willamette University, “[Anti-Racism Reading List](#)”
- Tolerance.org “[Responding to Everyday Bigotry](#)”

Helpful Websites and Other Reading Lists

- Tolerance.org, "[Teaching Tolerance](#)"
- UCLA, "[Diversity Equity and Inclusion Resources](#)"
- Western Washington University's "[Social Justice Toolkit](#)":