

How To Be a Better Antiracist

A Conversation hosted by Mary Gunn & Bren Atchison

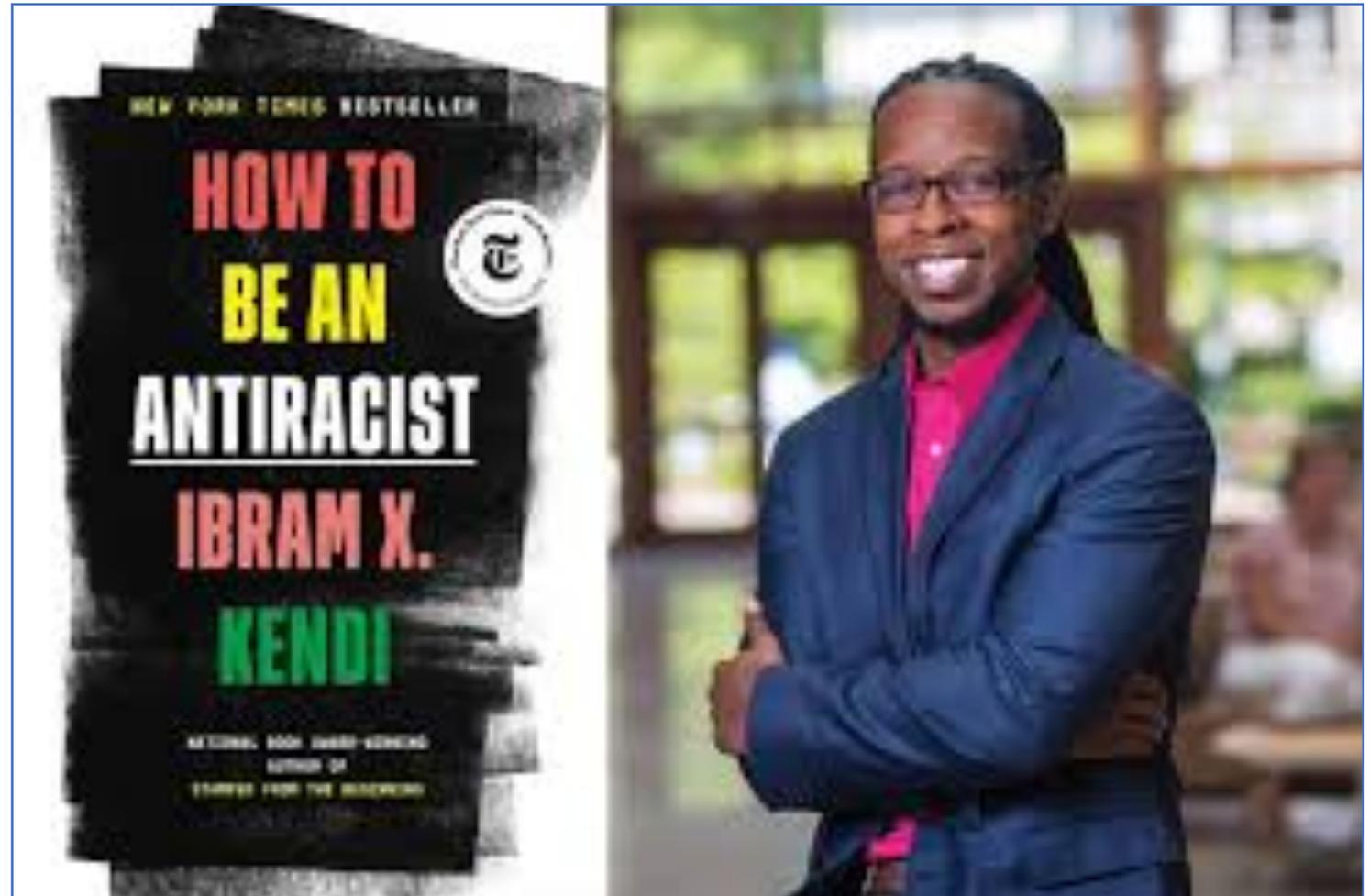
July 16, 2020



***A Conversation
based on the book
by Ibram X. Kendi***

“Dr. Kendi’s concept of antiracism reenergizes and reshapes the conversation about racial justice in America--but even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. Instead of working with the policies and system we have in place, Kendi asks us to think about what an antiracist society might look like, and how we can play an active role in building it.”

— www.ibramxkendi.com





Watch Stephen Colbert's interview with Ibram X. Kendi

<https://www.youtube.com/watch?v=dCUOX3NMd4U>

Definitions

Based on *How To Be an Antiracist*, by Ibram X. Kendi

RACISM

A system of advantage based on race.

[Whites enjoy many advantages solely because they are white. People of color do not enjoy the same advantages.]

RACIST

One who is supporting a racist policy through their actions or inaction or expressing a racist idea.

ANTIRACISM

The act of interrupting racism.

[Ending or interrupting racism requires action.]

ANTIRACIST

One who is supporting an antiracist policy through their actions or expressing an antiracist idea.

A man with glasses and a red shirt is looking out of a window. He has his right fist raised in a gesture of solidarity or protest. The window is set in a brick wall. The background outside the window is a bright, overcast sky.

6 Ways to Advocate for Racial Justice from Home

Phyllis Segal

Adapted from an article in

[Next Avenue](#)

July 8, 2020



1. Advocate for Voting Rights

REGISTER & VOTE YOURSELF

Go to [Voter Participation Center](#) to make sure you're registered.

Request a mail-in ballot, the safest way to vote in 2020.

ENCOURAGE OTHERS TO VOTE

Check resources at [When We All Vote](#).

The [Women's March Foundation](#) makes it easy to write personal notes to voters, to help increase turnout.

[John Lewis Good Trouble](#) fights voter suppression and protects the right to vote.

URGE CONGRESS TO APPROVE FUNDING

Join the League of Women Voters and others in urging approval of needed funding to [help states protect the right to vote](#).



2. Advocate for Criminal Justice Reform

LEARN ABOUT THE MOVEMENT

Learn about the idea behind the rally cry to [defund the police](#) on the [M4BL site](#) (that stands for Movement for Black Lives).

EXPLORE LOCAL PRACTICES

Find out what is happening where you live. Does your police department train officers to de-escalate? Ban chokeholds? Make complaints against officers public?

PUSH FOR CHANGE

Press local and state leaders to make needed change, using advice from Black Lives Matter on the M4BL site. With [help from the ACLU](#), urge Congress to end police militarization and over-policing in our communities.



3. Advocate for Expanding Opportunities for All Ages to Serve

LEARN ABOUT THESE PROGRAMS

National service programs like AmeriCorps and Senior Corps bring people together across racial, economic and generational divides to solve pressing social problems.

SUPPORT EXPANDING THEM

The bipartisan [CORPS Act](#) that Congress is considering would increase the number of AmeriCorps positions and develop Senior Corps teleworking technology. Learn more about this bill from America's Service Commissions. Then, call to urge your Senators and Representative to support it. Find phone numbers at the [Contacting Congress site](#).



4. Advocate for a Truth and Reconciliation Commission

LEARN WHAT THE COMMISSION WOULD DO

The Truth and Reconciliation Commission would be similar to the one created in South Africa after the end of apartheid. It would acknowledge the pain and impact of four centuries of structural, anti-Black racism in America and propose concrete policies and reforms to address it.

SUPPORT PASSAGE OF THE BILL

You can join national service nonprofit City Year's founder Alan Khazei and Harvard professor Cornell William Brooks to call on elected officials to [support the bill from Rep. Barbara Lee](#) (D-Calif.) to establish the commission.



5. Advocate for a Strong Start in Life for All Children

LEARN ABOUT DETERMINANTS

Children living in poverty and children of color face more obstacles to success, including low birth weight, unstable housing and limited access to quality early learning experiences.

UNDERSTAND DISPARITIES

Major disparities begin before birth, especially for Black children, driven by systemic racism and social injustice.

TAKE ACTION

The nonprofit organization Zero to Three offers [tools for taking action to improve outcomes for babies and families](#) — from “sending an email to your policymakers to writing your local paper, to taking a deep dive into planning state policy solutions.”



6. Advocate for Black-owned Businesses

SHOP AT BLACK-OWNED BUSINESSES

Shop at Black-owned businesses and bookstores. Use your spending power to support change and encourage others to do the same.

CAMPAIGN ON THEIR BEHALF

Join the campaign to get major retailers to [pledge 15% of their shelf space to Black-owned businesses.](#)

SUPPORT ADVOCACY ORGANIZATIONS

Donate to programs that advance racial justice and equality, including the Equal Justice Initiative, Black Lives Matter and Showing Up for Racial Justice.