

21 Day Racial Equity Challenge

Day 1 Complete

Reflection _____

Day 2 Complete

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Day 3 Complete

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Day 4 Complete

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Day 5 Complete

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Day 6 Complete

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Day 7 Complete

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Day 8 Complete

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Day 9 Complete

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Day 10 Complete

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Day 11 Complete
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Day 12 Complete
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Day 13 Complete
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Day 14 Complete
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Day 15 Complete
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Day 16 Complete
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Day 17 Complete
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Day 18 Complete
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Day 19 Complete
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Day 20 Complete
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Day 21 Complete
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Watch

[*This is Us*](#), Dr. Eddie Glaude explains why blaming current racial tensions on Donald Trump misses the point. (3 minutes)

[*Racism is Real*](#), A split-screen video depicting the differential in the white and black lived experience. (3 minutes)

[*Confronting 'intergroup anxiety': Can you try too hard to be fair?*](#) Explores why we may get tongue tied and blunder when we encounter people from groups unfamiliar to us. (5 minutes)

[*CBS News Analysis: 50 states, 50 different ways of teaching America's past*](#), Ibram X. Kendi reviews current history curriculum production and use across the U.S. (5 minutes)

[*The Disturbing History of the Suburbs*](#), An "Adam Ruins Everything" episode that quickly and humorously educates how redlining came to be. (6 minutes)

[*What Kind of Asian Are You?*](#) Humorous two minute YouTube video that illustrates the utter silliness of the way many white Americans interact with Asian Americans. (2 minutes)

[*Birth of a White Nation*](#), Keynote speech by legal scholar Jacqueline Battalora, offers a blow-by-blow description of the moment the idea of, and word for, "white" people entered U.S. legal code. (36 minutes)

[*13th*](#), Netflix documentary by Ava DuVernay about the connection between US Slavery and the present day mass incarceration system. (1 hour, 40 minutes)

[*How to overcome our biases? Walk boldly toward them*](#), TED Talk by Vernā Myers, encourages work vigorously to counter balance bias by connecting with and learning about and from the groups we fear. (19 minutes)

[*The danger of a single story*](#), TED Talk by Chimamanda Adiche, offers insight to the phenomenon of using small bits of information to imagine who a person is. (18 minutes)

[*How to deconstruct racism, one headline at a time*](#), TED Talk by Baratunde Thurston that explores patterns revealing our racist framing, language, and behaviors. (10 minutes)

[*Indigenous People React to Indigenous Representation in Film And TV*](#), Conversation with a diverse range of Indigenous people by FBE about media depictions of Indigenous people, Columbus day, and Indigenous identity. (15 minutes)

[*What Being Hispanic and Latinx Means in the United States*](#), Fernanda Ponce shares what she's learning about the misunderstanding and related mistreatment of the incredibly diverse ethnic category people in U.S. call Hispanic. (12 minutes)

[*Tyler Merrit Project: Before You Call*](#) (3 minutes)

Read

[*10 Ways Well-Meaning White Teachers Bring Racism Into Our Schools*](#), by Jamie Utt

[*21 Racial Microaggressions You Hear on a Daily Basis*](#), by Heben Nigatu

[*Climbing the White Escalator*](#), by Betsy Leondar-Wright

[*Explaining White Privilege To A Broke White Person*](#), by Gina Crosley-Corcoran

[*Guide to Allyship*](#), Created by Amélie Lamont

[*It's Not Just the South: Here's How Everyone Can Resist White Supremacy*](#), by Sarah van Gelder

[*Making America White Again*](#), by Toni Morrison

[*Understanding the Racial Wealth Gap*](#), by Amy Traub, Laura Sullivan, Tatjana Mescheded,
& Tom Shapiro

[*What White Children Need to Know About Race*](#), by Ali Michael and Elenora Bartoli

[*White Privilege: Unpacking the Invisible Knapsack*](#), by Peggy McIntosh

[*Presbytery of Charlotte letter from Antiracism Team*](#)

[*My President Was Black*](#), by Ta-Nehisi Coates

[*Caught Up In God*](#), by Willie James Jennings

[*Who Gets to Be Afraid in America?*](#), by Ibram X Kendi

Listen

[*Code Switch*](#), hosted by journalists Gene Demby and Shereen Marisol Meraji

[*Black Like Me*](#), host Dr. Alex Gee

[*Scene on Radio – Seeing White Series*](#), host John Biewen and collaborator Chenjerai Kumanyika

[*TED Radio Hour – Mary Bassett: How Does Racism Affect Your Health?*](#) host Guy Raz speaks with Dr. Mary T. Bassett, Director of the FXB Center for Health and Human Rights at Harvard University

[*Here & Now – Without Slavery, Would The U.S. Be The Leading Economic Power?*](#) host Jeremy Hobson and author Edward Baptist

[*NPR Morning Edition – You Cannot Divorce Race From Immigration*](#) journalist Rachel Martin talks to Pulitzer Prize-winning journalist Jose Antonio Vargas

[*Pod Save the People*](#), Activism. Social Justice. Culture. Politics. On Pod Save the People, organizer and activist DeRay Mckesson