

HOW TO BE ANTI-RACIST



There are many different ways that we can speak out and take action against racial discrimination. Here are a few ways you might consider taking action against racism:

- Interrupt offensive jokes or stories and say you don't want to hear them.
- Speak up when you witness discrimination against others.
- Offer support to the victim. Listen carefully and respect confidentiality.
- Recognize that some situations are best addressed publicly and others privately.
- Become involved and work with others. Anti-racism is everyone's responsibility.
- Encourage work and study environments to be places where diversity is valued.
- Discuss issues of inclusion and diversity with children, youth, and adults.
- Educate yourself about human rights.
- Listen.
- Be aware of how your actions might intentionally or unintentionally affect others.
- Think critically about the language that you use.
- Be sensitive to other's feelings.
- Question the validity of generalized statements.
- Follow entertainers and public figures who are people of color.
- Attend marches and protests.
- Educate others about institutional racism and privilege.