ANTI-RACISM: WHERE TO BEGIN

1. Examine yourself.
   - Acknowledge that racism exists—structurally, institutionally and interpersonally.
   - Examine your own biases and experiences with stereotypes, prejudice, and discrimination.
   - Take the Harvard Implicit Bias Test.

2. Educate yourself.
   - Read non-fiction books that are about or illuminate racism and social justice.
   - Watch documentaries and movies that highlight the lives of those experiencing racism.
   - Listen to podcasts discussing current events and lived experiences around race/ethnicity.
     1619, Code Switch, Coffee and Quaq, Intersectionality Matters!, Still Processing

3. Engage in dialogue.
   - Meet and talk with people who are different from you. Attend events, programs, and listening circles where people share stories about their experiences.
   - Get training on engaging in difficult dialogues or dealing with discrimination.

4. Support groups doing anti-racism work.
   - On the local level. Listed below are just a few examples.
     YWCA Alaska
     Alaska Humanities Forum
     First Alaskans Institute and Native Movement Network
   - On a national level. Listed below are just a few examples.
     Southern Poverty Law Center
     National Coalition Building Institute
     Race Forward

Not everything that is faced can be changed. But nothing can be changed until it is faced. James Baldwin