How to be actively anti-racist

Simply not being racist is not enough – we need to be actively anti-racist. Here's some basic actions you can practice to engage with anti-racism every single day:

- Support Black businesses and donate to charities helping Black people.
- Have meaningful conversations about race, Black Lives Matter and racial injustices with your friends, family and work colleagues; and question coverage of these issues.
- Call out racism at home, at work and in your social circles. Remember to be calm and polite in your response and explanation.
- Research Black history (Colonialism/Windrush/Bristol Bus Boycott) and encourage this education at local schools.
- Write to your local MP to help dismantle racism in your area.
- Seek out resources to educate yourself: books, articles, journals, magazines, films, documentaries, Television production, radio, podcasts and social media.
- Hold your workplace/academic institution accountable for racial injustice.
- Acknowledge your **white privilege** and unlearn **whiteness**.

Racism is a form of severe trauma that not everyone may be willing to discuss.

Like white people, not all black people are the same. Knowing one doesn't make you an expert on the community.

Be uncomfortable and accept that your ancestors and your living family members/friends engaged with centuries of **ancestral trauma** and aggression towards black people.

This is lifelong work and you will make mistakes – accept this and get to work.

Resources*

Charities to donate to:
Black Minds Matter, Steven Lawrence Charitable Trust, The Black Curriculum, Grenfell Foundation, Stop Hate UK, UK Black Pride, Colours Youth Network

Literature/books
Why I'm No Longer Talking To White People About Race by Reni Eddo-Lodge, *White Fragility* by Robin DiangeLo, *Me and White Supremacy* by Layla Saad, *Girl, Woman, Other* by Bernardine Evaristo, *Memoirs of a Black Englishman* by Paul Stephenson OBE, *White Privilege* by Kalwant Bhopal

Films/documentaries/TV
Selma / Hidden Figures / American Son The Butler / Black Panther / Becoming / The Death and Life of Marsha P. Johnson / Dear White People / Orange is the New Black / Pose

Podcasts/Radio
No Country for Young Women / Good Ancestors / Lady Don't Take No

*Not an exhaustive list

Terminology

Some useful words and explanations to aid your ongoing anti-racist work.

Black person (not "coloured" person)
Ethnic minority a group which has different national/cultural traditions from the main population
Blackness a term used by black people to celebrate Black culture
ally/allyship someone who uses their privilege, whilst making personal sacrifices, to advocate for the rights of marginalised people without seeking praise
racial bias prejudice for/against an ethnic minority person/group, in an unfair way
white privilege privileges under the same social/political/economical circumstances that benefit white people over Black people
white supremacy the system that protects white privilege
white fragility defensiveness and discomfort of white people when confronted about racism
whiteness white people seeing themselves as white in race with it's surrounding privileges
intersectionality Recognises that we're all made up of many aspects such as gender, race, sexuality, class, disabilities and many more, and the way that these aspects meet are our intersections.

HOW TO BE ACTIVELY ANTI-RACIST

What is racism?

The belief that one race is superior to other racial groups.

Overt racism – Intentional acts of racial discrimination and prejudice.

Covert racism – works to subtly lessen the rights of the oppressed, with subtle, **racially biased,** decisions that are often hidden or rationalised in a way society is more willing to accept.

Why now?

Since George Floyd's death, the world has ultimately begun to shift in its attitudes to racism.

White people have have been silent for too long. That is not okay.

It's not okay that we are waking up after so many Black lives lost. We should have done better.

Let's learn and do better.
Be uncomfortable. Be accountable.

Racism has been a systemic problem for over 400 years – white Europeans, traded and sold humans to be enslaved by other white Europeans. As a result, racism has been ingrained in our society.

White people have continually discriminated against people of colour ever since.

The unjust murder of George Floyd in 2020, was just one of many, in both the U.S. and U.K.

The UK is not innocent:

- Black people are 53% more likely to be sent to prison
- Black Caribbean children are 3 times more likely to be excluded from school
- Black women are 5 times more likely to die in childbirth. *in the UK

Our society needs to change and we need to be anti-racist.

#blacklivesmatter

Social Media*

@laylafsaad @whxteness @sassy_latte @officialmillenialblack @ajabarber @iamrachelricketts @browngirlsdoit @thiiirdmagazine @slayinyourlane @theconsciouskid @sweetthangzine @unpackyourprivilege @rachel.cargle @blklivesmattr_uk @autumngupta @theshowmustbepaused @alexjenny_ @almostdrlisabetty @blackgirlsteach @amynomvula @hoe.zine @eboneedavis @blackmindsmatter.uk @holidayphillips @wastefreemarie @blklivesmatter @chkyourprivilege @blackgirlyoga @thegreatunlearn @sadia_azmats

*all Instagram accounts and not an exhaustive list

Thank you for reading

This zine is aimed at white people – racism is a white person's problem – and all are welcome to read, copy and distribute. Please contact me with any comments, feedback and suggestions to improve this zine to aid ending systemic racism.

Thank you, Harriet x

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