

A Call to Action to Promote Racial Justice – Resource List

Topics	Description/links
Becoming an Active Ally	<p>Articles:</p> <ul style="list-style-type: none"> • How you can be an ally in the fight for racial justice • Before You Check-In on Your Black Friend, Read This • Your Black Colleagues May Look Like They’re Okay – Chances are They’re Not • When Grief and Crises Intersect: Perspectives of a Black Physician in the Time of Two Pandemics • Two Pandemics • White Academia: Do Better • How White Managers Can Respond to Anti-Black Violence • How Higher Ed Can Fight Racism: ‘Speak Up When It’s Hard’ • Stolen Breaths • Dealing with Racist Patients (Article) <p>Video:</p> <ul style="list-style-type: none"> • Dealing with Racist Patients (Video) - Kimani Paul-Emile discusses ethical and legal considerations for medical providers and institutions when dealing with patients who refuse treatment from a physician based on race or ethnicity <p>Podcasts:</p> <ul style="list-style-type: none"> • Sisterhood Is Critical to Racial Justice <p>Additional resources:</p> <ul style="list-style-type: none"> • Harvard Women in Tech+ Allies – Fighting Anti-Blackness Resource List • Checklist for white allies against racism
Racial Trauma	<p>Articles:</p> <ul style="list-style-type: none"> • Family and Children’s Trust Fund of Virginia – Systems of Trauma: Racial Trauma • Affirming Black Lives Without Inducing Trauma <p>Resources:</p> <ul style="list-style-type: none"> • Discussing Community Trauma in Response to Killings and Mistreatment of Black and Brown Americans

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Anti-Racism Resources	<p>Articles:</p> <ul style="list-style-type: none"> • First, Listen. Then, Learn: Anti-Racism Resources for White People • We Are Living in a Racism Pandemic • Seeing the Water: Seven Values Targets for Anti-Racism Action <p>Books:</p> <ul style="list-style-type: none"> • How to be an Anti-Racist <p>Resources:</p> <ul style="list-style-type: none"> • Anti-racism resources – Resources to help deepen one’s anti-racism work. • Scaffolded Anti-Racist Resources – Working document with resources • Dismantling Racism Works (dRworks) • Resources and Tools Regarding Racism, Anti-Blackness and How to Be a Better Ally • Your Black Friends Are Busy – A growing resource for learning about anti-racism and supporting the people and organizations doing important work for the Black Lives Matter movement.
Responding to Microaggressions	<p>Articles:</p> <ul style="list-style-type: none"> • Disarming Racial Microaggressions: Micro intervention Strategies for Targets, White Allies, and Bystanders • Addressing the Elephant in the Room: Microaggressions in Medicine • You’ve Been Called Out for a Microaggression. What Do You Do?
Self-Care	<p>Articles:</p> <ul style="list-style-type: none"> • Surviving & Resisting Hate: A Toolkit for People of Color • Self-Care Tips <p>Resources</p> <ul style="list-style-type: none"> • 44 Mental Health Resources for Black People Trying to Survive in This Country <p>Video:</p> <ul style="list-style-type: none"> • Our Mental Health Minute - Putting Our Necks on the Line: Breathing in the Midst of Racism
Understanding and talking about Race and Racism	<p>Articles:</p> <ul style="list-style-type: none"> • Levels of Racism: A theoretic Framework and a Gardener’s Tale <p>Books:</p> <ul style="list-style-type: none"> • Heavy: An American Memoir by Kiese Laymon

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	<ul style="list-style-type: none"> • Understanding and Dismantling Racism <p>Podcast:</p> <ul style="list-style-type: none"> • Bowel Sounds: The Pediatric GI Podcast - Racism in Medicine – Valeria Cohran and Conrad Cole <p>Resources:</p> <ul style="list-style-type: none"> • National Museum of African American History and Culture “Talking about Race” Web Portal • AAMC Webinar Series – Understanding Intersectionality: Bringing Visibility to the Experiences and Perspectives of Women of Color <p>Videos:</p> <ul style="list-style-type: none"> • Facing the Divide – Featured Video: RACISM in America • AMA Discussions – Prioritizing Equity: Police Brutality and COVID-19 • AMA Discussions – Prioritizing Equity: The Root Cause • TEDx Talks to Help Educate on Racism and Actions to eliminate it • A Conversation on Race and Privilege with Angela Davis and Jane Elliot
Talking to Kids about Race and Racism	<p>Articles:</p> <ul style="list-style-type: none"> • These Books Can Help You Explain Racism and Protest to Your Kids • 31 Children's books to support conversations on race, racism and resistance <p>Books:</p> <ul style="list-style-type: none"> • Raising White Kids – Bringing Up Children in a Racially Unjust America <p>Podcasts:</p> <ul style="list-style-type: none"> • Speaking of Psychology: Something Happened in Our Town • Parenting Forward podcast episode ‘Five Pandemic Parenting Lessons • Integrated Schools podcast episode “Raising White Kids with Jennifer Harvey” <p>Resources:</p> <ul style="list-style-type: none"> • RESilience: Uplifting Youth Through Healthy Communication About Race • Talking with Children about Race and Racism • Your Kids Aren't Too Young to Talk About Race: Resource Roundup from Pretty Good

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	<ul style="list-style-type: none"> • Social Justice Books • Common Sense Media <p>Videos:</p> <ul style="list-style-type: none"> • TED Talk: Is My Skin Brown Because I Drank Chocolate Milk?
Understanding Biases	<p>Articles:</p> <ul style="list-style-type: none"> • Implicit Bias in Pediatrics: An Emerging Focus in Health Equity Research • Birding While Black <p>Podcasts:</p> <ul style="list-style-type: none"> • Speaking of Psychology: Understanding your racial biases <p>Videos:</p> <ul style="list-style-type: none"> • Blindspot: Hidden Biases of Good People
Understanding White Privilege	<p>Articles:</p> <ul style="list-style-type: none"> • White Fragility • White Privilege: Unpacking the Invisible Knapsack • White supremacy culture <p>Books:</p> <ul style="list-style-type: none"> • Me and My White Supremacy • White Fragility: Why It's So Hard for White People to Talk about Racism <p>Resources:</p> <ul style="list-style-type: none"> • Whiteness and White Privilege
Working Towards Social Justice	<p>Articles:</p> <ul style="list-style-type: none"> • 5 ways to show up for racial justice today • A guide to how you can support marginalized communities • Beyond Protests: 5 More Ways to Channel Anger Into Action to Fight Racism • Speak Up: Responding to Everyday Bigotry

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	<ul style="list-style-type: none"> • WE MUST UNMUTE • America must listen to its wounds <p>Activities/Action:</p> <ul style="list-style-type: none"> • Black Lives Matter - Black Lives Matter Foundation, Inc. is a global organization in the US, UK, and Canada, whose mission is to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes. • Color of Change – the Nation’s largest online racial justice organization that leads campaigns to build real power for Black communities. • Intercommunity Justice and Peace Center - Intercommunity Justice and Peace Center (IJPC) educates and advocates for peace, challenges unjust local, national, and global systems, and promotes the creation of a non-violent society. • Minority Business Emergency Assistance Fund – this fund was created for vetted minority entrepreneurs and small businesses in the Cincinnati/NKY region who are in need of emergency assistance capital to remain solvent. • Physician for Human Rights (PHR) – PHR works at the intersection of medicine, science and law to secure human rights and justice for all. • Resources for Accountability and Action for Black Lives – live document with immediate action list • Racial Equity Tools – 2500+ resources that can help you create change in your community
Social Media Resources	<ul style="list-style-type: none"> • Antiracism Center @antiracismctr (Twitter, Instagram) • Audre Lorde Project @audrelorde (Twitter) @audrelordeproject (Instagram) • Black Women’s Blueprint @BlackWomensBP (Twitter) @blackwomensblueprint (Instagram) • Color of Change @colorofchange (Twitter and Instagram) • Colorlines @colorlines (Twitter) @colorlinesnews (Instagram) • The Conscious Kid @consciouskidlib (Twitter) @consciouskid (Instagram) • Equal Justice Initiative @ejl_org (Twitter and Instagram) • The Leadership Conference on Civil & Human Rights @civilrightsorg (Twitter and Instagram) • NAACP @naacp (Twitter and Instagram) • Showing Up for Racial Justice @ShowUp4RJ (Twitter) @showingupforracialjustice (Instagram) • Sistersong @sistersong_woc (Twitter and Instagram) • United We Dream @unitedwedream (Twitter and Instagram)

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	<ul style="list-style-type: none"> • Rachel Cargle @rachel.cargle (Twitter and Instagram) • Osheta Moore @oshetamoore (Instagram) • Layla F. Saad @laylafsaad (Instagram)
Cincinnati Children’s Resources	<p>Office of Diversity and Inclusion:</p> <ul style="list-style-type: none"> • Information and resources on Race and Inequity <p>Groups:</p> <ul style="list-style-type: none"> • Employee Resource Groups • Volunteer Ambassador Program <p>Policies and Procedures:</p> <ul style="list-style-type: none"> • Harassment-Free Workplace Policy <p>Resources:</p> <ul style="list-style-type: none"> • Provider Guidance Handout on racism