

# How to Support #BlackLivesMatter and Where to Begin Learning About Racism.

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# WHERE TO BEGIN?

[Ways you can help](#) - this is from Black Lives Matter. It's incredibly comprehensive and updated continually. It's essentially the masterlist of all masterlists and has LOTS of information and so we wanted to include it at the beginning of this document.

We think it is incredibly important for all students to have an awareness of the issues that have arisen in America, but also of the issues still standing in the UK. Racism and injustice is certainly present in the UK today.

We have provided a booklet of information to direct you to some key resources with very digestible information. This is our recommended **starting point**, and we believe it is in the best interest of everyone in our community to read over some of these resources to help foster an understanding environment.

This booklet includes a range of books, articles, donation links and videos which have been divided up into sections to ensure the volume isn't overwhelming or off-putting! Everything is also split up on the contents page (which is hyperlinked - just click on the relevant heading to direct you to that part of the document).

The first section contains links to direct you towards websites/documents with large amounts of information and ways to help. All subsequent sections contain resources that we have picked from these lists that we think would be a great starting point and quite essential reads.

We would like to draw particular attention to the sections highlighting quick things you can do **now** and to those about British racism. Additionally, nearly everything here can be done without money (including ways to donate).

Please read through this at your own leisure and we do hope you take the time to read, watch, and donate to support our community.



# CONTENTS PAGE

Click on the section you  
want to look at and it will  
take you to the right  
slide!

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# QUESTIONS TO ASK YOURSELF

Who taught you about race and culture?

What can you do to support black people in your community?

What are you committed to doing outside of social media to end racial discrimination and systemic oppression?

How do you behave when confronted with racist behaviour?

Do you actively call out people you know, both for racist behaviour and for using their privilege to ignore what is going on?

What do you want to learn more about?

What information could you teach people?

In what ways have you ignored racist behaviour in the past?

Why is it important for everyone to work towards ending this injustice?

How can you use anti-racist knowledge to change and progress classroom culture?

Do you owe anyone an apology?

How do you handle conflict?



# DOs & DON'Ts

## DOs...

- **Recognise your own white/non-black privilege**
- **Take action as well as saying the words - with individuals as well as on the internet**
- **Use your own agency and platforms - including at the ballot box**
- **Listen to, and amplify, black voices**
- **Educate yourself about historical, as well as contemporary, racism**
- **Check in with your black friends**
- **Be an advocate for mental health - be aware how others may be affected by what you say**
- **Create a long-term strategy - how will you be an ally for the rest of your life?**

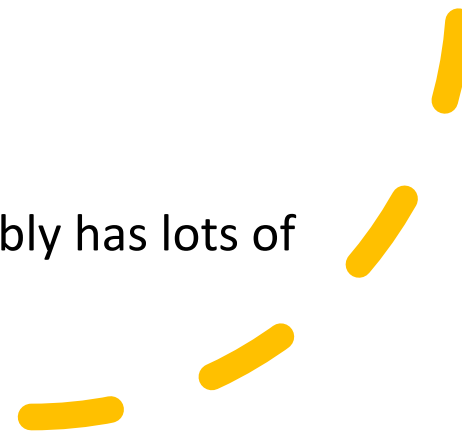
## DON'Ts...

- **Make it about you**
- **Expect to fully understand something you have not experienced**
- **Ask your black friends to educate you when there are resources already available**
- **Think that sharing this list means you have done enough**
- **Expect to be able to engage with this and still feel comfortable**
- **Share sensitive or potentially triggering videos/content**
- **Undermine people's reactions from events you might feel disconnected from**
- **Think this is something you should not fight for because it does not negatively affect you**



# GENERAL MASTERPOSTS and HELPFUL PAGES

- [Ways you can help](#) - masterlist of all masterlists from Black Lives Matter
- [Petitions to sign](#) (from above masterlist)
- [Where to donate](#) (from above masterlist too)
- [Anti-racist allyship starter pack](#) (articles, books, petitions, donations, films and more)
- [Anti-racism resources](#) (same as above but also includes material for children)
- [Reading list for material about racism in education](#)
- [Master thread from NUS Black Students](#)
- [Resources for Black healing](#)
- [Practical Ways to support BLM from the UK](#)
- [NY Times anti-racist reading list](#)
- [Ways to help](#) - website full of resources (notably has lots of helpful videos)





# QUICK THINGS I CAN DO/READ/WATCH NOW

## Sign

- [Petitions to sign from Black Lives Matter](#)
- [Practical Ways to support BLM from the UK](#)

## Email

- [Email template for Secretary of State for Education to make Black histories mandatory in the national curriculum](#) - from the organisation "[The Black Curriculum](#)"
- [Email template for writing to your local MP demanding justice for Belly Mujinga](#)

## Read

- [Britain's record on racism is no less bloody than America's](#)
- [Read BEFORE sharing graphic videos/pictures on social media](#)
- Read all the social media posts linked further down this document

## Watch

- [Black parents explain how to deal with the police \[to their children\]](#)
- [Systemic racism explained](#)
- [Akala on British Racism](#)

## Register to vote

- Register to vote online
- Take special considerations when picking who you vote for
- What is their stance on race relations?



# WELFARE

[Grief & mental health resources by & for POC](#)  
(newsletter to be emailed twice a week)

[The Black, African and Asian Therapy Network](#)

Request a black counsellor at the [University Counselling Service](#) by asking for one in the 'free text' boxes on the pre-counselling form

[Organisation with a focus on BME mental health](#)

[London based trauma therapy for victims of race/religious hate crimes](#)

[BME Campaign's Welfare Pack](#)

[The Safe Place](#) - "Minority Mental Health App geared towards the Black Community"

[Therapy for Black Girls](#) - while US based, they also have a blog and podcast

[Sista Afya](#) - US based, but this link takes you to their resources and info page

[Ethel's Club](#) - online community for BME people, does require monthly payment

[London based BME support](#)

[Wales based BME support](#)





# Fictional books

- Beloved - Toni Morrison
- The colour purple - Alice Walker
- An American marriage - Tayari Jones
- Americanah - Chimamanda Ngozi-Adichie
- Such a fun age - Kiley Ried
- Ordinary People - Dina Evans

- Girl, women, other - Bernadine Evaisto
- The hate U give - Angie Thomas
- Citizen: an American life - Claudia Rankie
- The people could fly - Virginia Hamilton
- Don't call us dead - Danez Smith

- On beauty and white teeth - Zadie Smith
- The Bluest Eye - Toni Morrison
- Betty Before X - Ilyasah Shabazz, Renée Watson
- I Am Enough - Grace Byers
- Further black revolutionary texts

- The vanishing half - Brit Bennett
- The underground railroad - Colson Whitehead
- Queenie - Candice Carty-Williams
- To kill a mockingbird - Harper Lee

- Citizen - An American Lyric - Claudia Rankine
- Woke: A young poet's call to justice - Elizabeth Acevedo, Mahogany L. Browne, Olivia Gatwood
- The Undeclared - Kwame Alexander, Kadir Nelson



# NON-FICTION BOOKS

- Why I'm no longer talking to White People about Race - Reni Eddo-Lodge
  - [Guardian summary](#)
  - Available for free via iDiscover
- How to be an Antiracist - Ibrahim X. Kendi
- Me and White Supremacy - Layla F Saad
- Brit(ish): On Race, Identity and Belonging - Afua Hirsch
- Freedom Is a Constant Struggle - Angela Davis (connections between struggles against state violence and oppression throughout history and around the world)

- Stamped From the Beginning - Ibram X Kendi
- The good immigrant compiled - Nikesh Shukla
- The new Jim Crow - Michelle Alexander
- Women race and class - Angela Davis
- White rage - Carol Anderson
- My name is why - Lemn Sissay

- Ain't I a woman: black women and feminism - Bell Hooks
- Black feminist thought - Patrica Hill Collins
- Heavy: An American Memoir - Kiese Laymon
- I know why the caged bird sings - Maya Angelou
- So you want to talk about race – Ijeoma Oulo
- The color of law - Richard Rothstein
- Sister Outsider - Audre Lorde

- Women race and class - Angela Davis (examines the racism and class prejudice inherent in so much of white feminism)
- I am not your baby mother - Candice Brathwaite
- White fragility - Robin Diangelo
- Between the world and me - Ta-Nehisi Coates
- The immortal life of Henrietta Lacks - Rebecca Skloot
- How to be anti-racist - Ibram X Kendi

- Slay in your lane - Elizabeth Uviebienié and Yomi Adegoke
- A burst of light - Audre Lorde
- Don't touch my hair - Emma Dabiri
- Taking up space: the black girls manifesto for change - Chelsea Kwakye and Ore Ogunbiyi
- Me and White Supremacy - Layla F Saad
- Hood feminism - Mikki Kendall
- Natives: race and class in the ruins of empire - Akala

- Pleasure Activism: The Politics of Feeling Good - Adrienne Maree Brown
- Parenting for Liberation - Trina Greene Brown
- A is for Activist - Innosanto Nagara
- Step into your power - Jamie Wilson
- March: Book One - Andrew Aydin, John Lewis, Nate Powell
- Antiracist baby - Ibram X. Kendi



# ARTICLES

[Why I'm no longer talking to white people about race](#)

[75 things white people can do for racial justice](#)

[Britain's record on racism is no less bloody than America's](#)

[The racism that killed George Floyd was built in Britain](#)

[Why you need to stop saying 'All Lives Matter'](#)

[White and trying](#)



# VIDEOS

[Black parents explain how to deal with the police \[to their children\]](#)

[Systemic racism explained](#)

[Akala on British Racism](#)

[Institutional racism and knife crime](#)

[Jane Elliot - How racist are you](#)

[Braids and Appropriation in America](#)



# FILM/TV

- **13th** (documentary on Netflix) - explores how the 13th Amendment loophole led to mass incarceration in the US and how this has perpetuated racism through economic, societal and political forces (cw. Contains some distressing images)
- **The Hate You Give** (also a book by Angie Thomas) "Starr Carter, an African-American teenager, faces pressure from various communities and tries to stand up for what is right after she witnesses the shooting of her best friend by the police."
- **Dear White People** (TV series Netflix) - "At a predominantly white Ivy League college, a group of black students navigate various forms of racial and other types of discrimination."
- **If Beale Street Could Talk** - "A young woman embraces her pregnancy while she and her family set out to prove her childhood friend and lover innocent of a crime he didn't commit."
- Teach us All - Netflix
- See you yesterday - Netflix
- Clemency
- Fruitvale station
- I am not your negro
- Just mercy
- Selma
- The black panthers: Vanguard of the revolution
- Green book
- When they see us - Netflix
- Little fires everywhere
- Hidden figures
- American Son - Netflix
- Black power mixtape



# PODCASTS

About Race - podcast by Reni Eddo-Lodge (wrote 'Why I'm no longer talking to white people about race')

Code Switch - NPR - "Hosted by journalists of color, our podcast tackles the subject of race head-on. We explore how it impacts every part of society — from politics and pop culture to history, sports and everything in between"

1619 by NYTimes - 6 episode series on Black American History, legacy of slavery and it's impact on modern policies and social attitudes

Momentum: a race forward podcast

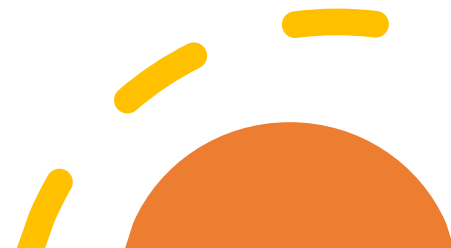
The diversity gap

Intersectionality matters!

Pod for the cause

Pod save the people (crooked media)

The Combahee river collective statement





## NOTABLE/HELPFUL SOCIAL MEDIA POSTS

- [Read BEFORE sharing graphic videos/pictures on social media](#)
- [Scott Woods on structural racism](#)
- [Let's talk about British racism](#)
- [Racism & the UK: What They didn't teach you in school](#)
- [How white people benefit from racism](#)
- [10 steps to non-optical allyship](#) (explains what this term means too)
- [Twitter thread about British racism](#)
- [Some statistics about racism in the UK](#)
- [Thread on what white people have rioted for](#)



# FOCUS ON BRITISH RACISM

## Books

- Brit(ish): On Race, Identity and Belonging - Afua Hirsch
- Why I'm no longer talking to White People about Race - Reni Eddo-Lodge
  - [Guardian summary](#)
  - Available for free via iDiscover
- Black, listed - Jeffrey Boakye

## Social Media

- [Let's talk about British racism](#)
- [Racism & the UK: What They didn't teach you in school](#)
- [Twitter thread about British racism](#)
- [Some statistics about racism in the UK](#)

## Articles

- [Britain's record on racism is no less bloody than America's](#)
- [The truth about racism in the UK](#)
- [The racism that killed George Floyd was built in Britain](#)
- [Dear White British Classmates, You Are Most Likely Racist. This Is Why.](#)

## Videos

- [Akala on British Racism](#)
- [Jane Elliot - How racist are you](#)



# EMAIL TEMPLATES AND PETITIONS



- ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■
- **When using templates, it's useful to change one or two words, as there are softwares which can delete emails if they all use the same wording!**
- • [Petitions to sign from Black Lives Matter](#)
- • [Practical Ways to support BLM from the UK](#)
- • [Email template for Secretary of State for Education to make Black histories mandatory in the national curriculum](#) - from the organisation "[The Black Curriculum](#)"
- • [Email template for writing to your local MP demanding justice for Belly Mujinga](#)
- • [Email template regarding UK Action against Police Brutality and Racism for your local MP](#)
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# ORGANISATIONS AND SCHEMES TO FOLLOW

## Organisations:

- Color of change
- The conscious kid
- NAACP
- Showing up for racial justice
- Families belong together
- United we dream
- MPower change
- The leadership conference
- Equal justice initiative
- Sistersong

## Mentorship schemes:

- Routes
- Girls out loud
- Fluid



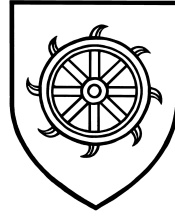
# Inclusivity in education and societies

## How can change be made in all parts of uni life?

- **Drama:** Footlights put together [this document](#) about black people that have shaped the comedy today, along with lots of useful ways to get proactive.
- **Music:** Countless black artists have made contributions to the musical world which are often taken for granted. The Institute for Composer Diversity is doing daily music [‘spotlights’](#) throughout June of the black composers who have often gone unnoticed, as well as publishing loads of [research](#) on racial-musical trends and underrepresented composers.
- **Sports:** Here’s an [article](#) from 2018 about the racism still prominent in televised sport.
- **English:** Although books are prescribed for courses, you have the power to choose your leisure reading so make it count. Do book reviews, consolidate what you have learnt and perhaps share this with others you feel like can benefit from this. Here’s an [article](#) to get you started.

**If you feel passionate about issues raised, write about it and get talking.**

**Anyone can start the conversation.**



**WE HOPE THIS  
HELPS!  
STAY SAFE & KEEP  
LEARNING...**

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