

## WHAT IS ANTI-RACISM?

Anti-Racism is the work of actively opposing racism by advocating for changes in political, economic, and social life. An anti-racist is someone who is supporting antiracist policy through their actions or expressing antiracist ideas.



This includes the expression or ideas that racial groups are equals and none needs developing, and is supporting policy that reduces racial inequity (Kendi, 2019).

In order to raise your race consciousness, we begin building a critical understanding about how race operates at the system level. Anti-racism is about consciousness raising coupled with action towards disrupting power and privilege.

## HOW CAN I PRACTICE ANTI-RACISM?



- Examine historical roots and the current manifestations of racism
- Identifying and counteract bias and stereotyping
- Notice how your racial identity informs your attitudes, behaviors, perceptions
- Speak out when you see racism in action
- Sit with racial discomfort and deal with racial tensions and conflicts when they arise
- Be intentional about including BIPOC voices
- Be vulnerable about your own biases and knowledge gaps
- Don't let mistakes deter you

### SAMPLE BOOKS/READINGS

- [How to be Anti-Racist by Ibrahim Kendi](#)
- [Good White People by Shannon Sullivan](#)
- [The Racial Healing Handbook by Anneliese Singh](#)