**How Can I Help Against Racism?**

1. **Inform Yourself**

**To most effectively counter racism, it’s useful to understand the origins and the long-term effects. Here are several resources we have found useful:**

* **Justice In June (**[www.justiceinjune.org](http://www.justiceinjune.org)) is a self-education website “providing a starting place for individuals trying to become better allies.” It’s also inherently user-friendly and practical—activities are designed in terms of how much time you have available—be it 10, 25, or 45 minutes a day.

This site is an excellent resource. If you don’t have time to read books, this is the perfect tool for you. This site also has specific resources for White parents trying to raise non-racist children.

* **Chapel Hill Friends Meeting Antiracism Booklist:** Some Friends have been doing antiracism work for many years, and some have not. Those who have been at it a long time report that there is still much to learn. Some of these books were written decades ago, and some very recently**.** Regardless of whether you’re just starting to broach the topic, and or simply want to go deeper, we hope you’ll find the list and our suggestions helpful.
* For **Time Magazine’s antiracism booklist,** click <https://time.com/5846732/books-to-read-about-anti-racism/>
* **Chapel Hill Friends Meeting Antiracism Committee (ARC) Anecdotes:** Friends and others have shared their experiences with racism and antiracism. A new anecdote is published each week in the Meeting enews. The point of this effort is to expand Meeting’s shared experience by sharing our personal experiences. It is also to also to give ourselves concrete examples of racist and antiracist behavior. To ground ourselves in real, tangible, lived events that happened to us.

If you have an anecdote to share, please email [antiracismcommittee@chapelhillfriends.org](mailto:anitracismcommittee@chapelhillfriends.org). We want to provide one story a week--that is 52 a year! We need to hear from you to make this happen.

* To read previously posted anecdotes, click here.

1. **Take Specific, Effective Action. See “10 Ways To Be Anti-Racist”** (<https://mesa.umich.edu/article/10-ways-be-anti-racist>)
2. **Have Uncomfortable Conversations:**

**°Chapel Hill Friends Meeting Conflict Resolution Resources:** Conflict is becoming noticeable in more areas of life; among family, co-workers, friends, and even Friends. Wishing to be helpful, we’ve gathered a resource list of TED Talks, websites, and books.

**°** “7 WaysTo Have A Conversation About Race” (<https://www.aarp.org/home-family/friends-family/info-2020/having-racial-justice-conversations.html>)

**° “**The 10 R’s of Talking About Race: How To Have Meaningful Conversations” (<https://www.netimpact.org/blog/talking-about-race>)

**°** Teaching Tolerance online booklet “Discussing Race, Racism, and Other Difficult Topics With Students” (<https://www.learningforjustice.org/sites/default/files/general/TT%20Difficult%20Conversations%20web.pdf>)

1. **Support Black-owned Businesses:**

Use Google’s “Black-owned business” search function.

1. **Become a National Lawyers Guild legal observer.** (<https://www.nlg.org/>)
2. **Donate To Local (insert Hank’s info here) or National Bail Bond Fund Networks (**[**https://www.communityjusticeexchange.org/national-bail-fund-network**](https://www.communityjusticeexchange.org/national-bail-fund-network)**)**