

Anti-Racist Daily Actions



Self-Educate

Read, watch, and listen to news and stories covering systemic racism, privilege, and history. Stay updated on current events in race and justice movements. Seek out voices from marginalized communities. Listen, don't just observe.

Unlearn Bias

Check your own biases in how you think, speak, and act. Ask 'Where did this belief come from?' and 'Who benefits from it?'. Challenge internalized ideas about race, beauty, professionalism, and beyond.

Speak Up

Call out racist jokes, slurs, or stereotypes. Silence is being complicit when someone's being harmed by racism. Use privilege to amplify marginalized voices, don't overshadow them.

Support BIPOC

Make conscious choices in spending, reading, and media consumption to support Black, Indigenous, and People of Color. Promote their work and elevate their platforms.

Be Honest

Talk about race with friends, family, and coworkers even when it's uncomfortable. Encourage others to explore biases and challenge systemic racism.

Confront Injustice

Question policies and practices at work, school, and community groups that exclude or harm marginalized people. Advocate for change in hiring, education, policing, and more.

Acknowledge

Understand how race intersects with gender, class, disability, and sexuality. Anti-racists must also address other forms of oppression. Practice intersectionality.

Listen

If someone calls you out, listen. Don't get defensive. Learn, apologize, reflect, and change behavior moving forward. Be open to criticism.

Being anti-racist is a lifelong pursuit. Keep showing up.