

**RESOURCES FOR THESE TIMES (revised, February 2023)
Originally circulated on June 9, 2020**

Compilation of Resources by Martha Eddy (of Moving For Life / Dynamic Embodiment /BodyMind Dancing) shared by friends and colleagues after the murder of George Floyd

**White Allies – What we Shouldn't Do –
and What we Should Do with our White Advantage**

What White People SHOULDN'T Do... shared by Carol Swann from multiple sources

Perpetuating Stereotypes and Escalating Violence

Stop sharing videos of Black people being murdered. There are many other ways to bring awareness and to make a point that doesn't include exploiting or exposing Black trauma over and over again. See Trevor Noah on this:

Stop sharing images of the faces of protesters. Ferguson activists died violently and/or mysteriously in the years since Mike Brown's murder. You could be saving lives by not sharing. (@hinadirah)

Building up "POC-PC" status

Claim acquaintances who are people as friend

Stop perpetuating performative activism and centering these tragedies on how good of an ally you are. You should not expect to be complimented or rewarded for being anti-racist. Instead, share information, donation links, petitions, resources, and educational materials.

Claiming our Own Responsibility (Find reading on each of these on pages to follow)

Stop demanding your Black peers to educate you on social issues. Instead, read up on your own on how to be anti-racist and educate yourself with the following information and resources provided in this document.

Stop playing devil's advocate when discussing racism with Black people.

Watch out for getting caught up in White Tears...shifting the attention away from the horrors that African American and Native Americans (and Asians at some times) endure.

What White People Should Do: Take Action!

Watch/Attend this workshop: Black Lives Matter, an anti-racism working session for white folk

https://www.youtube.com/watch?v=Y481bKkw-gg&feature=youtu.be&fbclid=IwAR1rL6BbR8h_oa2kf3n1T9MaIQTaht7tFfbUlpjOaCmFTi7X4xnWbA5c6Ac

Discuss short Videos:

https://youtu.be/v4amCfVbA_c - Trevor Noah on George Floyd murder and more

Step inside the circle: <https://vimeo.com/398088783#at=13> (compassionprisonproject.org)

Artists speak out:

Rap on 'I can't breathe'

<https://www.facebook.com/173383392679386/posts/4133471320003887/>

Dancers of Color around the USA:

https://m.facebook.com/story.php?story_fbid=10222711156316933&id=1514804513

Actors Singing: https://youtu.be/XBhzGNuf7_o

Educate ourselves. Challenge yourself with some new horizons: Either hover over the link or double click, copy and paste. In some cases you may need to retype it.

https://greatergood.berkeley.edu/article/item/antiracist_resources_from_greater_good

Share more “white should and should not” from a black man’s perspective.

<https://www.nytimes.com/2020/06/05/opinion/whites-anti-blackness-protests.html>

[-In defense of looting](#) (2014)

A woman interviewed on the street – speaks on the politics of looting:

https://youtu.be/sb9_qGOa9Go

[Racism isn't a strong enough word – anti-blackness](#)

https://www.democracynow.org/2020/6/1/keeanga_yamahtta_taylor_protests_class_rebellion (and anything else by Keeanga-Yamahtta Taylor, including her recent NYT op-ed)

<https://tnr-reg.onecount.net/onecount/form/display.php?id=65b62084-2a9e-41e3-a826-9069eec96f50>

article by Ann Killion, sportswriter for the SF Chronicle

<https://www.sfchronicle.com/49ers/annkillion/article/Colin-Kaepernick-and-George-Floyd-Two-knees-two-15305568.php>

<https://www.theguardian.com/commentisfree/2020/jun/01/george-floyd-violent-rioters-america-police-officers>

Robin DiAngelo, author of White Fragility

<https://www.washingtonpost.com/opinions/2020/06/05/dear-white-people-please-read-white-fragility/>

Related White Fragility's Reading Guide

<https://robindiangelo.com/2018site/wp-content/uploads/2019/01/WhiteFragilityReadingGroupGuide.pdf>

And from Charles Blow:

<https://www.nytimes.com/2020/05/27/opinion/racism-white-women.html?action=click&module=Opinion&pgtype=Homepage>

<https://www.cnn.com/2020/05/28/health/parents-raising-white-children-racism-wellness/index.html>

If you're looking to follow or create your own anti-racist educational curriculum (books, films, podcasts), a great pack which goes beyond the more familiar current reading lists (Michelle Alexander on the New Jim Crow, Robin DiAngelo on white fragility, etc):

bit.ly/ANTIRACISMRESOURCES

Listen to Post Traumatic Slave Syndrome with Dr. Joy Degruy from The Afrocentric Social Worker with Manicka on Apple Podcasts. <https://podcasts.apple.com/us/podcast/the-afrocentric-social-worker-with-manicka/id1476894613?i=1000475365681>

Watch and Discuss:

The Birth of a Nation: https://www.youtube.com/watch?v=N_yU8rRQKoA

<https://www.historynet.com/the-birth-of-a-nation-when-hollywood-glorified-the-xxx.htm>

For further Training from an Acknowledging/Overcoming Racism Perspective:

Trauma Recovery <https://www.joydegruy.com/post-traumatic-slave-syndrome>

<https://joy-degruy-publications.thinkific.com/courses/spring-2020-african-american-multigenerational-trauma-implementing-models-of-change-1> (\$495)

Moving On Center.org/Dynamic Embodiment – [The Socially Conscious Body](#) –

What’s Wrong With ‘All Lives Matter’? **By GEORGE YANCY and JUDITH BUTLER**
JANUARY 12, 2015

Below is a conversation between George Yancy and Judith Butler. I have included both a link to the New York Times article and the text. It is a good critical analysis of how anti-racist Allies understand the need for the specific affirmation of Black Lives.

<http://mobile.nytimes.com/blogs/opinionator/2015/01/12/whats-wrong-with-all-lives-matter/?referer=> What’s Wrong With ‘All Lives Matter’? **By GEORGE YANCY and JUDITH BUTLER JANUARY 12, 2015**

This is the fifth in a series of interviews with philosophers on race that I am conducting for The Stone. This week’s conversation is with Judith Butler, Maxine Elliot Professor in the department of comparative literature and the program of critical theory at the University of California, Berkeley. She is the author of numerous influential books, including “Dispossession: The Performative in the Political,” which she co-authored with Athena Athanasiou. She will publish a book on public assemblies with Harvard University Press this year. — George Yancy

<http://mobile.nytimes.com/blogs/opinionator/2015/01/12/whats-wrong-with-all-lives-matter/?referer=>

Beverly Tatum Classic: <https://www.mprnews.org/story/2017/10/10/why-are-all-the-black-kids-sitting-together-in-the-cafeteria>

Modern Herstory - Blair Imani (inserted by Martha Eddy, suggested by Karen Eubanks)
https://ir.lawnet.fordham.edu/cgi/viewcontent.cgi?article=1885&context=faculty_scholarship
Blackness as Disability (inserted by Martha Eddy)