

## Leaning In: From Racism to Racial Equity Resources & Reference Guide

**Racial Equity Tools** offers tools, research, tips, curricula, and ideas for people who want to increase their understanding and to help those working for racial justice.

- [Website](#)
- [Glossary](#)

### History and Timelines of Racism in the United States

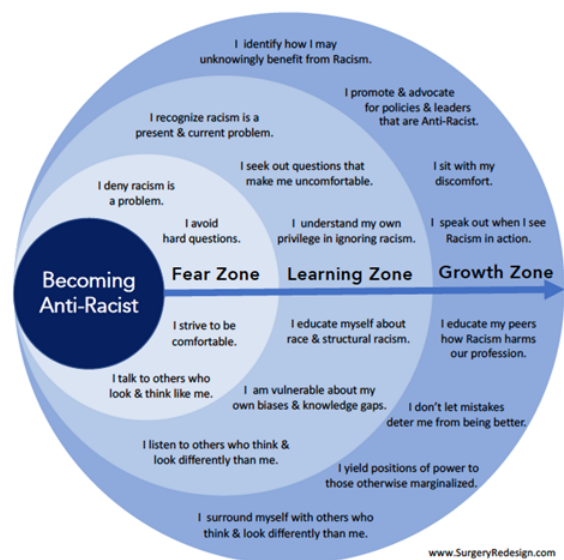
- History of Racism and Movements Timeline, Racial Equity Tools – [Webpage](#)
- Structural Racism Timeline - [Webpage](#)
- Living Cities – [Website](#)
  - Racial Equity Timeline, Living Cities - [Webpage](#)
  - Organizing for Racial Equity, Citations and Further Reading - [PDF](#)
- The 1619 Project, The New York Times Magazine (to view, you must create a free account) – [Interactive Timeline](#)
- A History of Racial Injustice - [Webpage](#)

### Doing Your Own Work

- Kirwan Institute for the Study of Race and Ethnicity, Ohio State University - [Website](#)
  - Implicit Bias Training – [Website](#)
- Implicit Association Tests, Project Implicit - [Website](#)
- How to Overcome Our Biases? Walk Boldly Toward Them, Vernā Myers, TED Talk - [Video](#)
- Stages of White Racial/Ethnic Identity Development, Teaching While White - [PDF](#)
- Three Ways to Challenge White Fragility, Robin DiAngelo, Unitarian Universalist Association - [Video](#)
- How Can I Have a Positive Racial Identity?  
I'm White! Ali Michael, TED Talk – [Video](#)

### Becoming Anti-Racist

- Being Antiracist, National Museum of African American History & Culture - [Website](#)
- Ten Ways to Fight Hate, Southern Poverty Law Center - [Webpage](#)
- How to be an Anti-Racist by Ibram X Kendi - [Book](#)
- My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies by Resmaa Menakem - [Book](#)
- Guide to Allyship - [Website](#)



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### Health Equity and Disparities

- Health Equity & Disparities, Kirwan Institute for the Study of Race and Ethnicity - [Website](#)
- Reducing Disparities in Medical Care, American Medical Association - [Website](#)
- Does Racism Play a Role in Health Inequities? Institute for Healthcare Improvement - [Video](#)
- Health Equity Animated: Race, Center for Prevention MN - [Video](#)
- Minority Health Disparities: Michelle's Story, Johns Hopkins Medicine - [Video](#)
- The Trauma of Systemic Racism is Killing Black Women, T. Morgan Dixon and Vanessa Garrison – [TED Talk](#)
- How Racism Makes Us Sick, David R. Williams – [TED Talk](#)

### Institute for the Advancement of Family Support Professionals – Related Modules for FSPs

- Cultural Humility Part One: Supporting Immigrant Families, A Culturally Humble Approach – [Institute Module](#)
- Cultural Humility Part Two: Supporting Dual Language Learners - [Institute Module](#)
- Historical Trauma – [Institute Module](#)
- Understanding Hope as an Intervention Strategy – [Institute Module](#)
- Reflective Supervision

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### Resources for Adults

- Resources for Parents, Resilience: Uplifting Youth Through Healthy Communication About Race, American Psychological Association - [Website](#)
  - Strategies to Deal with Racial Stress and Practice Self-Care – [Tip Tool](#)
- Coping With Racial Trauma, The Empower Lab – [PDF](#)
- Surviving and Resisting Hate: A Toolkit for People of Color, #ICRaceLab - [Webpage](#)
- Racial Trauma, Mental Health America (Includes links to mental health resources for those who may have racial trauma) - [Webpage](#)

### Resources for Children

- The ABCs of Racial Justice, Sesame Street in Communities – [Website](#)
- Coming Together: Talking to Children About Race, Ethnicity and Culture, Racial Justice, Sesame Workshop - [Website](#)
  - Explaining Race - [Video](#)
  - Breathe, Feel, Share - [Video](#)
  - Never Too Young: Ages and Stages of Racial Understanding - [Webpage](#)
- Talking to Young Children About Racism, PBS for Parents – [Website](#)
- Ten Tips for Teaching and Talking to Kids About Race, Embrace Race - [Website](#)

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- [100 Race-Conscious Things You Can Say to Your Child to Advance Racial Justice, Raising Race Conscious Children - Webpage](#)
- Talking to Children About Racial Bias, Healthy Children, American Academy of Pediatrics – [Webpage](#)
- Defining Ethnic and Racial Socialization, American Psychological Association - [Website](#)
- The Talk, Proctor & Gamble - [Video](#)
- Dear Child – When Black Parents Have to Have the Talk, Jubilee - [Video](#)

### Mindfulness Resources for Everyone

- Free Guided Meditations in Many Languages, UCLA Mindfulness Awareness Research Center – [Website](#)
- Mindfulness for Early Childhood Professionals, Zero to Three - [Website](#)

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