

TRANSFORM

4-Week Anti-Racism Challenge (ARC) - It's not too late to join!

Thank you for continuing with us in the ARC. We know how important it is to stay committed and vigilant in anti-racism efforts. As Dr. Martin Luther King, Jr. said, **“Our very survival depends on our ability to stay awake.”**

WEEK 2: April 9 - 15, 2021

Choose from any of the following, or create your own anti-racism activities. Complete at least 3 activities each week. Use the tracking tool below to record your progress. Let us know if you have ideas/suggestions for other anti-racism activities that we can share with the group.

- ❖ **LEARN:** Register for the Environmental Racism class offered through the Earth and Spirit Center, beginning on April 21.
<https://www.earthandspiritcenter.org/class/environmental-racism/>
- ❖ **DONATE:** Simmons College, Louisville's HCBU (Historically Black Colleges & Universities) <https://www.simmonscollegeky.edu/>
- ❖ **READ/LISTEN:**
<https://www.cbsnews.com/news/white-silence-on-social-media-why-not-saying-anything-is-actually-saying-a-lot>
- ❖ **CONNECT:** Post an anti-racism article or video to your social media or email group.
- ❖ **JOURNAL:** Write in your journal using one of these prompts from Dr. Ibram X. Kendi:
 - a) Describe the most racist moment of your life and why it was racist. What should you have done or said differently?
 - b) List and describe five major experiences that have most influenced how you relate to racial issues (From his book: **Be Antiracist: A Journal for Awareness, Reflection, and Action**)

- ❖ **CONNECT/SUPPORT:** Patronize a black-owned business
 - https://www.yelp.com/search?find_desc=Black+Owned+Businesses&find_loc=Louisville%2C+KY
 - **Check out this young Black female owned business Aromas by Amari:**
https://www.facebook.com/aromasbyamari?mc_cid=81423d5939&mc_eid=658840a8d3
 - Send a suggestion of other Black owned businesses to our group

- ❖ **CONNECT:** Invite a friend to the 4-week ARC by either joining our Facebook page (#WhiteWomenListenLearnAct) or send an email to lckerrigan@gmail.com to be added to the email list.

- ❖ **READ:** Retired Black NYPD Detective: Derek Chauvin Trial Highlights “Race-Based” Police Brutality Problem
<https://bit.ly/31ZzrRT>

- ❖ **WATCH:** this PBS video
<https://www.pbs.org/newshour/nation/where-does-the-black-church-fit-in-todays-black-lives-matter-movement>

- ❖ **READ:** [Ta-Nehisi Coates](#)’ excellent and powerful study of reparations for American Descendants of Slavery.
<https://www.theatlantic.com/magazine/archive/2014/06/the-case-for-reparations/361631/>

YOU CAN ALSO DO ANY OF THE ACTIVITIES FROM LAST WEEK.

Use the link below to copy or download the ARC Tracking Tool:

<https://docs.google.com/spreadsheets/d/1Yp0fU8BtkaP4V07DOE5tPGGTOFWA9CpT/edit#gid=446847735>