

# 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 4: April 23 - 29, 2021

Choose from the following, any activity from previous weeks in the challenge, or create your own anti-racism activities.

Complete 3 activities each week (or more). 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.

- ❖ **WATCH:** “How America Invented Race,” a short animated video <https://www.youtube.com/watch?v=ppvbyBY3ce8Y>
- ❖ **CONNECT:** Spalding University is asking for community delegates to help contribute to an alternative responder approach to the current police model. The DOVE (Diversion Options: Voice & Empowerment) Delegates Accountability Board is calling for Advisory Board Members. Here's more info and the sign-up form: <https://bit.ly/3guM8N0>
- ❖ **DONATE:** to Pocket Change, a Black-owned business product and resource hub <https://change-today.org/pocket-change/>
- ❖ **READ:** An open letter written by Metro Councilman Jecorey Arthur urging police Chief Erika Shields and Mayor Greg Fischer to fire officers involved in an arrest Sunday, saying they violated the city's use of force policy when an officer repeatedly punched a protester in the face and others stood by and didn't stop him.

<https://docs.google.com/document/d/1KjZ2HuU4-ZWBkHZPLWL4Jh3U7r7gPVFY8nudUOsg80M/edit>

- ❖ **LISTEN:** to *The Guardian*'s podcast, "The Battle for DC Statehood: Politics Weekly Extra"  
<https://www.theguardian.com/politics/audio/2021/apr/02/the-battle-for-dc-statehood-politics-weekly-extra>
  
- ❖ **WATCH:** 5 Tips Explaining How to Be a Better Ally to the Black Community  
[https://www.youtube.com/watch?v=\\_dg86g-QIM0](https://www.youtube.com/watch?v=_dg86g-QIM0)
  
- ❖ **CONNECT:** Share an anti-racism article or video on your social media
  
- ❖ **JOURNAL:** This week, we saw history unfolding as Derek Chauvin was convicted for murder and manslaughter in the death of George Floyd. That killing was a catalyst for the social justice revolution occurring right now. Take 15-20 min and write about your feelings and observations during the 10 months leading up to the trial, the trial itself, and the guilty verdict. Consider, too, how you plan to contribute to create a world where this no longer happens.
  
- ❖ **LEARN:** About the George Floyd Act. Passed in the House of Representatives in March 2021, this bill still needs to pass the Senate.  
**What's in the George Floyd Justice in Policing Act of 2021?**  
Broadly, the bill tries to do four things at the federal level: make the prosecution of police misconduct easier, expand federal oversight into local police units, limit bias among officers, and change policing tactics.  
  
<https://www.vox.com/2021/3/3/22295856/george-floyd-justice-in-policing-act-2021-passed-house>
  
- ❖ **LISTEN:** Stereotypes are all around us, shaping how we see the world – and how the world sees us. On the surface, the stereotypes that other people hold shouldn't affect the way we think or act. But our concerns about other people's perceptions have a way of burrowing deep into our minds. This week, social psychologist Claude Steele explains the psychology of "stereotype threat."  
  
<https://hiddenbrain.org/podcast/how-they-see-us/>
  
- ❖ **CONNECT/SUPPORT:** Patronize a black-owned business. Check out Garden Girl Foods owned by Whitney Powers in Old Louisville.

Website:

[https://www.gardengirlfoods.com/?fbclid=IwAR0OLaenyC-TuomV32Fy3C7z958gFZvAo8bpstqs2\\_Ts68TK5EUlyHKsNLg](https://www.gardengirlfoods.com/?fbclid=IwAR0OLaenyC-TuomV32Fy3C7z958gFZvAo8bpstqs2_Ts68TK5EUlyHKsNLg)

CJ story:

<https://www.courier-journal.com/story/life/food/2021/02/02/garden-girl-foods-moves-to-storefront-in-old-louisville/4306381001/y> a young Black woman.

- ❖ **CREATE YOUR OWN** anti-racist activity. Please share it with us so we know what the group is up to--and so we can pass it on to others!
  
- ❖ **CONNECT:** Email us your activity sheet from the ARC challenge or a list of some of the activities you've done that you've found rewarding.  
\*\*\*We would love to get a sense of the experience you are having in this challenge! (dikerrigan@whitewomenlistenlearnact.com)

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

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