

POP 21 Day Racial Equity Habit Challenge - Week 1 Part 1 Suggestions
(adapted from <https://debbyirving.com/21-day-challenge/> & POP Racial Justice rsch)

MONDAY POSTING

Coffee Break Length to WATCH

New York Times Op-Docs on Race (nytimes.com), Multiple videos with a range of racial and ethnic perspectives on the lived experience of racism in the US. (each video about 6 minutes)

The Iroquois Influence on the Constitution (YouTube), First Voices Indigenous Radio Tiokasin Ghosthorse explains sequestering Iroquois chiefs for advice on writing U.S. Constitution (4mins)

White Bred (on vimeo.com w/ free basic plan), quick intro to how white supremacy shapes white lives and perception. (5 minutes)

Lunch Break Length and WATCH

How to overcome our biases? Walk boldly toward them (on YouTube), TED Talk encourages work to counter balance bias by connecting with/learning about &from groups we fear. (19 mins)

Curl Up on the Couch

READ: *Reading with Patrick*. Michelle Kuo's memoir on education, race, , and justice by Taiwanese American Teach for America volunteer in rural Arkansas

LISTEN: *Teaching While White* (teachingwhilewhite.org), podcasts feature nationally renowned anti-racist educator guests. Start with "White Fragility Part 1"(episode times vary 40-45 mins)

CONNECT Check out this group and explore (maybe follow?) their website:

Race Forward (raceforward.org)

THURSDAY POSTING

POP 21 Day Racial Equity Habit Challenge - Week 1 Part 2 Suggestions
(adapted from <https://debbyirving.com/21-day-challenge/> & POP Racial Justice research)

Coffee Break Length to WATCH

What Kind of Asian Are You? Humorous two minute youtube video that illustrates the utter silliness of the way many white Americans interact with Asian Americans. (2 minutes)

Racism is Real (<https://www.vox.com/2015/4/30/8520305/systemic-racism-video>), a split-screen video depicting differential in white and black lived experience. (3 mins)

Lunch Break Length to WATCH

I'm Mexican. Does that change your assumptions about me? (YouTube) Professor discusses her family history, heritage, prejudice, experience including helpful suggestions (13 mins)

Curl Up on the Couch and WATCH

Unnatural Causes (unnaturalcauses.org), Seven part documentary by California Newsreel, explores impact of racism on health/US healthcare. (4 hrs total, episodes have variable lengths)

CONNECT Check out this group and explore (maybe follow?) their website:

Colours of Us (<https://coloursofus.com/>)