

POP 21 Day Racial Equity Habit Challenge - Week 3 Part 1 Suggestions
(adapted from <https://debbyirving.com/21-day-challenge/> & POP Racial Justice rsch)

MONDAY POSTING

Coffee Break Length

READ or LISTEN:(npr.org.)“Navajo Families Without Internet Struggle to Homeschool During COVID-19 Pandemic” April 2020, embedded is audio version + another interview (3 - 4 mins)

WATCH & LISTEN: Video about solidarity and diversity during COVID and always (3 mins)
<https://aapip.org/our-stories/solidarity-matters-a-poem-to-philanthropy-in-the-age-of-covid-19>

WATCH & LISTEN: Elizabeth Cotten Folk Alliance International Lifetime Achievement Award 2010...think about her background and chances in life (Youtube.com 8 minutes)

Lunch Break Length

READ: Antisemitism on the rise 2019 and worsened by COVID-19

<https://www.businessinsider.com/coronavirus-pandemic-fuels-anti-semitism-2020-4>

WATCH: The Cross and the Lynching Tree with Dr. James Cone (38 minutes)
(<https://www.youtube.com/watch?v=RPM-AtBWHrI>)

WATCH: Q&A with Dr. Cone after above - watch the whole thing! (33 minutes)
<https://www.youtube.com/watch?v=HclA0BGoj0c>

NOTICE: First do this quick Awareness Test <https://www.youtube.com/watch?v=Ahg6qcgoay4>
Then...go out in the & change up what you notice. Here's some of what you might look for:

- Who is and is not represented in ads?
- Who are your ten closest friends? What is the racial mix in this group?
- As you move through the day, what's the racial composition of the people around you? On your commute? At the coffee shop you go to? At the gym? At your workplace? At the show you go on the weekend?
- What percentage of the day are you able to be with people of your own racial identity?
- Notice how much of your day you are speaking about racism. Who are you engaging with on these issues? Who are you not? Why do you think this is?

ACT/ENGAGE/LISTEN: Call someone you know in a different racial or ethnic group. Tell them about the challenge and ask them to share their experience with racism. Ask if you've ever said or done anything offensive online or in their presence, or if you should have done anything.

Curl Up on the Couch

READ: *The Toni Morrison Book Club*, (2020) nonfiction book by four TCNJ professors based on reflecting on four of Toni Morrison's novels....You don't need to know her novels to read this!

ACT/ENGAGE/CONNECT: Explore the website of a museum dedicated to a minority culture such as Smithsonian's National Museum of African American History and Culture (nmaahc.si.edu), or National Museum of the American Indian (americanindian.si.edu) or the Museum of Chinese in America NYC (mocanyc.org). share it with someone else and discuss it

THURSDAY POSTING

POP 21 Day Racial Equity Habit Challenge - Week 3 Part 2 Suggestions
(adapted from <https://debbyirving.com/21-day-challenge/> & POP Racial Justice research)

As Long as You Want

READ & WATCH: (Long) history article including short video on Japanese Internment Camps
<https://www.history.com/topics/world-war-ii/japanese-american-relocation>

CONNECT: Explore the website of a faith or activist organization you know little about...Find out what they believe, check out their activities regarding equity and intercultural understanding ie Muslim Center of Princeton <https://www.themuslimcenter.org/>, AME Church <https://www.ame-church.com/>, Unitarian Universalist Congregation of Princeton www.uuprinceton.org, AntiDefamation League adl.org, Asian American/Pacific Islander Philanthropy <https://aapip.org>, Black Lives Matter <https://blacklivesmatter.com/>, and others!

Coffee Break Length

WATCH: (de)Americanization of Latino Youth (10 minute TedTalk)
<https://www.youtube.com/watch?v=aeXkXayo7VE>

READ OR LISTEN: TEDTalk/transcript on racism and health
<https://www.kvpr.org/post/mary-bassett-how-does-racism-affect-your-health>

Lunch Break Length

READ: Article on racial justice and antiracism efforts in schools/principles and problems
<http://www.edchange.org/publications/Avoiding-Racial-Equity-Detours-Gorski.pdf>

NOTICE: If you didn't do the awareness test earlier this week, go to
<https://www.youtube.com/watch?v=Ahg6qcgoay4>

Then...go out in the world and change up what you notice. Here's some of what you might look for:

- What are the last five books you read? What is the racial mix of the authors?
- What is the racial mix of the main characters in your favorite TV shows? Movies?
- What is the racial mix of people pictured in the photos and artwork in your home? In your friend, family, and colleagues' homes?

- Who is filling what kinds of jobs/social roles in your world? (e.g. Who's the store manager and who's stocking the shelves? Who's waiting on tables and who's bussing the food?) Can you correlate any of this to racial identity?
- Who do you notice on magazine covers? What roles are people of color filling in these images?
- If you're traveling by car, train, or air, do you notice housing patterns? How is housing arranged? Who lives near the downtown commerce area and who does not? Who lives near the waterfront and who does not? Who lives in industrial areas and who does not? What is the density of a given neighborhood? Can you correlate any of this to racial identity?

ACT and ENGAGE: Call someone you know who is a person of color or in a different racial group than you, tell them about the Challenge, ask to discuss your impressions/questions from one of the choices.

Curl Up on the Couch

WATCH/LISTEN: recent Webinar on Asian Americans & racism in COVID Era (recorded 1 hr)
<https://www.embracerace.org/resources/asian-americans-racism-and-antiracism-in-the-covid-era>

PLAN TO ACT/WATCH/LISTEN + ENGAGE: "Attend" a Virtual Mtg of NIOT (Not in Our Town) Princeton ~~on June 1~~ **CHANGED TO JUNE 2 at 7** As Princeton HS teachers and Racial Literacy Class students present followed by optional opportunity to participate in small group breakout session to discuss

<http://niotprinceton.org/2020/05/27/virtual-continuing-conversation-on-tuesday-june-2-2020-at-7-pm-racial-literacy-in-the-schools/>