

How To Be An Anti-Racist Activist

What You Can Do

- **Simply listen**
 - Listen to people who are different from you. Listen to their stories, experiences, and cultures.
- **Speak out when you witness something problematic**
 - If your white friends make a racist comment, let them know that their words are not okay, even if there are no Person/People of Color (POC) around.
 - Racist comments, even when made in private or on social media, perpetuate racism.
- **Educate yourself**
 - Research, learn about past and current issues affecting POC.
 - Although some are willing, do not *expect* a POC to explain racism to you.
 - A POC who is familiar and comfortable with you may be more willing to share their experiences and viewpoints on racism.
 - <https://www.ywcannj.org/racial-justice-21-day-challenge/>
- **Show representation to children**
 - The socialization process begins at a very young age.
 - Expose children to people of cultures other than their own whether this be through television shows, books, or exposing them to people in the real world. A combination of different exposure methods is best.
- **Civic engagement**
 - Support and VOTE for candidates that align with our goals of promoting racial justice and equity.
 - Volunteer with communities of color.
- **Tell Congress to pass meaningful reform**
 - The End Racial and Religious Profiling Act, Ending school discipline disparities, and the “school to prison pipeline”, mass incarceration, The George Floyd Justice in Policing Act.

- **Give your time and your resources to local and national associations**
 - Get involved with grassroots campaigns, and support nonprofits like YWCANNJ, NAACP, ACLU and many others working toward racial justice.
 - Support Businesses owned by people of color.
 - Working to build stronger and fairer economic communities and closing the racial wealth gap starts with supporting business opportunities for people of color. Learn from Black business owners and community leaders how we can stand together to help black businesses grow and succeed.
 - **Examples include:** Bergen in Color, The Bergen County Black Business Network, The Statewide Hispanic Chamber of NJ and other local associations.

Resources

- YWCA Northern New Jersey 21 Day Racial Equity and Social Justice Challenge <https://www.ywcannj.org/racial-justice-21-day-challenge/>
- PDF for Anti-Racism Resources and the link to the document: <https://www.ywcannj.org/wp-content/uploads/2020/10/Anti-racism-Resources-YWCANNJ-2.pdf>
- YWTV Racial Justice programs <https://www.ywcannj.org/racial-justice/>