Anti-Racism Resource List

1. [The Anti Racist Table - 30 Day Challenge](https://theantiracisttable.com/#join)

The AntiRacist Table 30 Day Challenge is a long-form contemplative study, specifically curated to educate, to help people face and get past shame, anger, and blame, and to develop empathy–all key elements of creating an AntiRacist America.

During the Challenge you will have opportunities to cultivate mindfulness and daily practices centered around equality, justice, and humanity as you integrate The AntiRacist Table Core Principles into your life. Engaging and interactive, the daily lessons infuse videos, readings, reflection, meditation, and other disciplines. Our self-paced Challenge is composed of 30 lessons that lay the foundation for active AntiRacism.

1. [Black Lives Matter: Anti-Racism Resources for Social Workers and Therapists](https://www.socialwork.career/2020/06/anti-racism-resources-for-social-workers-and-therapists.html)

This link provides a roundup of free anti-racism webinars on-demand, as well as a few resources for people of color such as racial wound healing and therapy/funds dedicated to POC, and many recommended anti-racism books, articles, toolkits, YouTube videos, movies/TV shows, podcasts and self-care resources for all.

1. [10 Keys to Everyday Anti-Racism](https://greatergood.berkeley.edu/article/item/ten_keys_to_everyday_anti_racism)

The founders of the AntiRacist Table, suggest tools you can use to work against prejudice and inequality.

1. ['Not Racist' Is Not Enough: Putting In The Work To Be Anti-Racist](https://www.npr.org/2020/08/24/905515398/not-racist-is-not-enough-putting-in-the-work-to-be-anti-racist)

NPR Podcast episode by Eric Deggans on how anti-racism is an essential approach to effectively defeating systemic racism. He discusses how you must continually work to undo racism in your mind, your personal environment and the wider world.

1. [Boston University Center for Antiracist Research](https://www.bu.edu/antiracism-center/)

The mission of the Boston University Center for Antiracist Research is to convene researchers and practitioners from various disciplines to figure out novel and practical ways to understand, explain, and solve seemingly intractable problems of racial inequity and injustice. They foster exhaustive racial research, research-based policy innovation, data-driven educational and advocacy campaigns, and narrative-change initiatives. They are working toward building an antiracist society that ensures equity and justice for all.

1. [Intersectionality Score Calculator](https://intersectionalityscore.com/)

The Intersectionality Score Calculator is an easy and effective way to measure the systematic oppression and discrimination faced by an individual due to their multiple identity factors. Having a high Intersectionality Score means being faced with more challenges to get ahead than someone who has a lower score.