

# Solidarity Network Resource Guide for White Bodies on the journey of anti-racism

## Books

- **My Grandmother's Hands**: Racialized Trauma and the Pathway to Mending our Hearts and Bodies, by Resmaa Menakem. This book has changed my life. It's my number one recommended resource on understanding whiteness, racism and the way trauma lives in all of our bodies. It not only provides me with information about my racism and understanding of "white body supremacy" but it provides me with access and practices to self and communal healing. It also doesn't shame me as a white body, but does hold me accountable for how I live my life. I revisit it over and over. -Erin T

- Me and White Supremacy by Layla F. Saad

This book was actually all journaling prompts and really covered a lot and had me look very deeply into not only the racist actions I do but the racist thoughts I hold as well.

-Emily K

## Articles

- Unpacking the Invisible Knapsack by Peggy McIntosh
- White Fragility: Why It's So Hard to Talk to White People About Racism by Robin DiAngelo. Great intro to Robin's work.
- White Supremacy as a Trauma Response by Resmaa Menakem. Great intro to Resmaa's work.

- **THE CHARACTERISTICS OF WHITE SUPREMACY CULTURE**

*From Dismantling Racism: A Workbook for Social Change Groups, by Kenneth Jones and Tema Okun, ChangeWork, 2001*

## Documentaries/video course

- **Resmaa Menakem's free 5-day eCourse** on racialized trauma This is a great starting point to help you dig into Resmaa's work. You can opt to purchase content and continue learning online as well.
- **Jim Crow of the North** (YouTube) - Roots of racial disparities are seen through a new lens in this film that explores the origins of housing in Minneapolis.

## Podcasts

- The 1619 podcast from the New York Times, an audio series on how slavery has transformed America, connecting past and present through the oldest form of storytelling.
- Scene On Radio, Season 2. Seeing White. A 14-episode podcast that explores what it means to be White. Phenomenal.

## Resources

- Take this implicit bias inventory by Harvard to understand a little more of where you're coming from.
- Diversity Toolkit: A guide to Discussing Identity, Power and Privilege

## Join a Community of Practice

- **Cultural Coherence** an embodied antiracist community of practice for white bodied people. Led by Rachel Martin, LMFT, who works closely with and was mentored by Resmaa Menakem. This group is currently not meeting in person, but join the mailing list to get updates and stay tuned for virtual content to be released, likely Fall of 2020.
- For masculine white folks, join a Praxis Circle. Meeting virtually at this time 2x/month to practice collective liberation from white body supremacy and patriarchy. Contact Chris Tripolino (c.tripolino@gmail.com) for information.
- Birth Workers for Racial Healing is a communal and embodied practice for white-bodied folks working with families in the childbearing year (therapists, birth and postpartum doulas, chiropractors, midwives, nurses, lactation professionals, doctors, bodyworkers, etc.), with the intention of undoing white body supremacy and cultivating an equitable birthing culture for people of culture. Led by Amy Pierce, LMFT and Erin Tripolino CD(DONA), we meet monthly via Zoom, working

to heal our own racialized traumas, understand our biases and build a new culture of whiteness. Contact [BirthWorkersForRacialHealing@gmail.com](mailto:BirthWorkersForRacialHealing@gmail.com) to be added to the mailing list for updates.

### **Books/resources for children**