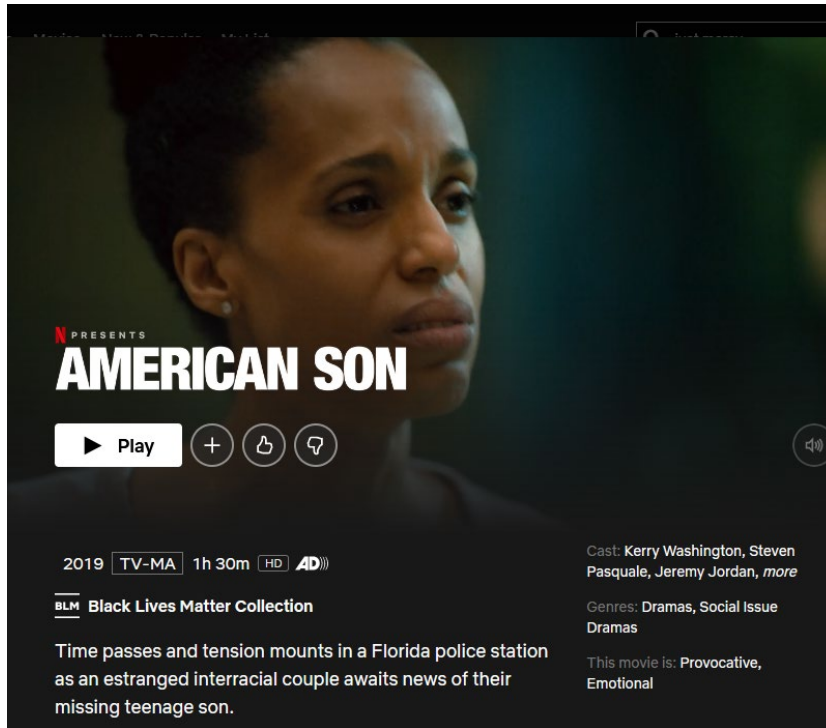


# Resources for Allies (or those striving to be)

## Films and Videos

### Movies on Netflix



**NETFLIX PRESENTS**  
**AMERICAN SON**

**Play** + 🔄 🔍 🔊

2019 TV-MA 1h 30m HD AD

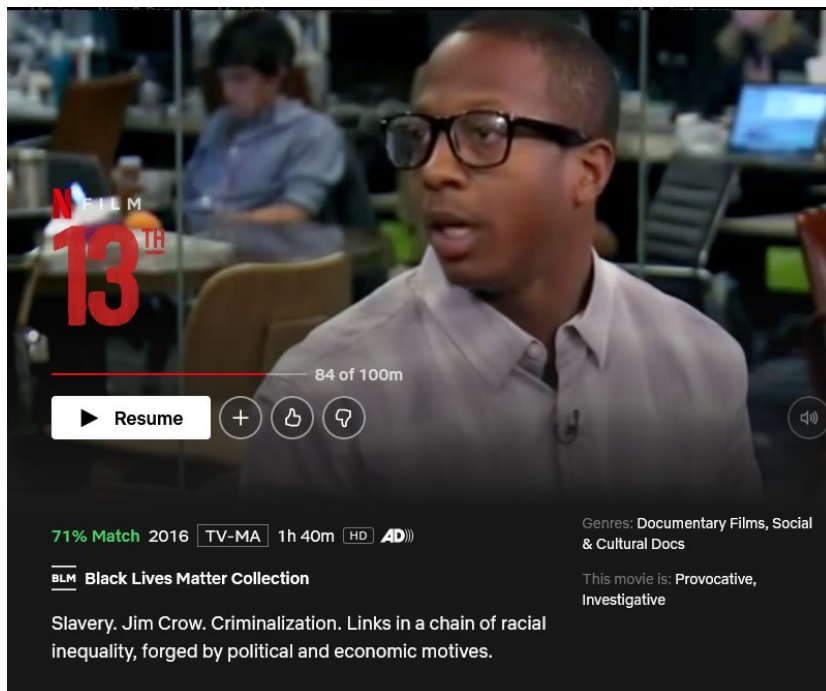
**BLM** Black Lives Matter Collection

Time passes and tension mounts in a Florida police station as an estranged interracial couple awaits news of their missing teenage son.

Cast: Kerry Washington, Steven Pasquale, Jeremy Jordan, *more*

Genres: Dramas, Social Issue Dramas

This movie is: Provocative, Emotional



**NETFLIX FILM**  
**13<sup>TH</sup>**

84 of 100m

**Resume** + 🔄 🔍 🔊

71% Match 2016 TV-MA 1h 40m HD AD

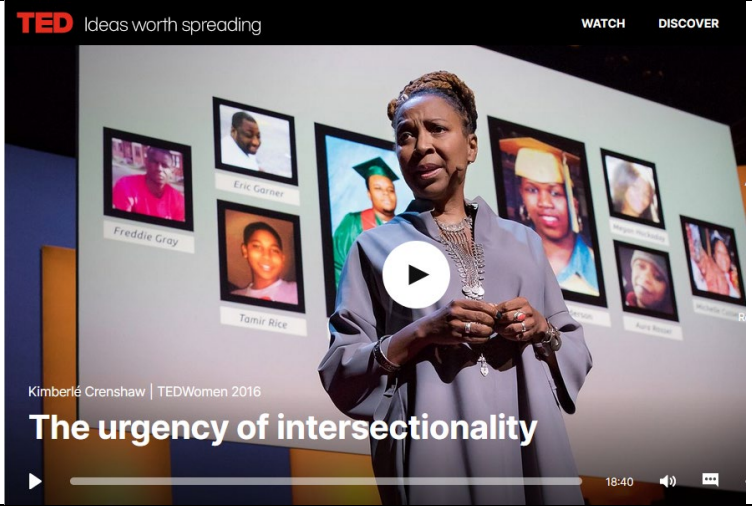
**BLM** Black Lives Matter Collection

Slavery. Jim Crow. Criminalization. Links in a chain of racial inequality, forged by political and economic motives.

Genres: Documentary Films, Social & Cultural Docs

This movie is: Provocative, Investigative


## TED Talks



The image shows a video player interface for a TED Talk. At the top left is the TED logo and the tagline 'Ideas worth spreading'. At the top right are the words 'WATCH' and 'DISCOVER'. The main image is a woman, Kimberlé Crenshaw, standing on a stage in front of a large screen. The screen displays several framed portraits of people, with names like 'Freddie Gray', 'Eric Garner', and 'Tamir Rice' visible. A large white play button is centered over the video. At the bottom left of the video frame, it says 'Kimberlé Crenshaw | TEDWomen 2016'. At the bottom center, the title 'The urgency of intersectionality' is displayed in white text. At the bottom right, there is a progress bar and a timestamp '18:40'.

Now more than ever, it's important to look boldly at the reality of race and gender bias -- and understand how the two can combine to create even more harm. Kimberlé Crenshaw uses the term "intersectionality" to describe this phenomenon; as she says, if you're standing in the path of multiple forms of exclusion, you're likely to get hit by both. In this moving talk, she calls on us to bear witness to this reality and speak up for victims of prejudice

[https://www.ted.com/talks/kimberle\\_crenshaw\\_the\\_urgency\\_of\\_intersectionality](https://www.ted.com/talks/kimberle_crenshaw_the_urgency_of_intersectionality)

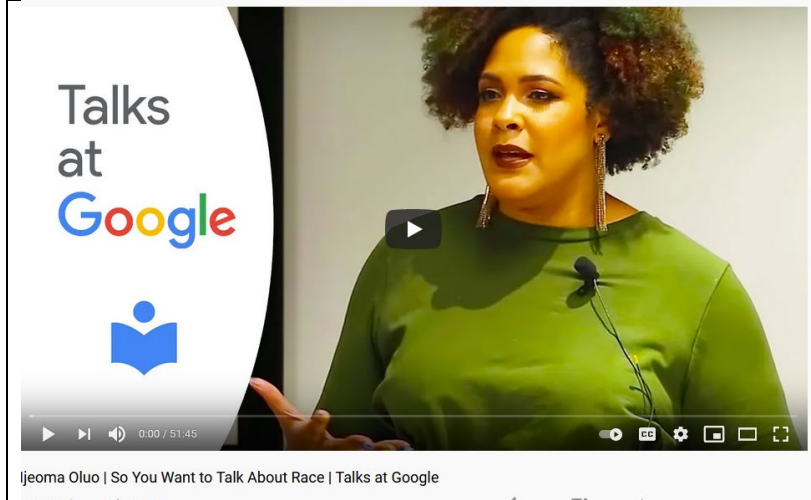


The image shows a video player interface for a TED Talk. At the top left is the TED logo and the tagline 'Ideas worth spreading'. At the top right are the words 'WATCH' and 'DISCOVER'. The main image is a man, Bryan Stevenson, speaking on a stage. He is wearing a dark suit and a white shirt. He has his hands raised in a gesture of emphasis. A large white play button is centered over the video. At the bottom left of the video frame, it says 'Bryan Stevenson | TED2012'. At the bottom center, the title 'We need to talk about an injustice' is displayed in white text.

In an engaging and personal talk -- with cameo appearances from his grandmother and Rosa Parks -- human rights lawyer Bryan Stevenson shares some hard truths about America's justice system, starting with a massive imbalance along racial lines: a third of the country's black male population has been incarcerated at some point in their lives. These issues, which are wrapped up in America's unexamined history, are rarely talked about with this level of candor, insight and persuasiveness.

[https://www.ted.com/talks/bryan\\_stevenson\\_we\\_need\\_to\\_talk\\_about\\_an\\_injustice](https://www.ted.com/talks/bryan_stevenson_we_need_to_talk_about_an_injustice)

## Other Videos

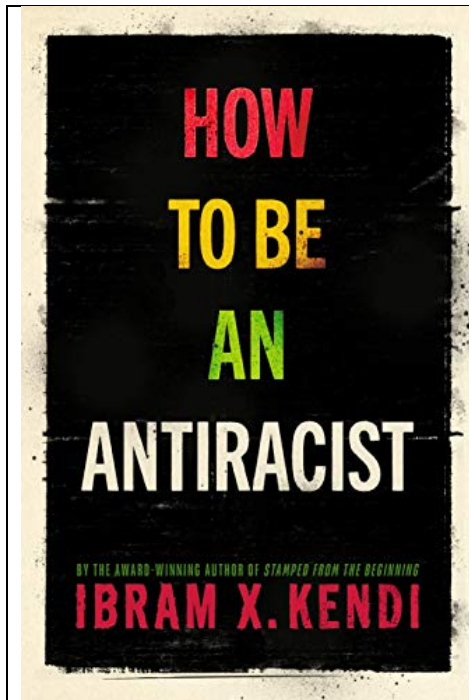


Ijeoma Oluo is one of the most influential people in Seattle, according to Seattle Magazine. She's also the Editor-At-Large at The Establishment - a media platform run and funded by women. In her new book "So you want to talk about race", she demonstrates that her remarkable writing abilities by bringing clarity and insight to hyper-charged issues facing America. She discusses why it's so hard to talk about race and why we must do it anyway. Get the book here:

<https://goo.gl/9WVg6g>

<https://www.youtube.com/watch?v=TnybJZRWipg>

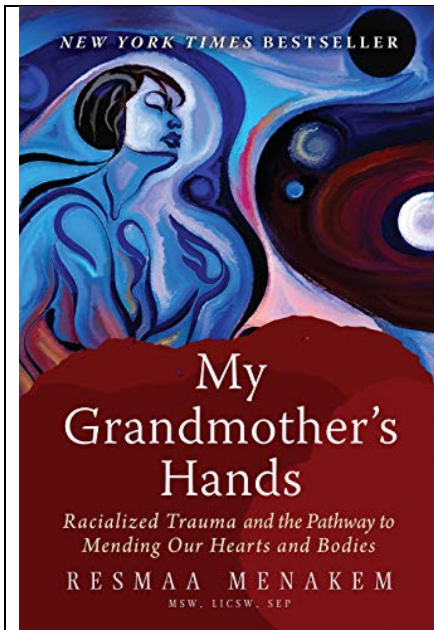
## Recommended Reading



Antiracism is a transformative concept that reorients and reenergizes the conversation about racism—and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types. Racism intersects with class and culture and geography and even changes the way we see and value ourselves. In *How to Be an Antiracist*, Kendi takes readers through a widening circle of antiracist ideas—from the most basic concepts to visionary possibilities—that will help readers see all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves.

Kendi weaves an electrifying combination of ethics, history, law, and science with his own personal story of awakening to antiracism. This is an essential work for anyone who wants to go beyond the awareness of racism to the next step: contributing to the formation of a just and equitable society. (Amazon.com)

[https://www.amazon.com/How-Be-Antiracist-Ibram-Kendi-ebook/dp/B07D2364N5/ref=sr\\_1\\_1?dchild=1&keywords=How+to+be+an+anti-racist&qid=1617893671&s=digital-text&sr=1-1](https://www.amazon.com/How-Be-Antiracist-Ibram-Kendi-ebook/dp/B07D2364N5/ref=sr_1_1?dchild=1&keywords=How+to+be+an+anti-racist&qid=1617893671&s=digital-text&sr=1-1)

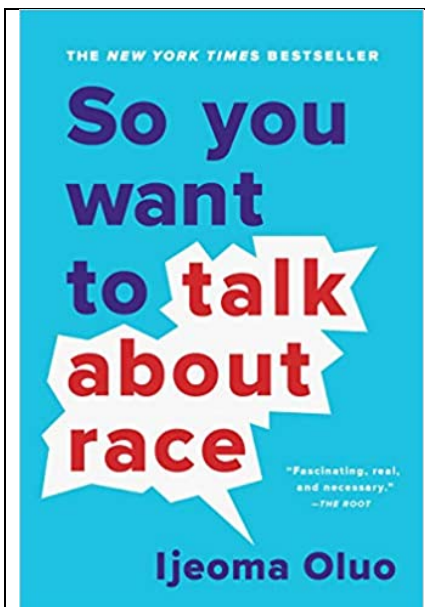


In this groundbreaking book, therapist Resmaa Menakem examines the damage caused by racism in America from the perspective of trauma and body-centered psychology.

The body is where our instincts reside and where we fight, flee, or freeze, and it endures the trauma inflicted by the ills that plague society. Menakem argues this destruction will continue until Americans learn to heal the generational anguish of white supremacy, which is deeply embedded in all our bodies. Our collective agony doesn't just affect African Americans. White Americans suffer their own secondary trauma as well. So do blue Americans—our police.

*My Grandmother's Hands* is a call to action for all of us to recognize that racism is not only about the head, but about the body, and introduces an alternative view of what we can do to grow beyond our entrenched racialized divide (Amazon.com)

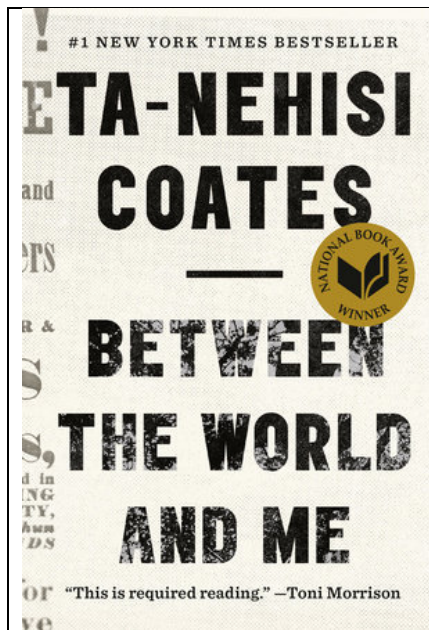
[https://www.amazon.com/My-Grandmothers-Hands-Racialized-Pathway-ebook/dp/B0727L1NGJ/ref=sr\\_1\\_1?crid=11W76YXE25MH9&dchild=1&keywords=my+grandmother%27s+hands&qid=1617893393&s=di-gital-text&sprefix=my+grandmother%27s+%2Cdigital-text%2C178&sr=1-1](https://www.amazon.com/My-Grandmothers-Hands-Racialized-Pathway-ebook/dp/B0727L1NGJ/ref=sr_1_1?crid=11W76YXE25MH9&dchild=1&keywords=my+grandmother%27s+hands&qid=1617893393&s=di-gital-text&sprefix=my+grandmother%27s+%2Cdigital-text%2C178&sr=1-1)



Widespread reporting on aspects of white supremacy -- from police brutality to the mass incarceration of Black Americans -- has put a media spotlight on racism in our society. Still, it is a difficult subject to talk about. How do you tell your roommate her jokes are racist? Why did your sister-in-law take umbrage when you asked to touch her hair -- and how do you make it right? How do you explain white privilege to your white, privileged friend?

In *So You Want to Talk About Race*, Ijeoma Oluo guides readers of all races through subjects ranging from intersectionality and affirmative action to "model minorities" in an attempt to make the seemingly impossible possible: honest conversations about race and racism, and how they infect almost every aspect of American life

[https://www.amazon.com/dp/B07QBQF4GS/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.com/dp/B07QBQF4GS/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)



In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden?

*Between the World and Me* is Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares with his son—and readers—the story of his awakening to the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children's lives were taken as American plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage, *Between the World and Me* clearly illuminates the past, bracingly confronts our present, and offers a transcendent vision for a way forward.

<https://www.penguinrandomhouse.com/books/220290/between-the-world-and-me-by-ta-nehisi-coates/>