

## Raising Consciousness and Taking Action (Ideas)

There are many ways to take action to promote racial justice. When first beginning to develop one's voice and skill set, many of our actions are oriented around learning about the issues. What might appear to be a small action step for some might be a giant leap for others. The point is to continue to step outside our comfort zone and expand our worldview. This is what will allow our actions to become more effective and wider-reaching as we work in solidarity with others.

### Expanding Our Selves

<b><i>My upbringing has been largely segregated and my frame of references is largely white. How can I expand my understanding of people of color's lives and perspectives?</i></b>		
Watch movies and TV shows written and directed by people of color.	Read books written by people of color.	Read magazines focused on people of color, like Colorlines.
Watch documentaries about racial justice issues.	View TED Talks or other lectures by prominent people of color. (easy to find on YouTube)	Follow prominent people of color on Twitter, Facebook, etc.
<b><i>There aren't any people of color in my life. How can I diversify my social circle without being awkward?</i></b>		
Find out where multi-racial events occur in your community. Go to them.	Ask people who interest you if they'd be interested in talking with you. Be honest about your desire to expand your worldview. Invite them for coffee or tea.	Allow yourself to be awkward. Authentic vulnerability is often rewarded. Admitting your nervousness or feelings of anxiety might be helpful.
Find out where people of color congregate in your community. Ask if you'd be welcomed. If invited, attend, watch, listen, and participate as appropriate.	Look closely at community news to find out where there are cultural celebrations for holidays such as MLK day, etc. Attend and show your support.	Prepare yourself. You may be rejected. Accept this and don't take it personally. A different person might have the energy necessary to engage with you.

### Making our Voices Heard

<b>In personal relationships</b>	<b>In local community</b>	<b>In society and the nation</b>
Notice something, say something (to friends and family)  "I'm wondering what you meant by..." "That had an impact you might not have intended."	Advocate at meetings or conferences  "I notice that we're not really accessible or inclusive of..." "What are we doing about this inequity?"	Write letters, email, or call politicians  "As a constituent, I care about this issue..." "This is unjust and we need to do something about it."

<p>Raise the issue in a conversation with friends or family</p> <p>“I’ve been thinking a lot about...”</p> <p>I’d love to get your thoughts about this issue.”</p>	<p>Become vocal with colleagues in your community</p> <p>“Have you noticed how our community seems to...”</p>	<p>Sign and/or create petitions</p> <p>Stay up-to-date on issues and make sure your voice is heard</p>
<p>Have a house party</p> <p>Host a film screening or other event to dialogue about an issue</p>	<p>Promote an event</p> <p>Stay connected to the groups that plan anti-bias programs. Distribute flyers. Invite friends to join you.</p>	<p>Attend protest marches or rallies</p> <p>Organize people to join you. Be an <i>organizer</i>, not just a <i>protester</i>.</p>
<p>Share your experience via social media, blog, or emails</p>	<p>Write an article to share with your community via a newsletter</p>	<p>Write letters to the editor</p>
<p>Join a community group</p> <p>Find out who is active on these issues in your area. Join forces to create a sustainable practice with new friends.</p>	<p>Join a committee related to equity and inclusivity in your community. If there isn’t one, start one.</p>	<p>Attend town halls</p> <p>Join canvassing groups to advocate for particular legislative action</p>

### Selected Activities from the Workshop Exercise

Participating in a march or rally	Recruiting people into anti-racism through one-to-one conversations	Contacting a public official to advocate a position
Studying theories of social change	Attending lectures or conferences focused on race	Attending meetings held by activist organizations
Participating in consciousness-raising groups	Talking with family/friends about racial justice	Disrupting enactments of privilege during conversations
Supporting POC-led actions	Fund-raising to support POC-led groups	Investigating one’s own relationship to privilege
Hosting multi-racial or affinity group dialogues	Participating on a diversity, equity, or inclusivity committee	Phone banking to push a position
Door-to-door canvassing to promote justice-oriented legislation	Creating or participating in community-based development projects	Creating or participating in initiatives to shift policies in one’s community
Providing one-to-one mentorship to people building an anti-racist practice	Acting as an ally for a friend or associate	Using personal resources to support anti-racism activities