

ADDRESSING OPPRESSION:
BECOMING AN ALLY



WORDS TO KNOW

Start by understanding some of these pertinent terms; conduct further research and personal explorations on various phrases and other relevant words; recognize the importance of these words and examine how individuals, groups, and the media utilizes them:

Oppression- set of policies, practices, traditions, definitions, and explanations which function to exploit one social group for the benefit of another group; the dominant group oppresses the minority and this oppression continues due to prejudice supported by legal authority, and the social, historical, and institutional power of the dominant group

Ally- someone in the dominant group who acts to end oppression in all aspects of social life by consistently seeking to advocate for, and alongside, the oppressed group

Racism- form of oppression in which one racial group dominates over another group

Prejudice- preconceived notions about other people based on their social group; learned prejudgements, and internal thoughts, feelings, attitudes or assumptions

Discrimination- actions taken that reflect one's prejudices and shapes everyday behavior and decisions

De jure Segregation - segregation resulting from local, state, or national laws

De facto Segregation - segregation resulting from voluntary actions and associations

White Privilege - those inherent advantages possessed by a white person on the basis of their race in a society characterized by racial inequality and injustice

Intersectionality - concept that individuals can occupy both oppressed and privileged spheres, and these spheres of life intersect in complex ways



WAYS TO LEARN

Being able to educate yourself is a privilege that can lead to greater understanding, broadened perspectives, and the ability to become an active ally in today's society; read and view these resources to learn why and how our current social divisions and injustices continue (resources are relevant for ALL ages):

Adult Books-

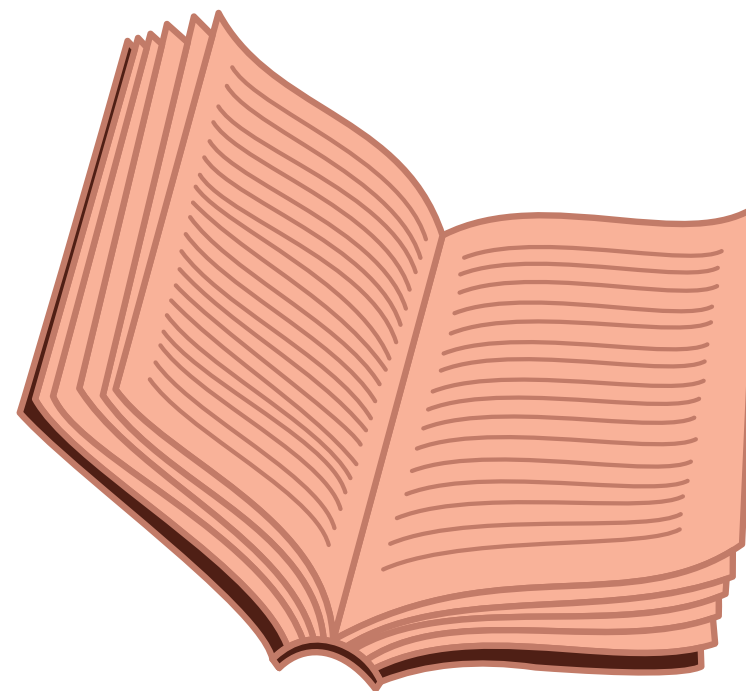
1. *Is Everyone Really Equal?* by Ozlem Snsoy and Robin DiAngelo
2. *Why are all the Black Kids Sitting Together in the Cafeteria?* by Beverly Daniel Tatum
3. *There, There* by Tommy Orange
4. *White Fragility* by Robin DiAngelo
5. *The Color of Law* by Richard Rothstein
6. *Stamped from the Beginning* by Ibram X. Kendi
7. *The New Jim Crow* by Michelle Alexander
8. *Sing Unburied, Sing* by Jesmyn Ward
9. *Blindspot* by Anthony Greenwald and Mahzarin Banaji
10. *Between the World and Me* by Ta-Nehisi Coates

Children and Teen Books-

1. *Let's Talk About Race* by Julius Lester
1. *The Other Side* by Jacqueline Woodson
2. *Hands Up!* by Breanna J. McDaniel and Shane W. Evans
3. *I Am Enough* by Grace Byers and Keturah A. Bobo
4. *Shades of Black: A Celebration of our Children* by Sandra L. Pinkney and Myles C. Pinkney
5. *Something Happened In Our Town: A Child's Story about Racial Injustice* by Marianne Celano, Marietta Collins, and Ann Hazzard
6. *A is for Activist* by Innosanto Nagara
7. *All Boys Aren't Blue: A Memoir-Manifesto* by George M. Johnson
8. *Say Her Name (Poems to Empower)* by Zetta Elliott and Loveis Wise
9. *I Will Not Be Erased* by Gal-dem
10. *Dear Martin* by Nic Stone
11. *Us and Them: A History of Intolerance in America* by Jim Carnes

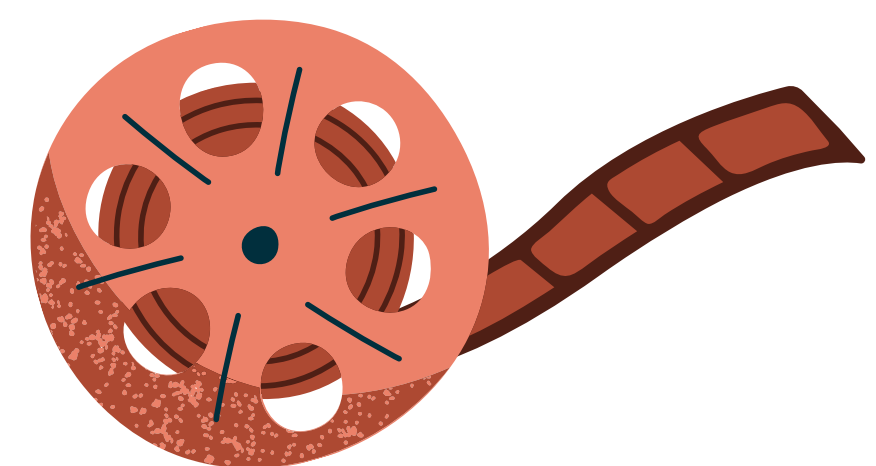
Podcasts-

1. *Code Switch*
2. *Latino USA*
3. *Still Processing*
4. *Pod Save the People*
5. *Truth be Told*
6. *Chasing Justice*
7. *Intersectionality Matters*
8. *It's Been a Minute*
9. *Revisionist History*
10. *With Friends Like These*
11. *1619*
12. *The Daily*



Shows and Films-

1. *13th*
2. *Whose Streets?*
3. *Get Out*
4. *The Hate U Give*
5. *Stay Woke: The Black Lives Matter Movement*
6. *#blackAF*
7. *All American*
8. *American Son*
9. *Dear White People*
10. *Imperial Dreams*
11. *Jewel's Catch One*
12. *LA 92*
13. *Malcolm X*
14. *Miss Virginia*
15. *Fruitvale Station*
16. *The Innocence Files*
17. *Pose*
18. *Trevor Noah: Son of Patricia*
19. *Becoming*
20. *When They See Us*
21. *Rest in Power*



SPEAK UP

In order to be an ally one must not only be educated but also vocal; speaking up, going out, and letting others see and hear your support is essential. Remaining silent, or conversing with people who already agree with your thoughts, prevents progress and change. The conversations may be uncomfortable but the alternative is the continuation of systematic oppression, injustice, racism, and discrimination. Here are simple ways to contribute to the discussion:

Family Talks- Are their people in your immediate or extended family that do not fully recognize the disparities within our society? Encourage discussions to recognize how your race, economic status, and social position has benefited you at the expense of someone else's rights and liberties. Be open to listening to other's perspectives and understand that changing your views based on new knowledge and a greater understanding of the issues does not make you hypocritical.

Check out these resources for more information on how to have these difficult but pertinent discussions with family members:

1. <https://www.npr.org/2020/06/09/873054935/want-to-have-better-conversations-about-racism-with-your-parents-heres-how>
2. <https://www.amnesty.org.au/tell-someone-love-theyre-racist/>
3. <https://www.cpt.org/files/Undoing%20Racism%20-%20Understanding%20White%20Privilege%20-%20Kendall.pdf>

Protests- Protesting has been a form of public expression and oftentimes represents an objection of an issue, idea, or system that has brought injustice. Protests demonstrate the strength of global and local communities while raising awareness and support

for those who have been oppressed. These demonstrations have the power to change policies, shift public opinions, and shed light on present conditions. Create signs, march through the streets, sit-in at government offices, chant meaningful phrases, and protest for human rights that every individual inherently deserves.

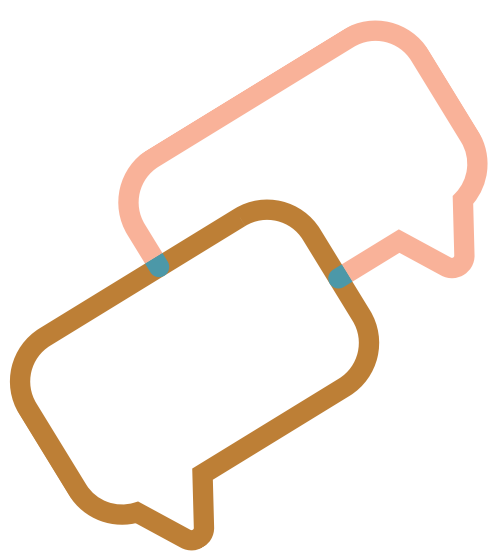
Check out these resources for information about protests and possible events you can attend:

1. <https://www.cnet.com/how-to/how-to-find-a-black-lives-matter-protest-in-your-area-this-week>
2. <https://rallylist.com>
3. <https://www.peoplepower.org>

Writing- Verbally speaking up is an impactful form of protest, but so is writing. Letter-writing campaigns can outline a list of issues and injustices that need immediate attention. As a form of activism and representation of being an ally write letters to local officials, community organizations, elected politicians, company leaders, and those who institutionally hold positions of power. Signing petitions (on paper or online) that have already been written is another way to speak up, bring awareness, and foster fundamental change.

Check out these resources:

1. <https://www.amnesty.org/en/get-involved/write-for-rights/>
2. <https://www.change.org/petitions>
3. <https://colorofchange.org>



GIVE BACK

Be an active ally; donate your time, money, and support to help these organizations, communities, and individuals make a change. Check out these resources:

1. <https://creative-capital.org/2020/06/03/resources-ways-to-support-black-lives-matter/>
2. <https://nymag.com/strategist/article/where-to-donate-for-black-lives-matter.html>
3. <https://blacklivesmatter.com>
4. <https://www.nationalcouncil.us>
5. <https://www.lifecomesfromit.org>
6. <https://www.blackfoodjustice.org/aboutus>
7. <https://blackvotersmatterfund.org>
8. <https://www.blackoutside.org/donate>
9. <https://outdoorafro.networkforgood.com/projects/6896-healthy-people-communities-and-places>
10. <https://greatnonprofits.org/org/heartland-alliance-for-human-needs-human-rights>
11. <https://greatnonprofits.org/org/ella-baker-center-for-human-rights>
12. <https://greatnonprofits.org/org/massachusetts-immigrant-and-refugee-advocacy-coalition>

