



How to Contribute to Dismantling Racism

- ❖ **What is the history behind the word Race?**
<https://www.youtube.com/watch?v=CVxAlmAPHec>
- ❖ **What is Racism?**
<https://www.dismantlingracism.org/racism-defined.html>
- ❖ **Why Race is more than the color of someone's skin:**
<https://www.dismantlingracism.org/history.html>
- ❖ **Who has the most Power and Influence in America and who has the least?**
<http://www.pbs.org/tpt/slavery-by-another-name/home/>
- ❖ **What is Systemic Racism and what are its impacts?**
<https://www.raceforward.org/videos/systemic-racism>
- ❖ **What is Implicit Bias and do you have it?**
Also known as **implicit** social cognition, **implicit bias** refers to the attitudes or stereotypes that affect our understanding, actions, and decisions in an **unconscious** manner.
- ❖ **Test:** <https://implicit.harvard.edu/implicit/takeatest.html>
- ❖ **What people of color need White People to understand but it's not an attack. We need your help if this is truly going to change:**
<https://www.youtube.com/watch?v=45ey4jgoxeU>

Leadership & Wellness

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