

Karen Tao has a series on PBS:

<https://www.pbsutah.org/lets-talk/host-parents/karen-cao>

Raising White Kids' Author On How White Parents Can Talk About Race

<https://www.npr.org/2020/05/31/866426170/raising-white-kids-author-on-how-white-parents-can-talk-about-race>

Your Age-by-Age Guide to Talking About Race

<https://www.parents.com/parenting/better-parenting/teaching-tolerance/talking-about-race-with-kids/>

APA List of Books About Race and Ethnicity

<https://www.apa.org/res/parent-resources/books>

https://www.apa.org/pubs/magination/441B228?fbclid=IwAR2E60Kr3o6fJNOj-TUpSWWDFUJZ28-nVGtxx6Y42_Ak_xlaLpcouen-kw

APA Resilience Program Uplifting Youth Through Healthy Communication About Race

<https://www.apa.org/res/>

FREE CE COURSE

Hey, White Therapist, Here's Where We Start (Ep. 92)

<https://courses.clearlyclinical.com/courses/free-ceu-racial-awareness?fbclid=IwAR2k7JHDRT00gBIPqOzSSvi7d4UrBA7WgKno9dyTSygp71TaRXwuHWdbl1Q>

Resources for white parents:

- Books:
[Coretta Scott King Book Award Winners: books for children and young adults](#)
- Podcasts:
[Parenting Forward podcast episode 'Five Pandemic Parenting Lessons with Cindy Wang Brandt'](#)
[Fare of the Free Child podcast](#)
- Articles:
[PBS's Teaching Your Child About Black History Month](#)
- The Conscious Kid: follow them on [Instagram](#) and consider signing up for their [Patreon](#)

Articles to read:

- [“America’s Racial Contract Is Killing Us” by Adam Serwer | Atlantic \(May 8, 2020\)](#)
- [Ella Baker and the Black Freedom Movement \(Mentoring a New Generation of Activists](#)
- [”My Life as an Undocumented Immigrant” by Jose Antonio Vargas | NYT Mag \(June 22, 2011\)](#)
- [The 1619 Project \(all the articles\) | The New York Times Magazine](#)
- [The Combahee River Collective Statement](#)
- [“The Intersectionality Wars” by Jane Coaston | Vox \(May 28, 2019\)](#)
- [Tips for Creating Effective White Caucus Groups developed by Craig Elliott PhD](#)
- [”White Privilege: Unpacking the Invisible Knapsack” by Knapsack Peggy McIntosh](#)
- [“Who Gets to Be Afraid in America?” by Dr. Ibram X. Kendi | Atlantic \(May 12, 2020\)](#)

Videos to watch:

Anti-Racism Resources – Courtesy of the Utah Psychological Association

- [Black Feminism & the Movement for Black Lives: Barbara Smith, Reina Gossett, Charlene Carruthers \(50:48\)](#)
- ["How Studying Privilege Systems Can Strengthen Compassion" | Peggy McIntosh at TEDxTimberlaneSchools \(18:26\)](#)

Podcasts to subscribe to:

- [1619 \(New York Times\)](#)
- [About Race](#)
- [Code Switch \(NPR\)](#)
- [Intersectionality Matters! hosted by KimberlÃ© Crenshaw](#)
- [Momentum: A Race Forward Podcast](#)
- [Pod For The Cause \(from The Leadership Conference on Civil & Human Rights\)](#)
- [Pod Save the People \(Crooked Media\)](#)
- [Seeing White](#)

Books to read:

- [Black Feminist Thought](#) by Patricia Hill Collins
- [Eloquent Rage: A Black Feminist Discovers Her Superpower](#) by Dr. Brittney Cooper
- [Heavy: An American Memoir](#) by Kiese Laymon
- [How To Be An Antiracist](#) by Dr. Ibram X. Kendi
- [I Know Why the Caged Bird Sings](#) by Maya [Angelou](#)
- [Just Mercy](#) by Bryan Stevenson
- [Me and White Supremacy](#) by Layla F. Saad
- [Raising Our Hands](#) by Jenna Arnold
- [Redefining Realness](#) by Janet [Mock](#)
- [Sister Outsider](#) by Audre Lorde
- [So You Want to Talk About Race](#) by Ijeoma Oluo
- [The Bluest Eye](#) by Toni Morrison
- [The Fire Next Time](#) by James Baldwin
- [The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#) by Michelle Alexander
- [The Next American Revolution: Sustainable Activism for the Twenty-First Century](#) by Grace Lee Boggs
- [The Warmth of Other Suns](#) by Isabel Wilkerson
- [Their Eyes Were Watching God](#) by Zora Neale Hurston
- [This Bridge Called My Back: Writings by Radical Women of Color](#) by CherrÃ© Moraga
- [When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America](#) by Ira Katznelson
- [White Fragility: Why It's So Hard for White People to Talk About Racism](#) by Robin DiAngelo, PhD

Films and TV series to watch:

- 13th (Ava DuVernay) — Netflix
- American Son (Kenny Leon) — Netflix
- Black Power Mixtape: 1967-1975 — Available to rent
- Clemency (Chinonye Chukwu) — Available to rent
- Dear White People (Justin Simien) — Netflix

Anti-Racism Resources – *Courtesy of the Utah Psychological Association*

- Fruitvale Station (Ryan Coogler) — Available to rent
- I Am Not Your Negro (James Baldwin doc) — Available to rent or on Kanopy
- If Beale Street Could Talk (Barry Jenkins) — Hulu
- Just Mercy (Destin Daniel Cretton) — Available to rent
- King In The Wilderness — HBO
- See You Yesterday (Stefon Bristol) — Netflix
- Selma (Ava DuVernay) — Available to rent
- The Black Panthers: Vanguard of the Revolution — Available to rent
- The Hate U Give (George Tillman Jr.) — Hulu with Cinemax
- When They See Us (Ava DuVernay) — Netflix

Organizations to follow on social media:

- Antiracism Center: [Twitter](#)
- Audre Lorde Project: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Black Women’s Blueprint: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Color Of Change: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Colorlines: [Twitter](#) | [Instagram](#) | [Facebook](#)
- The Conscious Kid: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Equal Justice Initiative (EJI): [Twitter](#) | [Instagram](#) | [Facebook](#)
- Families Belong Together: [Twitter](#) | [Instagram](#) | [Facebook](#)
- The Leadership Conference on Civil & Human Rights: [Twitter](#) | [Instagram](#) | [Facebook](#)
- MPowerChange: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Muslim Girl: [Twitter](#) | [Instagram](#) | [Facebook](#)
- NAACP: [Twitter](#) | [Instagram](#) | [Facebook](#)
- National Domestic Workers Alliance: [Twitter](#) | [Instagram](#) | [Facebook](#)
- RAICES: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Showing Up for Racial Justice (SURJ): [Twitter](#) | [Instagram](#) | [Facebook](#)
- SisterSong: [Twitter](#) | [Instagram](#) | [Facebook](#)
- United We Dream: [Twitter](#) | [Instagram](#) | [Facebook](#)

More anti-racism resources to check out:

- [75 Things White People Can Do for Racial Justice](#)
- [Anti-Racism Project](#)
- [Jenna Arnold’s resources \(books and people to follow\)](#)
- [Rachel Ricketts’ anti-racism resources](#)
- [Resources for White People to Learn and Talk About Race and Racism](#)
- [Save the Tears: White Woman’s Guide by Tatiana Mac](#)
- [Showing Up For Racial Justice’s educational toolkits](#)
- [“Why is this happening?” — an introduction to police brutality from 100 Year Hoodie](#)
- [Zinn Education Project’s teaching materials](#)