

BIG LIST of ACTIONS YOU CAN TAKE

Not sure what you can do to make a difference? We compiled a list!
These ideas come from people who live all over the country,
in all kinds of different communities.
Tear it out, and get to work.





⇒ Sign up for a training to develop a new skill: transformative justice, nonviolent communication, DEI training, antiracist training, violence interrupting, etc.

⇒ Disabled BIPOC folks experience specific physical, digital, and social barriers. Learn about these barriers and work to dismantle them.

⇒ Be willing to give up advantages you didn't earn.

⇒ Disentangle your pride and your feelings of entitlement. You worked hard, but you also had privileges that others did not. Both of those things can coexist, and that doesn't diminish your accomplishments.

⇒ Ask why until you get to the core issue.

⇒ Remember that we are all just humans, and do your best.

⇒ Pay your domestic workers and caretakers a living wage.

⇒ Check out Hand in Hand (domesticemployers.org) to learn how to ethically employ someone in your home.

⇒ Like coffee? Buy from a Black-owned roaster. Like weed? Buy from a BIPOC-owned dispensary. Candles, cookies, cleaning supplies, cauliflower, and cosmetics can come from new places.

⇒ Buy antiracist/multicultural books for the children in your life regardless of their ethnic/racial backgrounds. Buy extra copies and donate them to local libraries, schools, pediatric facilities, etc.

⇒ Buy a subscription to your local newspaper and READ IT. Know what's going on in your town.

⇒ Become a monthly subscriber to a Black wine club, CSA, Patreon, OnlyFans, coffee roaster, publication ...

⇒ Pay digital creators for the content you appreciate.

⇒ Make a list of companies that use prison labor and avoid buying from them.

⇒ Make new friends who are different from you.

⇒ Ask how others would like/prefer to be introduced.

⇒ Put your pronouns in your email signature, Zoom screen, name tag, social media bio.



⇒ Find a financial advisor who can help you transition into racial justice investing.

⇒ Sit with children and elders and listen to them. Offer them your attention, respect, and curiosity.

⇒ Don't dress your kids in racist or stereotypical Halloween costumes.

⇒ Shut down racist talk whenever and wherever you hear it.

⇒ Be intentional about your words and actions.

⇒ Put a sign in your yard or window.

⇒ Interrogate your relationship with your white partner. Hold them accountable.

⇒ Learn how to apologize.

⇒ Give the land you own back to Indigenous people.

⇒ Share/repost positive content by and about BIPOC, particularly Black men.

⇒ Get curious about what makes you uncomfortable. Do ideas like prison abolition, reparations, or universal healthcare seem radical, impractical, or beyond your comfort zone? If so, why?

⇒ Discover your own hidden biases by taking an Implicit Association Test like the one offered online by Project Implicit.

⇒ Be brave because even quiet voices can be impactful when they speak.



What ideas can YOU add?