



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# Listen, Learn, Reflect, REACT.

The WSY has and will continue to condemn racism and reaffirmed our commitment to finding the best path to leverage our resources to support the black community. Thank you, as always, for your commitment to our Y and its mission. Please see below for resources that have been mentioned and/or discussed over the past year in our weekly staff conversations, where we take the opportunity to listen, learn and reflect.

- 13<sup>th</sup> (Netflix)
- NPR's [CodeSwitch](#)
- As well as: <https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/>
- “Just Mercy” a story (movie) of justice and redemption. It is available on Amazon Prime. And it is also being streamed free for the month of June. (<https://nypost.com/2020/06/03/how-to-watch-just-mercy-for-free/>)
- Pulitzer Prize winning author Isabel Wilkerson who wrote “The Warmth Of Other Suns”. In this book, Isabel chronicles one of the great untold stories of American history: the decades-long migration of black citizens who fled the South for northern and western cities, in search of a better life.  
<https://podcasts.apple.com/us/podcast/on-being-with-krista-tippett/id150892556?i=1000478512360>  
(Approximately 50 minutes)
- 2019 Guggenheim Fellow and New York Times bestselling author Ibram X. Kendi will discuss his renowned book “How to Be an Antiracist” on Monday, July 20 at 7:00 p.m. with Dr. Charlene M. Dukes, president of Prince George’s Community College. Dr. Dukes is the first African-American woman to serve as president of the College and has 30 years of progressive leadership experience and administrative responsibility in higher education. The conversation will be streamed live online on Crowdcast, Facebook, YouTube, and Twitter/Periscope, and will air on PGCC TV on a later date. Here’s the link to the Eventbrite page to register for this free event:  
<https://www.eventbrite.com/e/ibram-x-kendi-on-how-to-be-an-antiracist-tickets-110866502694>.
- Take Harvard’s Implicit Association Test <https://implicit.harvard.edu/implicit/takeatest.html> to assess where you are at in your anti-racist journey and begin taking courses around diversity, inclusion, and equity. This can include personal learning (books, movies, podcasts, etc.) or formal training spaces. We suggest the following opportunities to get started.



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### **Formal Trainings:**

- Virtual Equity Education Offerings:

<https://www.ymcamn.org/register-free-online-classes-equity-innovation-center>

Continue your learning through these variety of offerings from the YMCA of Greater Twin Cities, Equity Innovation Center.

- Undoing Institutional Racism Workshop: <https://www.pisab.org/>

The People's Institute Undoing Racism Workshop is an intensive workshop designed to educate, challenge and empower people to “undo” the racist structures that hinder effective social change. The training is based on the premise that racism has been systematically erected and that it can be “undone” if people understand where it comes from, how it functions and why it is perpetuated.

### **Books to Read:**

- Stamped from the Beginning by Dr. Ibram X. Kendi
- In The Matter of Color, by Leon Higgenbotham – This book takes an objective look at laws passed in the original 13 Colonies from 1600's - 1800's. One sees over consecutive decades and centuries legalized oppression of Black Americans more so than any other group of people, and the changes in propaganda and legislation that made this the law of the land. Very interesting and educational reading.
- The People's History of the United States by Dr. Howard Zinn
- The Warmth of Other Suns, Isabel Wilkerson
- White Fragility: Why It's So Hard for White People to Talk about Racism by Robin DiAngelo
- White Awake by Daniel Hill
- So, You Want to Talk About Race by Ijeoma Olou
- Freedom is a Constant Struggle by Angela Davis
- 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

### **WEST SUBURBAN YMCA**

276 Church Street, Newton, MA 02458  
(617) 244-6050 | [www.wsymca.org](http://www.wsymca.org)



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- Pedagogy of the Oppressed by Paulo Freire
- Colonialism in Global Perspective by Kris Manjapra
- Why Are All the Black Kids Sitting Together in the Cafeteria? By Beverly Daniel Tatum
- The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander

#### **Movies/Shows to Watch:**

- 13th (Ava DuVernay) — Netflix • Dear White People (Justin Simien) — Netflix • If Beale Street Could Talk (Barry Jenkins) — Hulu • Just Mercy (Destin Daniel Cretton) — Available to rent • Selma (Ava DuVernay) — Available to rent • The Hate U Give (George Tillman Jr.) — Hulu with Cinemax • When They See Us (Ava DuVernay) — Netflix • United Shades of America – CNN • American Son – Netflix • I am not your Negro (Raoul Peck, James Baldwin) --Netflix • Black in Latin America (Henry Louis Gates, Jr.)—PBS • The Chicago 7 (Netflix) • Trial 4 (Netflix)

**Podcasts to Listen to:** • 1619 (New York Times) • About Race • Code Switch (NPR) • Intersectionality Matters! hosted by Kimberlé Crenshaw • Momentum: A Race Forward Podcast • Pod for The Cause (from The Leadership Conference on Civil & Human Rights) • Pod Save the People (Crooked Media) • Pantsuit Politics Podcast

**Organizations to Follow & Additional Resources:** • People's Institute for Survival and Beyond • Race Forward • Be the Bridge • Teaching Tolerance • Anguish and Action - Obama Foundation • Anti-Racism Resources • Talking About Race - National Museum of African American History & Culture • Anti-Racism Toolkit • Anti-Racist Resources • Scaffolded Anti-Racist Resources • White Awake Resources

#### **Resources related to Black American landowners, how/when/why they lost their land, from 1700's right through 2014 and today**

**Kamau Bell, CNN, "United Shades of America"**

**Season 5 Episode 2 "All-American Family Farms"**

**Season 5, Episode 5, "Raparations"**

Ways to watch:

1. Ask your smart t.v.
2. Visit website – only clips of episodes seem to be available: <https://www.cnn.com/shows/united-shades-of-america>



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**Article in The Atlantic: “This Land Was Our Land: The Great Land Robbery: The shameful story of how 1 million black families have been ripped from their farms”**

<https://www.theatlantic.com/magazine/archive/2019/09/this-land-was-our-land/594742/>

*Story by Vann R. Newkirk II*

**1619 podcast, Episode 5, Part I and Part II “The Land of Our Fathers”**

This link has dozens of articles on race that have appeared in The Atlantic, and others that have been compiled on The Atlantic website, from 1800’s to now on various topics from segregation, to education, criminal justice etc...

<https://www.theatlantic.com/education/archive/2020/06/atlantic-reader-race-and-racism-us/613057/>

Washington Post Opinion piece titled “How voter intimidation and suppression have evolved since the 15<sup>th</sup> Amendment.” Historian **Carol Anderson** traces the evolution of voter suppression tactics, from poll taxes and literacy tests instituted after the passage of the 15th Amendment to the rise of strict voter ID laws and poll closures after the election of America’s first Black president. You can view it [here](#).

**Daryl Davis’s** TED talk titled “Why I, as a black man, attend KKK rallies’. A chance encounter with members of the Ku Klux Klan led black musician Daryl Davis on a quest to determine the source of the hate. His unorthodox, yet simple approach, has wielded surprising results. Click [here](#) to watch this 19 minute talk.

Our lives, our cultures, are composed of many overlapping stories. For this week’s discussion, we are recommending a TedGlobal talk by Novelist **Chimamanda Adichie** who tells the story of how she found her authentic cultural voice — and warns that if we hear only a single story about another person or country, we risk a critical misunderstanding. This is about 19 minutes long and the link is [here](#).

**“The History of White People in America”**. In partnership with PBS’ Independent Lens, these episodes present a new animated musical series about America’s reckoning with race and injustice. “The History of White People In America” takes the audience on a journey through American history, starting in the 17th century, and in particular looks at how the crafting of the idea of the white race — of whiteness — helped shape the nation’s history, designating other groups for subjugation and having wide-ranging ramifications on social class and life experience that exist to this day. There are three episodes ranging from 5-8 minutes each.

[Episode One](#)

[Episode Two](#)

[Episode Three](#)



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Educating our children, whether it be via school or in the home, about racism is critical. For this week's conversation, we are encouraging staff to watch "**Can We Talk: Talking to White Kids About Race & Racism.**" In this podcast, parents, racial justice experts, and teens all provide perspectives on these necessary and challenging conversations, with a focus on how white parents can actively interrupt the racist messages and stereotypes that children as young as three years old are already starting to pick up. Combining compelling storytelling with practical expert guidance, it is the hope to give you tools to start your own courageous conversations. This is 53 minutes in length. The link is here:

<https://podcasts.apple.com/us/podcast/can-we-talk-talking-to-white-kids-about-race-racism/id391116503?i=1000438897992>

We discussed **John Oliver's** recent episode [Last Week Tonight with John Oliver](#). Our conversation moved to the importance of how American history is taught in schools and how it is crucial that we make those teachings more accurate. Please note that this recording is geared towards an adult audience.

As you may know, John Oliver is geared toward an adult audience and there is adult language and some mature references in this show that might be construed as offensive for minors. With this in mind, we are offering an alternative resource (also great if you want to learn more!) This [story from CBS This Morning](#) covers related issues. This link includes an article and two short videos, about 10 minutes total.

Our conversation shifted to a few experiences from the week that individuals wanted to share, and then moved towards the nomination of Sen. Kamala Harris for Vice President. While not focusing on politics, but more on the comments that have been made since her nomination has been announced. And the scrutiny she is under by having a father from Jamaica and her mother being an immigrant from India. Building off of this, for our next conversation we are recommending a TEDxBloomington talk by **Monica Johnson** called "The Emotional Cost of Being a Black Woman in America". It is about 15 minutes long.

<https://www.youtube.com/watch?v=tmX1JqtO6WM>

Diversity advocate **Verna Myers** who looks closely at some of the subconscious attitudes we hold toward out-groups. She makes a plea to all people: Acknowledge your biases. Then move toward, not away from, the groups that make you uncomfortable. In a funny, impassioned, important talk, she shows us how. This is about 18 minutes long and the link is [here](#).

**Mellody Hobson's** TEDTalk titled "Color Blind or Color Brave". In this 15 minute video, Mellody discusses what we have been discussing for months- that the subject of race can be very touchy and uncomfortable. She shares some of her experiences as a black woman of color, which shows exactly why it is important to continue to sit in our discomfort and talk about race. The TEDtalk can be viewed [here](#).



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“Whose Vote Counts, Explained”, which is currently three short episodes on Netflix that takes an informative deep dive into U.S. voting. How exactly does our voting system in America work? Leonardo DiCaprio, Selena Gomez and John Legend lend their voices as they narrate these three 20 minute episodes [here](#).

Uncomfortable Conversations with a Black Man, Episode 9 titled “A Conversation with the Police”. In this episode, Emmanuel Acho sits down with police officers from the Petaluma Police Department in Petaluma, CA. They discuss polarizing topics like defunding the police, Black Lives Matter, and accountability in the police force surrounding the tragic deaths of black civilians. This episode is approximately 22 minutes and the link is here: <https://youtu.be/pM-HpZQWKT4>

“The ROI of DEI: Why Diversity, Equity and Inclusion are Essential to Success in the Suburbs”. This discussion is put on by the Newton Needham Chamber of Commerce and includes the [50 Most Influential Business People of Color](#) event. The event received rave reviews from the community and the honorees are all incredibly impressive. This discussion is reflective of how we do business here in the Boston area, specifically in the Newton and Needham areas, how diversity and inclusion efforts has evolved and highlights how much more work there is still to be done. The 1.25 hour discussion can be watched [here](#).

Black inventors, heroes, and leaders are often left out of history. Ask yourself as you're learning...who is the focus? Why? Question the story. Watch this one minute cartoon geared towards children.

<https://twitter.com/cartoonnetwork/status/1334552969686224900?s=20>

[RACE – THE POWER OF AN ILLUSION: How the Racial Wealth Gap Was Created](#) This video discusses how government policies and private practices helped create the segregated suburbs and the racial wealth gap that still exists today. This video is taken from a series of videos title Race – The Power of Illusion and you can learn more about it here: <http://newsreel.org/video/RACE-THE-POWER-OF-AN-ILLUSION>



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**Guest Speakers:**

**Ellie Axe**, Director of **Story Starters**. Story Starters is a local non-profit in Newton and works to use children’s literature to give families the tools to support to talk about race and racism and to engage in family-centered social justice conversations and actions. Ellie shared with us thoughts and research on why it is crucial to start young talking to kids about race, details about what the research says, and a window into what Story Starters sees as parent interventions. If you missed the discussion, more information on Story Starters is [here](#).

**Cynthia Cowan** from Historic Newton took us on a virtual tour of black history, specific to Newton titled “**Black Newton**”. Black history has always been an integral part of Newton history. During this presentation, we examined the important place of Black Newtonians in our city, from Newton's earliest days through the 21st century. We learned about Black Newtonians' experiences in slavery and freedom, the development of a historic Black community in the 19th century, the impact of redlining and the construction of the Mass Pike in the 20th century, and the people whose efforts today keep Newton's Black community and history a vital and thriving part of who we are. If you are interested in scheduling a similar presentation, Cynthia can be reached at [ccowan@historicnewton.org](mailto:ccowan@historicnewton.org)