

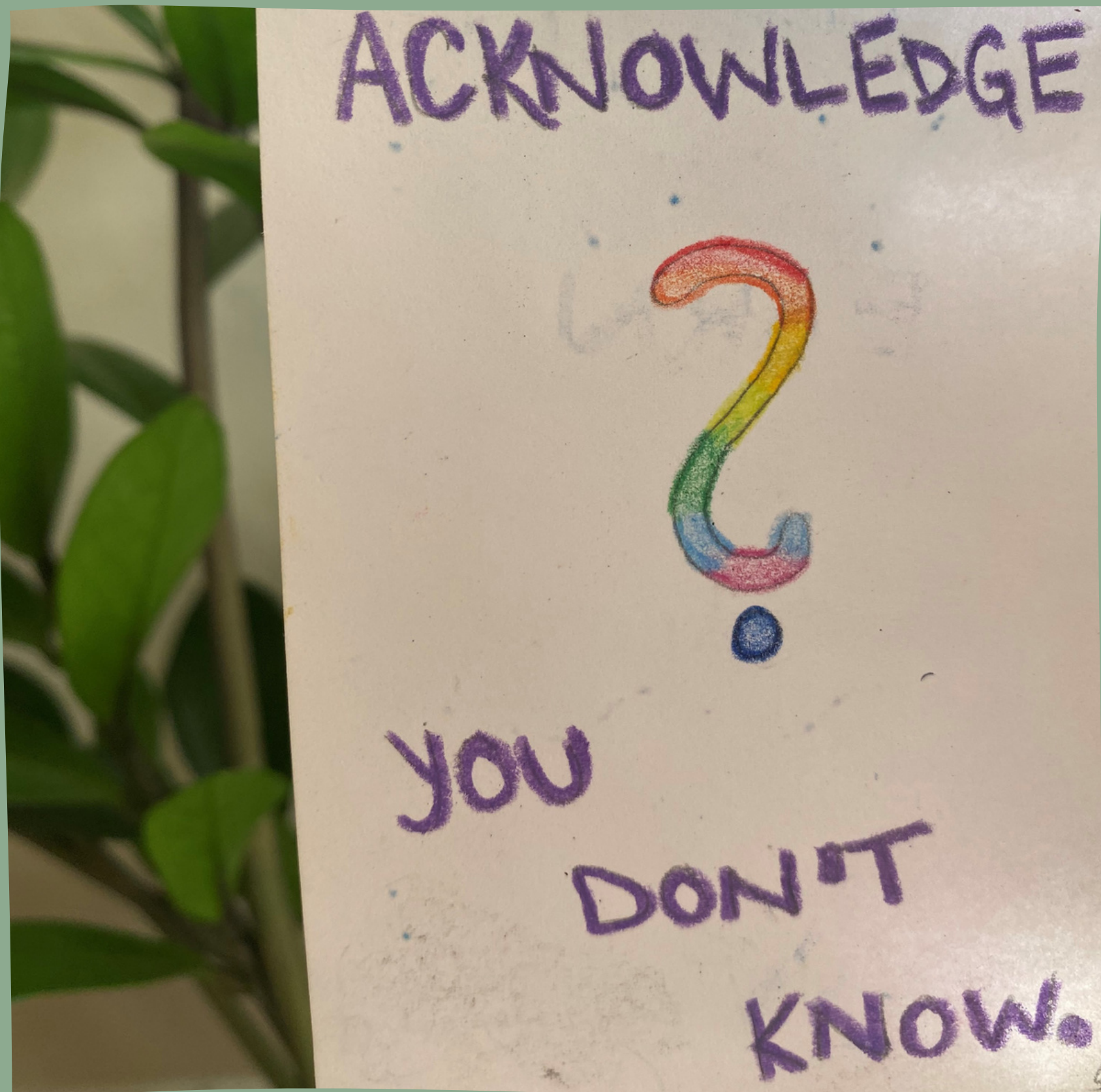


White Women: Its Time to be Anti-Racist

A Zine by Alyssa Smaldino

This is a Zine
and a Call to Action
for White Women to
be Anti-Racist

**ACKNOWLEDGE
YOU DON'T KNOW**



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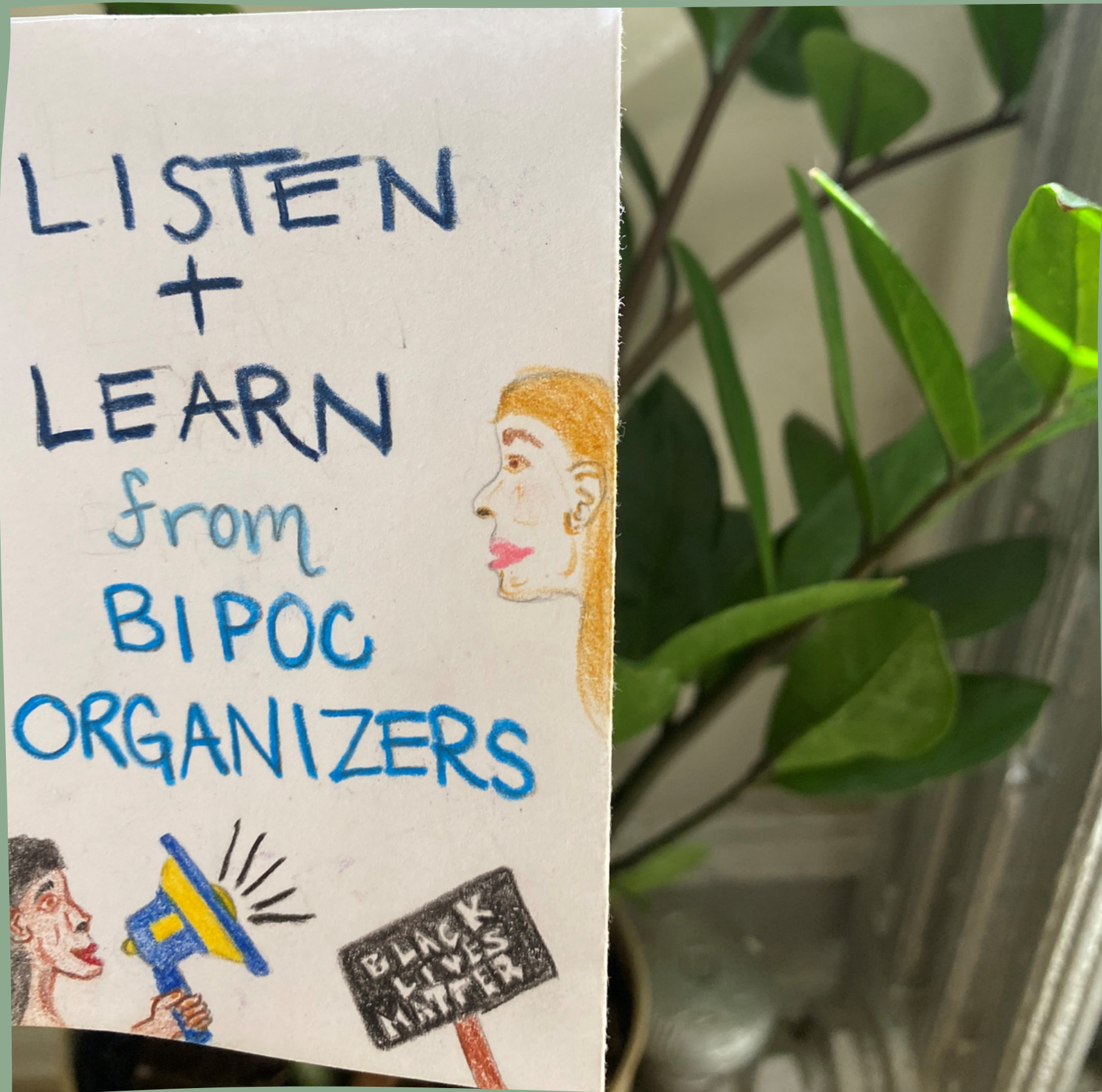
An important place to start your antiracism journey is to acknowledge you don't know.

Through systems such as redlining and segregated education, we have been isolated from one another by race.

While white people may feel a tendency to want to have solutions because our institutions teach us that we should, we have to acknowledge that we don't know what our Black colleagues need from their work environment, or what our neighbors of color need from local politicians, but they do know.

Resource: [The Case for Reparations](#) by Ta-Nehisi Coates

LISTEN + LEARN FROM BIPOC ORGANIZERS



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As white people, we can show up from a place of listening to and learning from folks directly impacted by racist institutions and systems.

Even before the US was founded, indigenous and Black people have been fighting against white supremacy and documenting their demands. This legacy shows up in the ongoing efforts of people of color organizing for more equitable institutions and communities.

As you are moving toward understanding & building empathy, keep in mind the importance of applying an intersectional lens.

Resources: [Movement for Black Lives Policy Platform](#),
[Demarginalizing the Intersection of Race and Sex](#),
[Intersectionality Matters Podcast](#)

GET IN TOUCH WITH YOUR BODY



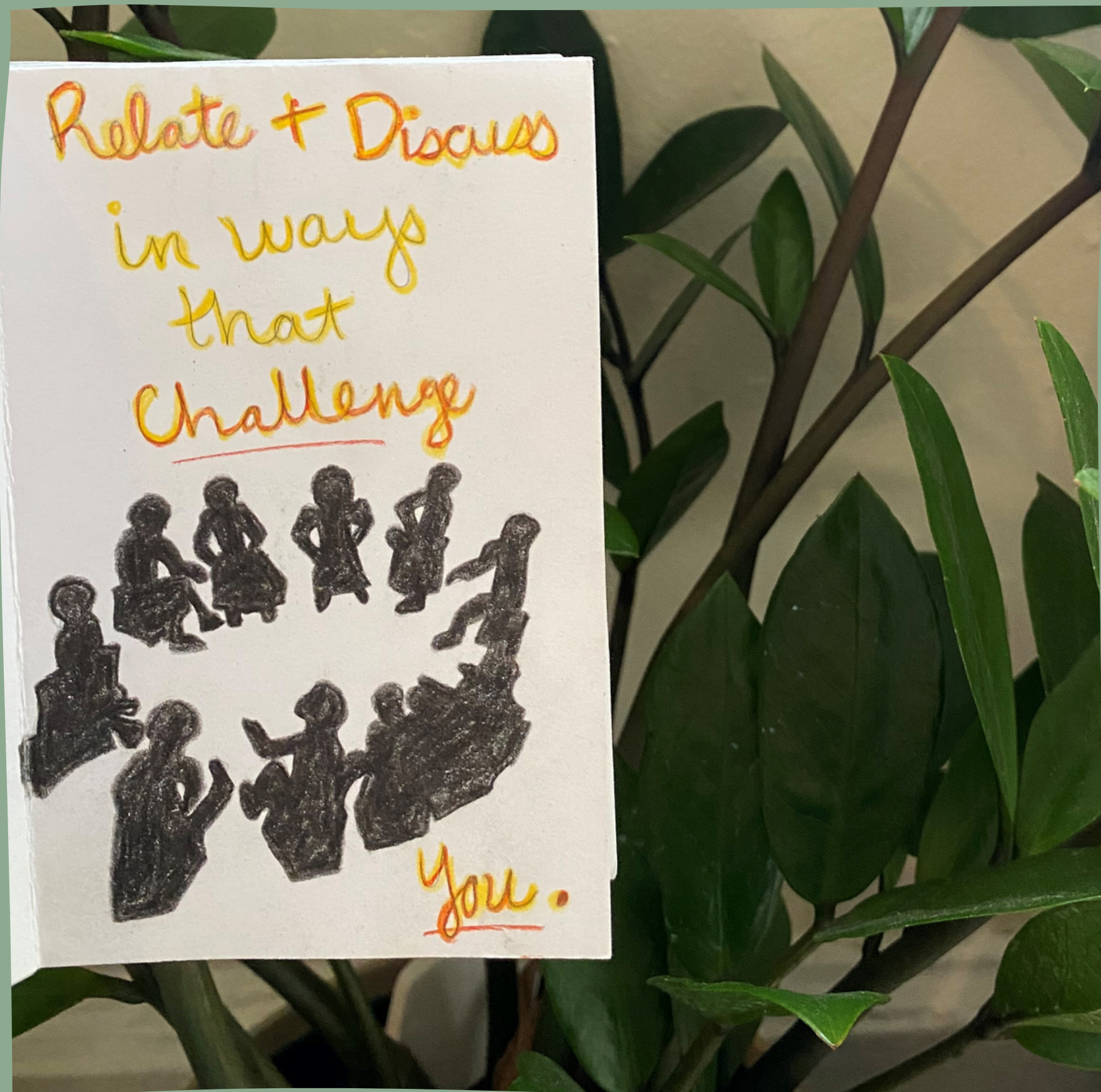
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As people living in a racialized society, we carry internalized oppression in our bodies. Resmaa Menakem's work helps us understand how white body supremacy is alive in the wiring of our nervous systems and energy fields. But for the first time in history, we know that we can rewire our energy through intentional body practice.

As you experience grief and anxiety that comes with learning about the true history of the racialized world we live in, pause and ask yourself: where does white supremacy live in my body? Is my heart beating faster when I engage in this conversation? Do my shoulders tense up? With that body wisdom, we can begin to recognize when fear enters, and in turn release it.

Resources: [My Grandmother's Hands](#) by Resmaa Menakem

RELATE + DISCUSS IN WAYS THAT CHALLENGE YOU



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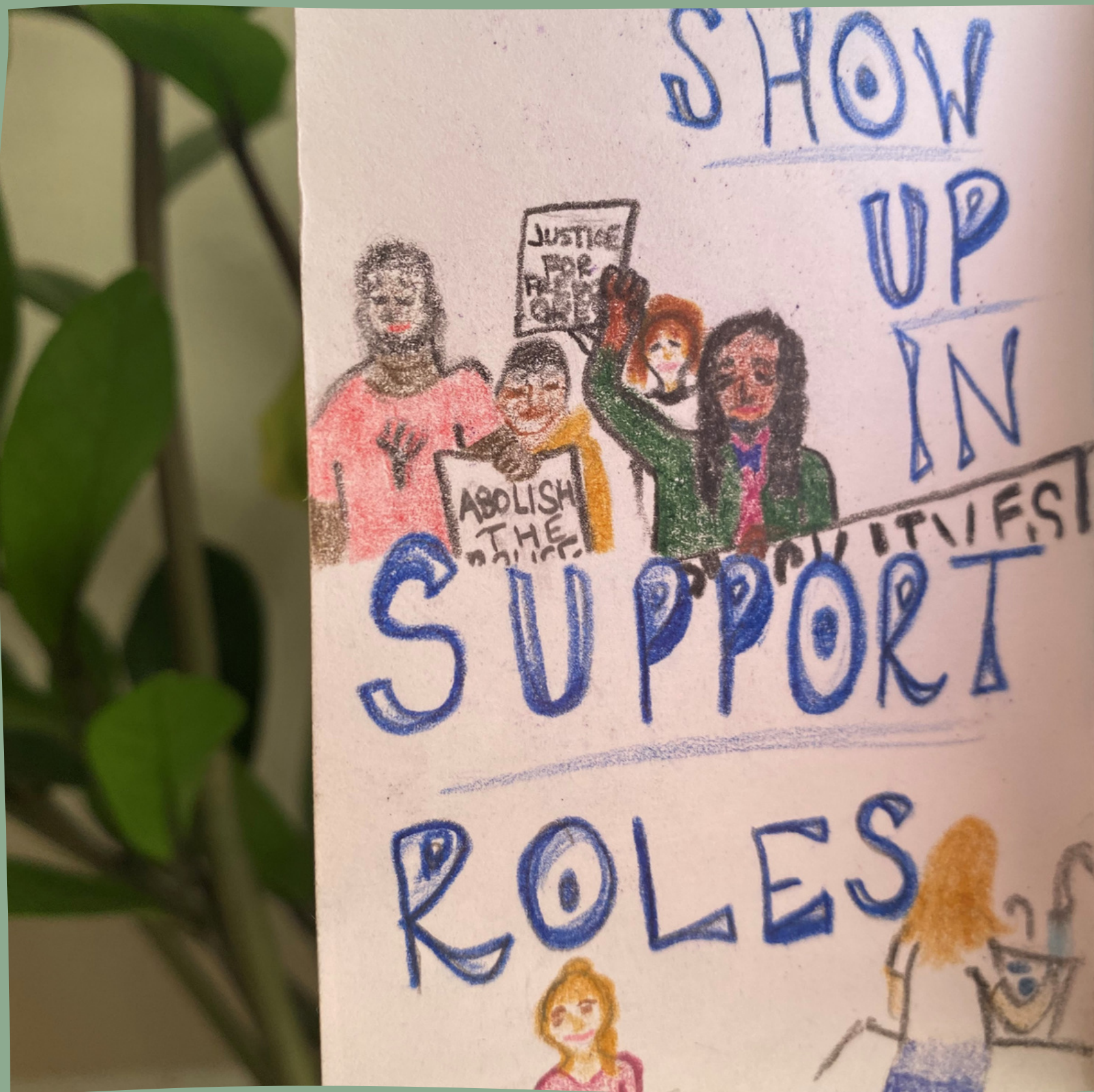
As you learn more about what your body is telling you, you'll become more equipped to show up in ways that help you relate and discuss race with people.

Consider participating in an Undoing Racism workshop and joining a local affinity group of people who have been through the experience. If you don't know of a space, consider checking within your community, in online spaces, in your workplace, or starting your own group.

As you engage in conversations about race, accept challenges and welcome feedback into your life. Through relationships we have greater potential to transform. By challenging each other, we can create new futures together.

Resources: [Undoing Racism](#),
[How-To: Employee Resource Groups](#)

SHOW UP IN SUPPORT ROLES



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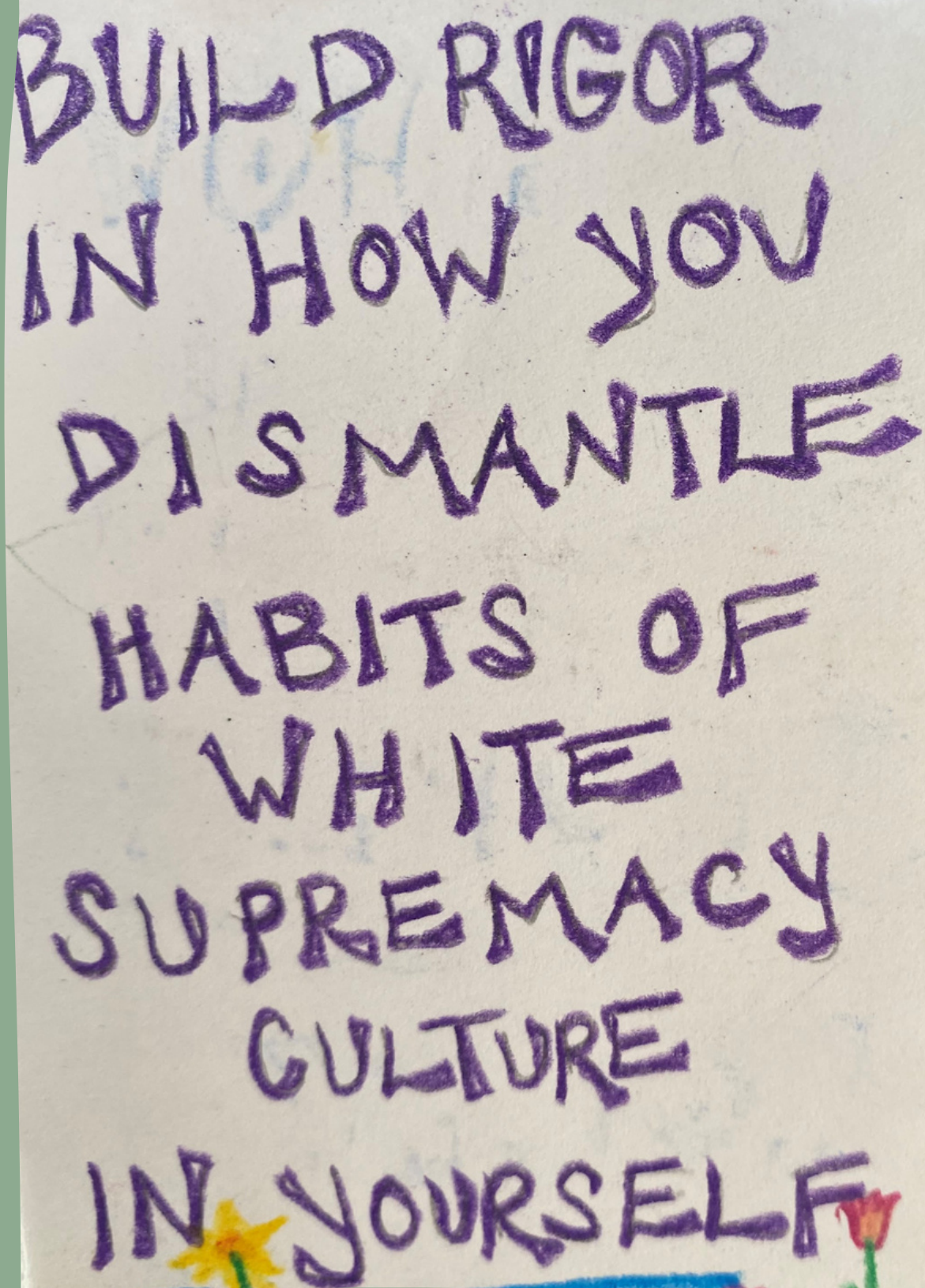
As you deepen your capacity for receiving feedback and taking direction from people of color, show up in support roles. Do the Black folks in your institutions have demands? Consider how you can leverage your power to support action around those demands.

If you are able to join protests in your community, do so.

Ground in history to ensure your behaviors don't unintentionally derail movements; listen, learn and take direction without questioning Black organizers' tactics or strategies. Acknowledge you don't know and that Black people and other people of color do know what they need and how to access it. Be accountable to organizers of color.

Resources: [White People Hate Protests Zine](#) by Mariame Kaba, [Organizing for Racial Justice Timeline](#)

**BUILD RIGOR IN HOW YOU DISMANTLE
HABITS OF WHITE SUPREMACY
CULTURE IN YOURSELF**



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As you lean into anti-racist practice, it is key to build rigor in how you dismantle habits of white supremacy culture in yourself so that you can sustain this work. The white supremacy culture resource sheds light on how habits that many of us hold show up in our day-to-day, and it offers antidotes to those habits that you can begin to practice. How might you disrupt either/or thinking, or slow down the pace of your work to break through a false sense of urgency and make more intentional choices? This is lifelong, daily practice, so be loving and forgiving with yourself as you move through your journey.

Resources: [White Supremacy Culture](#) by Dismantling Racism,
[All in this Together: Ending White Supremacy Culture Starts With Us](#)

ORGANIZE OTHER WHITE PEOPLE



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And be loving and forgiving with others, while holding each other accountable to your values through principled anti-racist organizing. We are in this moment of uprising in the United States because of centuries of organizing.

Ask yourself, what are the sources of power you have access to in this moment? In your workplace, your community, your family? How can you build on the legacies of organizers who have come before you? How might you tap into all of the sources of power you hold to organize other people--especially white people--to move money, to shift power, to disrupt status quo, and to shift energy toward the demands and leadership of Black organizers who are moving us into a new, more liberated future?

Resources: [Sources of Power](#) by Building Movement Project