This resource list is a compilation from Instagram, Twitter, 500 Women Scientists, ASUW, and more. Please see all included links for even more resources that are not shown here.

**How can I help?**

**Allyship against the injustice towards the Black community**

List by

By @Osmansalahuddin
CHECK IN on your Black students, peers, and friends

Let them know you're here and you care and you value their humanity.

Ask what else they need. Offer a safe space for their pain.

Do not say things suggesting that you know how they feel. If you are not Black, you do not understand.

When you reach out, give them the option to not respond as this can also require mental energy. You just want them to know you’re there for them.
1. EDUCATE YOURSELF ON THE ISSUE

LEARN ABOUT THE RACIAL INJUSTICE THAT IS ROOTED IN THE FRAMEWORK OF THIS COUNTRY. THIS EDUCATION NEEDS TO BE DONE BY YOU. DON’T EXPECT OTHERS TO DO IT FOR YOU, ESPECIALLY BLACK PEOPLE.
Reading list compiled by Buzzfeed News
FREE links to anti-racist resources

Anti-racist resource thread:

I’ve compiled a reading list of resources to help you get educated, unlearn racist behavior, shed inherited racial biases, and become an ally.

I worked really hard to find FREE links for these books so everyone can access them!

9:45 AM · May 31, 2020 · Twitter for iPhone

- [https://twitter.com/rowaydakawji/status/1267135118336032768](https://twitter.com/rowaydakawji/status/1267135118336032768)
- Free collection of black revolutionary texts
How to educate yourselves: (Podcasts/Broadcasts) available on iphone and android

- Code switch
- About Race with Renni Eddo-Lodge
- The Stoop The chicken and Jollof Rice show
- The Nod
- GirlsLikeMe
- Identity Politics
- Uncivil
- Seeing white Series
- 1619 (New York Times)
- 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)
How to educate yourselves: (Podcasts/Broadcasts) continued

Seattle Townhall
Life on the Margins (Special Edition)
Rage, Riot, Racism: The Killing of George of Floyd

So You Want to Talk About Race (rebroadcast)
Ijeoma Oluo with Charles Mudede

Why Are All the Black Kids Sitting Together in the Cafeteria? (rebroadcast)
with Dr. Beverly Tatum

Things That Make White People Uncomfortable (rebroadcast)
Michael Bennett with Jesse Hagopian
Helpful Tips on Information Overload

1. CREATE a new collection under your Instagram “Saved” to keep all your resources in one place to easily find and refer back to.

2. DEDICATE time to sort through all the texts and readings you’re seeing and liking and organize an action plan for reading them.

3. SET a Google calendar reminder to read at the beginning, in the middle break, or end of your day. Whenever your brain feels like it needs a break, replace some of that 15 scroll time with reading new texts!

4. START a shopping cart on an online bookstore (preferably a black bookstore; definitely not Amazon) so you’re able to check off your list with each purchase.

5. MAKE two Google Drive folders for free PDFs and texts: “To Read” and “Finished Texts” to keep your texts accordingly to hold yourself accountable.

6. COMMIT to an intention of reading one book a month. Set a goal reminder for the 1st of each month.

7. ASK your friends, family, and/or coworkers to start a book club with you (even if it’s only 1-2 other people) to create an extra layer of accountability and critical conversation.

8. DESIGN a curriculum or syllabus and curate themes or categories amongst different texts for deeper learning into a dedicated topic or area of study.

WHATEVER YOU DO, DON’T JUST “LIKE” ALL THESE READING LISTS TO BOOK POSTS.

ACTUALLY HOLD YOURSELF ACCOUNTABLE TO DOING THE READING AND LEARNING.
2. Recognize Your Privilege

We all have privileges, or special advantages that are available to particular people. Make sure to identify all of your privileges. In this situation, unless you are black, you have privilege.
3. DONATE

There are so many places that you can donate to if you are financially able. A full list is linked on last slide:

- Victims’ families and funds
- Protestors’ bail funds
- Black owned businesses
- Other important funds
4. SIGN PETITIONS

Signing petitions is a good way to show support for an issue, and your support indicates to a decision maker that a cause is important to your community. A full list of petitions is linked on the last slide.
Faculty-Led Petitions to cut ties with SPD and Disarm UW PD:
UW Seattle Petition: Decriminalize UW
- For any individual in the UW Seattle community to sign.
- For UW organizations to endorse.
- The Daily Supports the Decriminalization of UW

UW Bothell Petition: Demand UW Bothell Divest from Police Today!
- To sign on as faculty, staff, students or alumni, please sign on as individuals.
- To sign on as RSOs, unions, community partners, or other groups who can endorse as organizations, please do so here.

UW Tacoma petition is in process. If anyone has details to share, please feel welcome to do so!

Student Led Petitions & Responses:
- Petition: Give Black Students Accommodation For Finals!
- Resources to be an Ally to the Black community by ASUW Director of Diversity Effort
- The Daily: Petition calling for grade leniency for Black students draws 43,000 signatures amid unrest
- Message from Dean Stacey to Faculty: Accommodations in a Time of Crisis
Contact your representatives:

• EMAIL THE SEATTLE MAYOR AND COUNCIL MEMBERS!
  • council@seattle.gov
  • jenny.durkan@seattle.gov

• IMPORTANT PETITION TO SIGN!
  • UW: Give Black Students Accommodation For Finals!
    http://chng.it/4XyDfyYs
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<tbody>
<tr>
<td>Pramila Jayapal</td>
<td>Congress Representative</td>
<td>206-574-0040</td>
<td><a href="https://jayapal.house.gov/contact/email/">WA07JP.Outreach@mail.house.gov</a></td>
<td>@RepJayapal</td>
<td></td>
</tr>
<tr>
<td>Jenny A. Durkan</td>
<td>Seattle Mayor</td>
<td>206-684-4000</td>
<td><a href="mailto:jenny.durkan@seattle.gov">jenny.durkan@seattle.gov</a></td>
<td>@MayorJenny</td>
<td></td>
</tr>
<tr>
<td>Maria Cantwell</td>
<td>Congress Senator</td>
<td>(206) 220-6400 (Seattle office)</td>
<td><a href="https://www.cartwell.senate.gov/contact/email">https://www.cartwell.senate.gov/contact/email</a></td>
<td>@SenatorCantwell</td>
<td></td>
</tr>
<tr>
<td>Patty Murray</td>
<td>Congress Senator</td>
<td>(206) 553-5545 (Seattle office)</td>
<td><a href="https://www.murray.senate.gov/public/index.cfm/contactme">https://www.murray.senate.gov/public/index.cfm/contactme</a></td>
<td>@PattyMurray</td>
<td></td>
</tr>
</tbody>
</table>
| Jay Inslee         | Governor                  | 360-902-4111  | [https://www.governor.wa.gov/contact/contact/send-gov-inslee-emessage](https://www.governor.wa.gov/contact/contact/send-gov-inslee-emessage) | @GovInslee         | Governor Jay Inslee  
Office of the Governor  
PO Box 40002  
Olympia, WA 98504-0002 |
| Frank Chopp        | State Representative      | ---           | Frank.Chopp@leg.wa.gov                     | @ChoppRep          |                                                     |
| Nicole Macri       | State Representative      | ---           | Nicole.Macri@leg.wa.gov                    | @votenicolemacri   |                                                     |
| Jamie Pedersen     | State Senator             | (360) 786-7628 | Jamie.Pedersen@leg.wa.gov                  | ---                |                                                     |
| Bob Ferguson       | State Attorney General    | 260-753-6200  | [https://fortress.wa](https://fortress.wa) | @BobFergusonAG     |                                                     |
# Seattle City Council

<table>
<thead>
<tr>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>Lisa Herbold</td>
<td>City Councilmember, District 1</td>
<td>206-684-8801</td>
<td><a href="mailto:lisa.herbod@seattle.gov">lisa.herbod@seattle.gov</a></td>
<td>@Lisa_Herbold</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>Tammy Morales</td>
<td>City Councilmember, District 2</td>
<td>206-684-8802</td>
<td><a href="mailto:tammy.morales@seattle.gov">tammy.morales@seattle.gov</a></td>
<td>@TammyMoralesSEA</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>Kshama Sawant</td>
<td>City Councilmember, District 3</td>
<td>206-684-8803</td>
<td><a href="mailto:kshama.sawant@seattle.gov">kshama.sawant@seattle.gov</a></td>
<td>@cmksham</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>Alex Pedersen</td>
<td>City Councilmember, District 4</td>
<td>206-684-8804</td>
<td><a href="mailto:alex.pedersen@seattle.gov">alex.pedersen@seattle.gov</a></td>
<td>@Alex_Pedersen</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>Debora Juarez</td>
<td>City Councilmember, District 5</td>
<td>206-684-8805</td>
<td><a href="mailto:debora.juarez@seattle.gov">debora.juarez@seattle.gov</a></td>
<td>@D6Juares</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>Dan Strauss</td>
<td>City Councilmember, District 6</td>
<td>206-684-8806</td>
<td><a href="mailto:dan.strauss@seattle.gov">dan.strauss@seattle.gov</a></td>
<td>@CMDanStrass</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>Andrew Lewis</td>
<td>City Councilmember, District 7</td>
<td>206-684-8807</td>
<td><a href="mailto:andrew.lewis@seattle.gov">andrew.lewis@seattle.gov</a></td>
<td>@CMAlexLevis</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>Teresa Mosqueda</td>
<td>City Councilmember, District 8</td>
<td>206-684-8808</td>
<td><a href="mailto:Teresa.Mosqueda@seattle.gov">Teresa.Mosqueda@seattle.gov</a></td>
<td>@CMTM Mosqueda</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>Lorena Gonzalez</td>
<td>City Councilmember, District 9</td>
<td>206-684-8809</td>
<td><a href="mailto:Lorena.Gonzalez@seattle.gov">Lorena.Gonzalez@seattle.gov</a></td>
<td>@CMLGonzalez</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
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# King County Council

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<thead>
<tr>
<th>Name</th>
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<th>Phone</th>
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<tbody>
<tr>
<td>Rodrick (Rod) Dembowski</td>
<td>King County Councilmember, District 1</td>
<td>(206) 477-1001</td>
<td><a href="mailto:rod.dembowski@kingcounty.gov">rod.dembowski@kingcounty.gov</a></td>
<td>@RodDembowski, @KC Council</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>Girmay Zahily</td>
<td>King County Councilmember, District 2</td>
<td>(206) 477-1002</td>
<td><a href="mailto:girmay.zahily@kingcounty.gov">girmay.zahily@kingcounty.gov</a></td>
<td>@CMM_GirmayZahily, @KC Council</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>Kathy Lambert</td>
<td>King County Councilmember, District 3</td>
<td>(206) 477-1003</td>
<td><a href="mailto:kathy.lambert@kingcounty.gov">kathy.lambert@kingcounty.gov</a></td>
<td>@KCM_KathyLambert, @KC Council</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>Jeannette Kohl-Weihs</td>
<td>King County Councilmember, District 4</td>
<td>(206) 477-1004</td>
<td><a href="mailto:jeannette.kohl-weihs@kingcounty.gov">jeannette.kohl-weihs@kingcounty.gov</a></td>
<td>@KCM_JeannetteKohlWeihs, @KC Council</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>David (Dave) Uphoff</td>
<td>King County Councilmember, District 5</td>
<td>(206) 477-1005</td>
<td><a href="mailto:dave.uphoff@kingcounty.gov">dave.uphoff@kingcounty.gov</a></td>
<td>@KC DaveUphoff</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>Claudia Baeduci</td>
<td>King County Councilmember, District 6</td>
<td>(206) 477-1006</td>
<td><a href="mailto:claudia.baeduci@kingcounty.gov">claudia.baeduci@kingcounty.gov</a></td>
<td>@KCC_ClaudiaBaeduci, @KC Council</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>Pete von Reichenauer</td>
<td>King County Councilmember, District 7</td>
<td>(206) 477-1007</td>
<td><a href="mailto:pete.vonreichenauer@kingcounty.gov">pete.vonreichenauer@kingcounty.gov</a></td>
<td>@KC PetevonReichenauer, @KC Council</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>James (Joe) McDonnott</td>
<td>King County Councilmember, District 8</td>
<td>(206) 477-1008</td>
<td><a href="mailto:james.mcdonnott@kingcounty.gov">james.mcdonnott@kingcounty.gov</a></td>
<td>@KC JamesMcDonnott, @KC Council</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
</tr>
<tr>
<td>Reagan Dunn</td>
<td>King County Councilmember, District 9</td>
<td>(206) 477-1009</td>
<td><a href="mailto:reagan.dunn@kingcounty.gov">reagan.dunn@kingcounty.gov</a></td>
<td>@KC RCReganDunn, @KC Council</td>
<td>PO Box 34025, Seattle, WA 98124-4025</td>
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### Additional Law Enforcement-Related Contacts

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Deborah Jacobs</td>
<td>King County Council Office of Law Enforcement Oversight</td>
<td>(206) 263-8870</td>
<td><a href="mailto:oleo@kingcounty.gov">oleo@kingcounty.gov</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carmen Best</td>
<td>Seattle Police Chief</td>
<td>206-625-5011</td>
<td>(Seattle PD)</td>
<td>@carmenbest, @SeattlePD</td>
<td></td>
</tr>
<tr>
<td>Mitzi Johanknecht</td>
<td>King County Sheriff</td>
<td>(206) 296-4155</td>
<td><a href="mailto:sheriff@kingcounty.gov">sheriff@kingcounty.gov</a></td>
<td>@sheriffmitzi, @KingCoSheriff, @Kingcosopio</td>
<td></td>
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### MN related contacts

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<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Jacob Frey</td>
<td>Minneapolis Mayor</td>
<td>(612) 673-2100</td>
<td>---</td>
<td>@Jacob_Frey</td>
<td></td>
</tr>
<tr>
<td>Minneapolis PD</td>
<td>Police Department</td>
<td>---</td>
<td><a href="mailto:police@minneapolismn.gov">police@minneapolismn.gov</a>, <a href="mailto:minneapolis311@minneapolismn.gov">minneapolis311@minneapolismn.gov</a>, <a href="mailto:policereview@minneapolismn.gov">policereview@minneapolismn.gov</a></td>
<td>@MinneapolisPD</td>
<td></td>
</tr>
<tr>
<td>Amy &quot;Klomentum&quot;  Klobuchar</td>
<td>MN Senator</td>
<td>202-224-3244</td>
<td><a href="https://www.klobuchar.senate.gov/public/index.cfm/email-amy">https://www.klobuchar.senate.gov/public/index.cfm/email-amy</a></td>
<td>@amyklobuchar</td>
<td></td>
</tr>
</tbody>
</table>
5. SPEAK UP AND SPEAK OUT

WE CAN NO LONGER BE SILENT. TALK ABOUT THE ISSUE, SHARE RESOURCES WITH YOUR FRIENDS, AND BE VOCAL ABOUT HOW YOU FEEL. TO TURN A BLIND EYE TO THIS BLATANT RACISM AND REMAIN SILENT IS INEXCUSABLE.

*This includes your family and friends*
If you want to get involved with protesting -

Here are some good accounts of organizers in Seattle to follow -

https://www.instagram.com/covid19mutualaid/
https://www.instagram.com/future_crystals/
https://www.instagram.com/nikkitaoliver/

^^^ regular updates on protests being organized, where people are needed, how to get involved

- COVID testing info for Seattle if you’re going to protests and getting exposed
- Fred Hutch guidelines for COVID and protesting
- General resources
Tools Specifically to educate white people:

• Racial Identity Caucusing: A Strategy for Building Anti-Racist Collectives by Crossroads
• Caucus and Affinity Groups from Racial Equity Tools
• Principles for White Affinity Study Groups
• Tools for White Anti-Racist Organizing by the Catalyst Project
• White Awake Manual — a set of educational resources for guiding white affinity processes
• SURJ Political Education Site
• Vital critique: Whites Only: SURJ And The Caucasian Invasion Of Racial Justice Spaces by DiDi Delgado, Black Lives Matter-Cambridge

Compiled by UW ASUW
6. AMPLIFY BLACK VOICES

WHENEVER YOU CAN, AMPLIFY THE VOICES OF BLACK PEOPLE. CITE THEIR WORK, SHARE THEIR POSTS AND ARTICLES, AND LISTEN TO THEIR PERSPECTIVES CONCERNING THIS ISSUE. DO NOT SPEAK FOR BLACK PEOPLE.
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](#)

https://how-can-i-help.github.io/#

bit.ly/ANTIRACISMRESOURCES
7. LEARN YOUR HISTORY WITH THE ISSUE

ESSENTIALLY ALL COMMUNITIES IN THE COUNTRY ARE TIED TO THE ISSUE OF RACIAL INJUSTICE. FOR INSTANCE, IF YOUR FAMILY IMMIGRATED TO AMERICA AFTER 1965, YOU OWE THAT TO THE CIVIL RIGHTS MOVEMENT.*

*FROM @SOUTHASIANSMH
If you make a mistake, own up to it. We can’t hold institutions accountable if we don’t hold ourselves accountable.

Acknowledging harm, apologize, and do the research yourself, without asking someone else to do the work for you.

8. Learn How to Be Anti-Racist

Even if you do not have the malicious intent of being racist, we must be actively anti-racist. Listen, learn, take action, and fail forward, all while checking yourself and those around you.*

*And yes, this includes family members.
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

https://how-can-i-help.github.io/#
bit.ly/ANTIRACISMRESOURCES
Anti-racism resources from Hutch United / Hutch Community:

- eLife statement on racism. [https://elifesciences.org/articles/59636](https://elifesciences.org/articles/59636)
- Angeline Dukes, how to be anti-racist [https://drive.google.com/file/d/1Y6m-Mca8vm5QKhbd1dWfsz-cAJ3Y-E/view](https://drive.google.com/file/d/1Y6m-Mca8vm5QKhbd1dWfsz-cAJ3Y-E/view)
- NPR playlist from young black listeners [https://www.npr.org/2020/06/10/872241993/this-is-how-i-feel-a-playlist-by-young-black-listeners](https://www.npr.org/2020/06/10/872241993/this-is-how-i-feel-a-playlist-by-young-black-listeners)
- Webinar series from American Public Health Association: (hopefully will be recorded) [https://www.apha.org/events-and-meetings/webinars/racial-equity](https://www.apha.org/events-and-meetings/webinars/racial-equity)

Youtube videos:

- [https://www.youtube.com/watch?v=c2tOp7OxyQ8](https://www.youtube.com/watch?v=c2tOp7OxyQ8) - Bryan Stevenson
- [https://www.youtube.com/watch?v=PQejcZc4uFM](https://www.youtube.com/watch?v=PQejcZc4uFM) - James Baldwin speech
- [https://www.youtube.com/watch?v=Vy9io6VEt58](https://www.youtube.com/watch?v=Vy9io6VEt58) - Killer Mike on George Floyd
- [https://www.youtube.com/watch?v=bhCstGFZsrl](https://www.youtube.com/watch?v=bhCstGFZsrl) - Obama speaks
- TO WATCH, Learn about white privilege and the challenges of admitting it HEAD ON. [https://www.youtube.com/watch?v=ferZnZ0_rSM](https://www.youtube.com/watch?v=ferZnZ0_rSM) - Anderson .paak Tiny Desk, the best one of ALL OF THEM

- [https://intentionalist.com/b/?ls=&radius=5&st=listing&lat=&lng=&listing_tag%5B%5D=black-owned&listing_neighborhood%5B%5D=1412](https://intentionalist.com/b/?ls=&radius=5&st=listing&lat=&lng=&listing_tag%5B%5D=black-owned&listing_neighborhood%5B%5D=1412) - Black owned businesses
- [https://runthejewels.com/](https://runthejewels.com/) - RTJ4
- Social Justice Book club meeting to discuss Women Talking. [https://facebook.com/events/s/social-justice-syllabus-women-/29854244481464/?ti=cl](https://facebook.com/events/s/social-justice-syllabus-women-/29854244481464/?ti=cl)
VISIT THE LINK ABOVE FOR A FULL LIST OF RESOURCES TO HELP YOU BE AN EFFECTIVE ALLY. RESOURCES INCLUDE: DONATIONS, PETITIONS, PHONE NUMBERS, EDUCATIONAL RESOURCES, MENTAL HEALTH RESOURCES, AND MORE.

WAYS YOU CAN HELP
When You're Done: Educate Yourself. This Doesn't Go Away Once the Topic Isn't, "Trending."

- SIGN PETITIONS
- TEXT OR CALL
- DONATE
- MORE RESOURCES
- FOR PROTESTERS
- FAQ
  - Map Of Protests
  - Missing People Thread
  - #BLM Canada
  - Translations
THINGS TO DO

• #SayHerName - Black women and Black Trans lives matter and deserve the same recognition and outpouring of support as we fight for Breonna Taylor, Tony McDade and the countless others.
• Educate yourself before speaking.
• Capitalize the “B” in Black when talking about Black people or communities.
• Recognize that POC is NOT the same as Black. Not all people of color have the same experience of racism as Black people.
• Use the hashtag #BlackLivesMatter
• If your Pod decides to protest, share resources to do so safely. Know your rights and legal resources as a protester, protect yourself, and protect against COVID-19. And listen to the people who are leading the protests - if they ask allies to take a step back, do it.
• Utilize warnings and/or disclaimers preceding the discussion of the brutalization of Black bodies. See this Twitter thread for helpful guidance on how to use warnings.
• Promote organizations committed to combating racism and over-policing, particularly those local to your own community.
• Support and promote Black-owned businesses in your community.
• Work to Get Out the Vote, supporting policies and positions that support the movement for Black Lives.

Compiled by 500 Women Scientists

https://docs.google.com/document/d/1V7bBYjuZ20-OwEak8QTZorTvcU3YTF--gwl6SYuxhgs/edit#heading=h.xzqnrqli8qv7
THINGS **NOT** TO DO

• Do NOT share violent images and/or videos depicting the harming of black bodies.

• Do NOT use the hashtag #AllLivesMatter. This is a white supremacist slogan designed to diminish the movement.

• Do NOT double down on ignorance. Listen to and center Black voices.

• DON'T do all this temporarily, while the white supremacy and anti-Blackness of our society are especially visible, because this isn't new and it isn't going away without a continued commitment and actively anti-racist stance from all of us.

Compiled by 500 Women Scientists and @astro_goni

https://docs.google.com/document/d/1V7bBYjuZ20-OwEak8QTZorTvcU3YTFlgwl6SYuxhgs/edit#heading=h.xznqlj8qv7
Resources to be an Ally to the Black Community – Compiled by UW ASUW

• https://docs.google.com/document/d/1vIIDs_NkAM66EMVZw7NXPpRxtwJDPZY1Z_LsgzMI88Tk/edit

• Really great list of resources.

• Many of these are included in this presentation. Check it out for the full list.
UW Specific Resources for all Students:

• UW Counseling Center (Student Support via secure Zoom Session, by appointment)
• Let’s Talk (Student Support via Zoom, no appointment necessary)
• Samuel E. Kelly Ethnic Cultural Center (Student Resources and Opportunities)
• SafeCampus (Student & Employee 24 Hour Hotline Support)
• Bias Incident Reporting Tool (Student & Employee Resources and Incident Report Form)
• CareLink (Employee Resources)

Compiled by UW ASUW