

Additional 21-Day Challenge Suggestions

Meaningful resources shared by participants:

Books

The Warmth of Other Suns, by Isabel Wilkerson

Biased, by Jennifer Eberhardt

Waking Up White, by Debby Irving

How to be an Antiracist, by Ibram X Kendi

Let the Wall Fall Down, Philip Porter

Stamped from the Beginning, Ibram X Kendi

White Fragility, Robin DiAngelo

My Grandmother's Hands, by Resmaa Menakem

Magazines/articles/other publications

Yes! (magazine)

1619 Project (podcast)

Courses

Online course from Yale

Webinar with Nicole Hannah Jones (of the 1619 project) with UNC-CH

Documentaries

Stone Ghost in the South

John Lewis: *Good Trouble*

Ideas

Look at your circle of friends. If they are all the same color, something is wrong.

Seek common ground. Show up to the relationship. Be present and work at building and keeping relationships with friends of color like they're the most important thing on earth.

Activities

Signed on to *Alamance Agents for Change* demands, and wrote to local officials to ask about their support