



# Unlearning racism course

## (Un)learning Resources

This Unlearning Resource is to prepare you for webinar 2. It includes useful readings and copies of key slides we will use with visual descriptions.

### 1. New concepts and definitions

Read this article from [dRworksBook](#) on definitions of racism, three expressions of racism and the cycle of oppression, which we will be exploring in the second webinar.

### 2. Breakout Room & Journaling Exercises

A) Breakout Room 1 preparatory exercise: Before the webinar, we'd like you to have a think about a time where you witnessed systemic racism. Now write some examples of this in your journal.

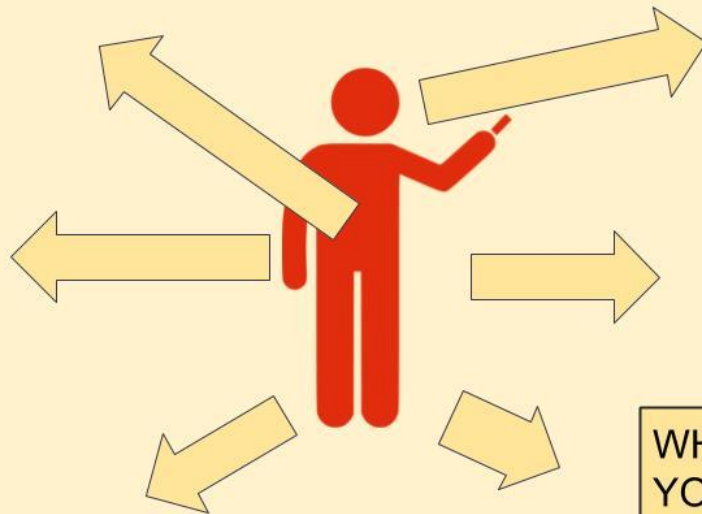
Consider the following questions:

- What was the stereotype/myth/missing information?
- Which individuals were involved in promoting these myths?
- What institutions were involved in promoting this?

B) Journaling & Breakout Room 2 Exercise

**Below is a diagram titled 'Opportunities for Action'. It shows a red figure person in the centre (this represents you). There are six arrows pointing outwards from this figure. This is a mind map for you to add to. In a text box, on the bottom right side, text reads: "what are your opportunities for action?"**

## OPPORTUNITIES FOR ACTION



WHAT ARE  
YOUR  
OPPORTUNITIES  
FOR ACTION?

### Thinking about taking action....

1. What areas on your map are most challenging to take action in
2. What do you need to think about first, to ensure the action you take is effective?
3. What questions might be helpful to ask yourself first.

You may find it useful to have a look at some or all of [this worksheet](#) from [White Accomplices](#), to familiarise yourself with the kinds of actions you might take and whether those actions would be categorised as actors/allies or accomplices in their essence. (This reading is recommended but not essential for full participation in webinar 2.)

**Further principles for taking action in this 7 point guide below.**

## principles for taking action

Taking action for racial justice can be guided by these 7 principles:

1. Use organizing mind; focus on your circle of influence
2. Identify explicit goals
3. Speak to, serve, empower, engage those on the margins
4. Think and act collectively
5. Be accountable to people and to principles
6. Know yourself
7. Work on all three interdependent levels - personal, institutional, cultural

### **Additional reading/watching/ listening you may find relevant:**

[A Point of View](#) - Why Black Lives Matter with Bernadine Evaristo (no transcript)

[Cycle of oppression examples](#) (transcript autogenerated)

[Multiple oppressions in animated drawings](#) this covers many oppressions as well as racist oppression

[Racism and Health Inequalities](#) evidenced paper from Race Equality Foundation

[7 Actions to Change the History Curriculum](#) Runnymede Trust