1. **Scroll through Instagram with your kids and talk about what you see. Point out racist/sexist/ableist memes.**

2. **Do a media audit at home.** What’s in your Hulu queue? What’s on your bookshelf? Who writes the stories, who benefits from the stories, who is missing from the stories?

3. **Racism is like climate change: we inherited this mess and have a responsibility to help clean it up.** How can your family help? What’s your racial justice equivalent of recycling, using less water, or taking public transit? What can you do daily/weekly/monthly?

4. **Identify your superpowers.** How can you use them in anti-racism work?

5. **Movie night!** Go see a movie directed by a BIPOC.

6. **Amplify the voices of BIPOC folks.** Share your platform. Ask the BIPOC folks in your life how they would like you to support them.

7. **Spend that privilege!** Support BIPOC-owned businesses.

8. **Make time for reflection and self-care.** This is a marathon, not a sprint.
Teaching Tolerance: Teaching Hard History podcasts - appropriate for teens

This Book Is Anti-Racist: 20 Lessons on How to Wake Up, Take Action, and Do The Work, Tiffany Jewell

So You Want to Talk About Race, Ijeoma Oluo

Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race, Beverly Daniel Tatum

The History of White People, Nell Irvin Painter

The New Jim Crow: Mass Incarceration in the Age of Colorblindness, Michelle Alexander


Stamped from the Beginning: The Definitive History of Racist Ideas in America, Ibram X. Kendi

How to Be an Antiracist, Ibram X. Kendi

Families Of Color Seattle, 2020
Racial justice with Black narrative: Ijeoma Oluo, Ta-Nehisi Coates, Angela Davis, adrienne maree brown


Indigenous Native: Project 562, Matika Wilbur, Tracy Rector, Gyasi Ross, Haunani-Kay Trask

Multiracial/ Mixed Race: Raising Mixed Race, Sharon Chang

Transracial Adoption: Angela Tucker, Rhonda Roorda, Joel Peterson, Beth Hall; Outsiders Within: Writing on Transracial Adoption

Queer, Trans, Feminist: Black Lives Matter, Audre Lorde, Margaret Cho, Laverne Cox, Revolutionary Mothering

Education Equity: More Than A Score, Jesse Hagopian, 2015., Dr. Beverly Tatum


Families Of Color Seattle, 2020
Autistic people of color: All the Weight of Our Dreams, 2017
Disabled parent perspective: Meriah Nichols, Meriahnichols.com
Youth with Disabilities: Yo! Disabled and Proud
Disability in Media: Disability Visibility Project (Partnership with StoryCorps)
Disability Justice: Disability Rights Education and Defense Fund - civil rights law & advocacy
Parent Advocates: Council of Parent Attorneys and Advocates Copaa.org
Local Self-Advocates: SAIL (Self Advocates In Leadership)
Disability Advocacy for POC: Open Doors for Multicultural Families
Parent Support: The Arc of King County; Parent to Parent