

RESOURCES ON RACISM

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Tools to educate yourself on racism, white privilege, systemic racism and allyship

BITESIZE VIDEOS



White Privilege

Professor Bhopal talks at Cambridge University about her book, 'White Privilege: The Myth of a Post-Racial Society'. (20 mins)



White People on Race

White people speak on the challenges of talking about race. (6 mins)



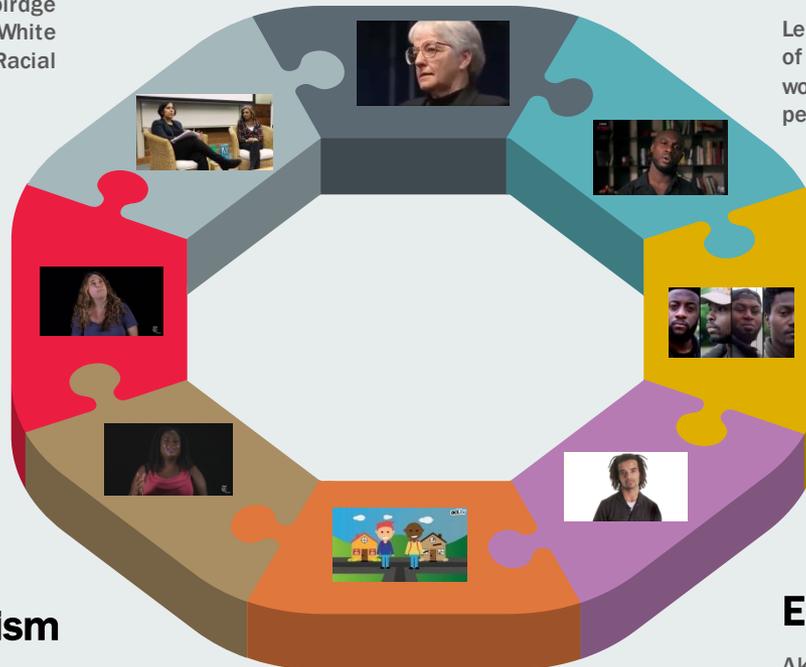
Black Women on Race

In this short documentary, black women talk about the challenges they face in society. (6 mins)



Systemic Racism

Comparing the life opportunities available depending on your race, this video shows how racism is embedded in our systems. (4 mins)



Classroom Experiment



Lecturer, Jane Elliott, asks a room full of white people to stand up if they would like to be treated how black people are. (1 min)

Is Britain Racist?



Three Brits speak out about their experiences of racism and what this looks like in 21st century Britain. (2 mins)

'I Feel Like an Alien'



Four black men speak to the BBC about their experiences of racism in daily UK life. (3 mins)

Everyday Racism



Akala explains top-down propaganda, bias and how racial assumptions lead to 'everyday racism' – daily encounters and micro-aggressions. (4 mins)

PODCASTS



'About Race'

About Race

Reni Eddo-Lodge uses this podcast series as a way to take forward the conversation from her book 'Why I'm No Longer Talking to White People About Race'. Featuring key voices from the last few decades of anti-racism activism, she looks at recent history that led to the politics of today.

'Good Ancestor'

Good Ancestor

Layla Saad, an East African, Arab, British, Black, Muslim woman, is the author of 'Me and White Supremacy'. Her podcast series looks at race, identity, leadership, personal transformation and social change, with one in-depth interview per episode.

'Have you Heard George's Podcast?'

Have you Heard George's Podcast?

In his podcast series, George the Poet delivers a fresh take on inner city life. Enlightening and empowering about race, he, questions our assumptions through the use of poetry, fiction, news and song.

'Why is it so Hard for White People to Talk About Racism?'

Why is it so hard for white people to talk about racism?

In this 50 minute podcast, Robin DiAngelo discusses her book. 'White Fragility: Why It's So Hard for White People to Talk About Racism', and Margaret Bushy talks about her anthology, 'New Daughters of Africa'.

READING

'Biased'
Jennifer Eberhardt



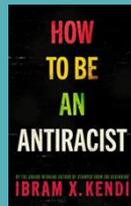
A leading expert on unconscious racial bias shows how seemingly small and insignificant biases have a big effect on every sector of society. They are not a sin to be cured, but a universal human condition that can be overcome.

'Brit(ish): On Race, Identity and Belonging'
Afua Hirsch



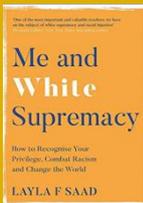
In this personal and provocative investigation, Hirsch explores a very British crisis of identity, where there is a denial about our past and present. This book looks at how and why this came to be, and calls for urgent change.

'How to be an Antiracist'
Ibram Kendi



Kendi, founding director of the Antiracism Research and Policy Center, shows that when it comes to racism, neutrality is not an option: until we become part of the solution, we can only become part of the problem.

'Me and White Supremacy'
Layla Saad



Saad uses historical and cultural contexts, stories and anecdotes, definitions and examples to teach readers how to dismantle their own privilege and stop (often unconsciously) inflicting damage on people of colour.

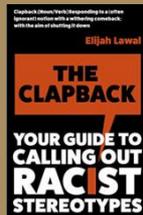
READING

'So you Want to Talk About Race'
Ijeoma Oluo



Offering a contemporary, accessible take on the racial landscape in America, this book addresses issues such as privilege, police brutality, intersectionality, micro-aggressions, the Black Lives Matter movement, and the "N-word".

'The Clapback'
Elijah Lawal



Using wit and honesty, 'The Clapback: Your Guide to Calling Out Racist StereoTypes' examines the evolution of the negative stereotypes towards the black community and arms you with the tools to shut them down once and for all.

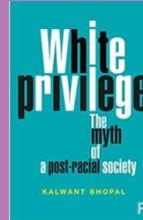
'White Fragility'
Robin DiAngelo



'White Fragility: Why it's so Hard for White People to Talk About Racism' shows how to start having more honest conversations and react to feedback with grace and humility, which can help break down the system of white supremacy.

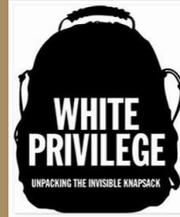
READING

'White Privilege: The Myth of a Post-Racial Society'
Kalwant Bhopal



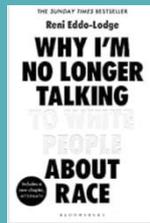
Bhopal explores how neoliberal policy-making has increased discrimination faced by those from non-white backgrounds. This book examines the impact of race on wider issues of inequality and difference in society.

'White Privilege: Unpacking the Invisible Knapsack'
Peggy McIntosh



In this 7-page essay, McIntosh describes exactly what it means to have white privilege, looking at 50 examples/benefits, and how this advantage often goes unrecognised.

'Why I'm No Longer Talking to White People About Race'
Reni Eddo-Lodge



Exploring everything from eradicated black history to the inextricable link between class and race, Eddo-Lodge explains race relations in Britain today.

HEALTHCARE & LEADERSHIP



‘A Long Way to Go’: ethnic minority NHS staff share their stories, The King’s Fund

This [article](#) features interviews with NHS members of staff, exploring their experiences of racism and discrimination. (These interviews were carried out prior to covid-19).



Inclusive Leadership: how ready are we to learn, The King’s Fund

Tracie Jolliff, Director of Inclusion at the NHS Leadership Academy, writes a guest [blog](#) for the King’s Fund, exploring what leaders can do to embrace inclusion.



Race Equality in the NHS Workforce, The King’s Fund

This 30-minute [podcast](#) looks at what can be done about race inequality in the NHS workforce and how we can ensure representative leadership. Speakers include Yvonne Coghill, Director at NHS England Workforce Race Equality Standard.



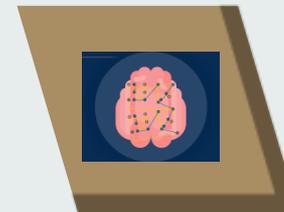
Inclusive Leadership Training , Roger Kline

Roger Kline explains the importance of diversity within the NHS workforce in this 2-minute [video](#).



Racism in Medicine, The BMJ

The British Medical Journal have published a [special issue](#) on racism, reflecting the working lives of doctors from ethnic minority backgrounds and the healthcare experiences of ethnic minority patients.



Unconscious Bias – Leadership and Management

This 2-minute [video](#) explains what unconscious bias is and the impact it can have on the workplace if leaders are unaware of it and do nothing about it.