Further Resources from the “How to be an Ally in the Fight for Racial Equality in the US: A Workshop for International Students and Scholars”

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General resources on allyship
- Washington University Center for Diversity and Inclusion Self-Study Guides
- A Guide to Allyship, Black Lives Matter (BLM)
- My Role in a Social Change Ecosystem
- Interrupting the Cycle of Oppression: The Role of Allies as Agents of Change

<table>
<thead>
<tr>
<th>Do's &amp; Don't's of Allyship</th>
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<td>Outrage</td>
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<td>• DON'T focus on your surprise and outrage. The state of not needing to know about racism because it doesn’t affect you privilege.</td>
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<td>• DO: Process your outrage privately. Educate yourself on the history of racism. Learn about the slave trade, colonialism, Jim Crow, eugenics, etc. Instead of being shocked, be informed.</td>
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| Performance |
| DONT let your activism begin and end with a hashtag. Doing so, you excuse yourself from the true commitment and sacrifice that are necessary to dismantle the system of racism. |
| DO more! For every post you do on social media, challenge yourself to do an act of allyship in private that no one will ever know of. |

| Guilt |
| DONT get stuck focusing on your own guilt. What we need now are strong and stable allies to help carry the burden. Guilt is not helpful for allyship. |
| DO actively take steps to process this guilt. Meditate. Journal. Process with other (non-Black) people. Remind yourself that when we know better, we do better. So now that you know, do. |

| Shaming others |
| DONT shame others for not doing enough. This frames you as “good” and others as “bad”. But allyship isn’t an identity. It’s a lifelong commitment to anti-racism. |
| DO focus on yourself. Locate your own racism. If you can’t find it, look harder. Call people out when you see racism. But dont spend time on what others aren’t doing. |

| Debating |
| DONT get lost trying to explain racism to “all lives matter” people or those trying to discredit the existence of racism. Change won’t come from those who aren’t ready to see the truth yet, it will come from us. |
| DO calmly explain your perspective. If others want to engage with an open mind, engage. If not, move on, and get back to work. |

Resources in different languages:
- Letters for BLM in many different languages
  - Follow-up Conversation Guide
- BLM Translated (compilation of resources in 24 different languages)
- BLM Cards (translated in 21 different languages)
- BLM 101 中文 (Traditional Chinese)
- Anti-Racist Resources in Spanish

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• #JusticiaParaFloyd y #LasVidasNegrasImportan

Resources for different ethnic/racial/cultural background:
• Addressing Anti-Black Microaggressions in Filipino Families
• Addressing Anti-Blackness within the Vietnamese/Chinese & Asian Community
• A History on Asian and Black Solidarity
• Allyship Actions for Asians to show up for the Black community right now
• Arabs for Black Lives (Arabic version)
• Black Lives Matter Tokyo
• Hassan Minaj on George Floyd
• Iranians for Black Lives
• Moroccans for Black Lives
• Resources for non-Black Asians on anti-blackness
• South Asians for Black Lives
• Why Black Lives Matter in Taiwan

Terminology resources for BLM:
• Cantonese
• Farsi
• Fuzhounese (Fukienese)
• Greek
• Hindi
• Indonesian
• Japanese
• Korean
• Mandarin (simplified, traditional, pinyin)
• Mandarin/ Taiwanese (traditional, bopomofo)
• Spanish
• South Asian Languages (Tamil, Sinhala, Urdu, Hindi, Gujurati, Punjabi, Farsi, Nepali, Bengali, and Telugu)
• Tagalog
• Tamil
• Ukrainian
• Vietnamese
• Yiddish