

#	<a href="#">Actions</a>	Research	Read	Watch	Write/ Advocate	Join	Social Media	Organize	Practices	Do	Donate
1	Google whether your local police department currently outfits all on-duty police officers with a body-worn camera and requires that the body-worn camera be turned on immediately when officers respond to a police call. If they don't, write to your city or town government representative and police chief to advocate for it. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.	X			X			X			
2	Google whether your city or town currently employs evidence-based police de-escalation trainings. The racial make-up of your town doesn't matter — This needs to be standard everywhere. Write to your city or town government representative and police chief and advocate for it. Multiply your voice by soliciting others to advocate as well, writing on social media about it, writing op-eds, etc.	X			X			X			
3	More and more stories of black folks encountering racism are being documented and shared through social media — whether it's at a hotel, with the police, in a coffee shop, at a school, etc. When you see such a post, call the organization, company, or institution involved to tell them how upset you are. Then share the post along with the institution's contact information, spreading the word about what happened and encouraging others to contact the institution as well. Whether the company initiated the event or failed to protect a POC during an onslaught by a third party, they need to hear from us.										
4	If you or a friend is an educator, buy said friend books that feature POC as protagonists and heroes, no matter the racial make-up of the class. A few good lists are <a href="#">here</a> , <a href="#">here</a> , <a href="#">here</a> , <a href="#">here</a> , <a href="#">here</a> , <a href="#">here</a> , and <a href="#">here</a> . And/or purchase educational toys that feature POC, such as finger puppets, Black History Flashcards, etc for their classroom. Use these items year-round, not just in February. The racial make-up of students doesn't matter — kids of every race need to know American history and be exposed to people from different races, religions, and countries. If the friend is interested, buy them for your pal's classroom. Don't be shy to ask Facebook friends that you haven't actually talked to in ten years.								X		



12	<a href="#">Read up about mandatory minimum sentences and watch videos about this on Families Against Mandatory Minimums (FAMM's) website. FAMM's website includes work being done at the federal level and state level. Call or write to your state legislators and governor about reducing mandatory minimum sentences for non-violent drug crimes.</a>			X	X						
13	To reduce mandatory minimum sentences on a federal level, call or write to your federal legislators in support of the bipartisan (sponsored by Sen Lee (R-UT)) Smarter Sentencing Act (S. 2850) which reduces the length of federal mandatory minimum drug sentences by half, makes the Fair Sentencing Act's crack sentencing reforms retroactive, and expands the "safety valve" exception to mandatory drug sentences.				X						
14	To reduce mandatory minimum sentences on a federal level, call or write to your federal legislators in support of the bipartisan (sponsored by Sen Rand (R-KY)) Justice Safety Valve Act (S. 399, H.R. 1097), which would allow judges to give sentences other than the mandatory minimum sentence for any federal crime.				X						
15	To reduce mandatory minimum sentences on a federal level, call or write your federal legislators in support of another great criminal justice reform bill, the Second Look Act, which would make reduced sentences for crack convictions from the previously passed Fair Sentencing Act retroactive, reduce mandatory minimums for people convicted more than three times for drug crimes from life without parole after the third offense to 25 years, reduce mandatory sentences for drug crimes from 15 to 10 years, limit the use of solitary confinement on juvenile prisoners, etc.				X						
16	Call or write to your state legislators and governor to support state-wide criminal justice reform including reducing mandatory minimum sentences, reducing sentences for non-violent drug crimes, passing "safety valve" law to allow judges to depart below a mandatory minimum sentence under certain conditions, passing alternatives to incarceration, etc. Study after study shows that racism fuels racial disparities in imprisonment, and most of the US prison population are at the state				X						
17	<a href="#">Call or write to state legislators, federal legislators, and your governor to decriminalize weed. No, not because black folks use weed more frequently than white folks. Because black Americans are arrested for marijuana possession far more frequently than whites.</a>		X		X						

18	Call or write to state legislators to require racial impact statements be required for all criminal justice bills. Most states already require fiscal and environmental impact statements for certain legislation. Racial impact statements evaluate if a bill may create or exacerbate racial disparities should the bill become law. Check out the status of your state's legislation surrounding these statements here.				X						
19	<a href="#">Find and join a local "white space" to learn more about and talk out the conscious and unconscious biases us white folks have. If there's not a group in your area, start one.</a>					X					
20	<a href="#">Join or start a Daughters of Abraham book club in your Church, mosque, or synagogue.</a>					X					
21	Join your local Showing up for Racial Justice (SURJ) group. There is a lot of awesome work going on locally — Get involved in the projects that speak to you.					X					
22	<a href="#">Do deep canvassing about race and racial justice. Many SURJ groups are organizing them, so many people can do it through your local SURJ group. If they're not already doing it, start it.</a>			X				X			
23	Research your local prosecutors. Prosecutors have a lot of power to give fair sentences or Draconian ones, influence a judge's decision to set bail or not, etc. In the past election, a slew of fair-minded prosecutors were elected. We need more.	X									
24	Call or write to state legislators, federal legislators, and your governor to end solitary confinement in excess of 15 days. It is considered torture by the UN, and it is used more frequently on black and Hispanic prisoners. For more information on solitary, two good overviews can be found <a href="https://www.afsc.org/resource/solitary-confinement-facts">https://www.afsc.org/resource/solitary-confinement-facts</a> and <a href="https://www.evangelicalsforsocialaction.org/compassion-and-justice/solitary-confinement-torture-backyard/">https://www.evangelicalsforsocialaction.org/compassion-and-justice/solitary-confinement-torture-backyard/</a> .	X	X		X						
25	Watch 13th. Better yet, get a group of friends together and watch 13th.			X				X			
26	Watch The House I Live In. Or get a group of friends together and watch it.			X				X			
27	Read Ta-Nehisi Coates' article, The Case for Reparations. The US has already participated in reparations four times.		X								













70	Attend town halls, candidate meet-and-greets, etc for political candidates and ask about ending mass incarceration, reducing mandatory minimum sentences, reducing or ending solitary confinement, decriminalizing weed, ending cash bail, divesting from private prisons, divesting from banks, divesting from banks that finance the Dakota Access Pipeline, etc.					X					
71	Read this article about an overt white supremacist's son's journey to relinquish white supremacy and watch this video about Daryl Davis, a black man who gets KKK members to disavow by befriending them. For those you know who are overtly racist (see #51), think about ways you can create exposure for them to people who don't look like them, share their religion, etc. Jane Elliott says, "People who are racist aren't stupid, they're ignorant. And the answer to ignorance is education." Frederick Douglass notes, "It is easier to build strong children than to repair broken men." It may be best to focus on children, adolescents, and young adults currently being raised by overtly racist parents. Maybe it's tutoring them so they could get on a college track, encouraging them to study abroad, or turning them on to colleges where not everyone looks like them and shares their religion, etc. Maybe it's spending time with them on some regularity and showing them the achievements and beauty of non-white cultures. Be creative.		X	X							
72	Talk to the white people you know who aren't clearly upset by white supremacy. Use "I" statements and "I care" messages ("I feel [feeling] when you [behavior]"). They need to know you see a problem. Call them out, and call them in. As a start, ask them to watch the videos in #47. For people you know who've been radicalized by FOX News and other nationalist (not conservative) media, who've been so pummeled with fear and hatred of "the other" that they've become ISIS-like towards others, how can you and other family and friends guide them through conversation to show them that their actions are now in direct contrast with the values they feign to purport?										
73	A wise former teacher once said, "The question isn't: Was the act racist or not? The question is: How much racism was in play?" So maybe racism was 3% of the motivation or 30% or 95%. Interrogate the question "How much racism was in play?" as you think about an incident. Share this idea with the people in your life when they ask, "Was that racist?"								X		

74	As a nod to #72, don't become the monster, as you try to kill the monster. As Gloria Steinem says, "The ends don't justify the means. The means are the ends."								X		
75	Credit Black men and women. Kara Springer, a black woman artist, created the image/public art that begins this piece. It's called A Small Matter of Engineering, Part II.			X							