

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

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This book is divided into four parts and helps young people answer the following questions: Who are you? What is your identity? How can you take action against racism?

While all of the chapters provide important information, the following chapters will help your child understand race, ethnicity, personal racism and institutional racism. If you don't have time to go through all of the activities in the book, these three chapters from section 1 will provide your child with a good foundation.

You and your child can do the activities together or do them separately and discuss them.

Section 1 Waking Up: Understanding and Growing into my Identities

- Chapter 3: What is race? What is ethnicity?
- Chapter 4: What is racism? (Personal)
- Chapter 5: What is racism (Institutional)

