We Who Believe in Freedom Can Not Rest

Resources & Steps for Those Who Believe in Freedom

Ella’s Song

“If you are neutral in situations of injustice, you have chosen the side of the oppressor.”
-Desmond Tutu

*Trigger Warning*
How Long is 8 minutes and 46 seconds – See for yourself.

Items were compiled by the staff of the Mary Lou Williams Center for Black Culture (unless otherwise indicated) from a variety of on-line resources and social media messages. Items are hyperlinked and links are active at the time of compilation.

Have feedback or something else helpful to share, email us at marylou@duke.edu.

SECTION A

Each of the steps below are hyperlinked to a resource for additional information or reflection. Items in this Section A were compiled by Duke’s Black Student Alliance. It is just one of many brilliant Black affinity groups at Duke who have shared powerful statements and resources via social media. I encourage you to see their posts and support them now and into the future.

**Register to Vote**

**Understand Your Rights**

**Strategize – Organize – Mobilize**

**Vote**

**Stay in Engaged – Hold Elected Officials Accountable to an Agenda YOU Set/Believe In**

**Know Your History – Article an Empowered/Envisioned Future**

**Cultivate Your Physical Strength to Ensure You Have Energy to Work**

**Educational Resources:**

**White Fragility** (Discusses why it’s so hard for people to talk about racism)

**Discussing Microaggressions** (Teenage girls from different backgrounds discuss microaggressions as well as the effects)
Why Coronavirus is Hitting Black Communities Hardest (NPR Code Switch Podcast)

Race, Power & Policy: Dismantling Structural Racism (Explains how racialization affects our society)

Petitions:
Justice for George Floyd (NAACP’s Petition with a list of demands concerning justice for George Floyd)

Donate:
The GoFundMe for Tony McDade (The organizer of this fundraiser publicly committed to handing all funds over to the mother of Tony McDade in order to pay for funeral and burial expenses, mental and grief counseling, and living arrangements for Tony’s mother)
Black Visions Collective (a Minnesota based organization that envisions a world in which ALL Black lives matter)
Louisville Community Bail Fund (a fund that supports the bail of protesters in Louisville, who are fighting for justice for Breonna Taylor)
North Carolina Bail Fund (a fund to support the protesters in the surrounding Duke community)
Take Action Chapel Hill (a volunteer run fund to support activists facing criminal charges in the Triangle area)

SECTION B
Articles, Statements, Anti-racism Resources, Black Action & Accountability Resources

https://www.dukechronicle.com/article/2020/06/white-people-this-is-our-problem


https://www.benjerry.com/about-us/media-center/dismantle-white-supremacy

https://www.benjerry.com/whats-new/2016/systemic-racism-is-real

Systemic Racism Explained - https://youtu.be/YrHIQIO_bdQ

https://www.scarymommy.com/stop-asking-people-color-explain-racism/

bit.ly/ANTIRACISMRESOURCES


https://www.insidehighered.com/quicktakes/2020/06/01/college-leaders-respond-death-george-floyd

A Battle for the Soul of Our Nation https://diverseeducation.com/article/179823/

https://www.refinery29.com/en-us/2020/05/9841376/black-trauma-george-floyd-dear-white-people

https://docs.google.com/document/d/1ClfMQED_B444YK8kAqUOgg8xrSFdSrjFBRnyK6wmz4/mobilebasic

https://docs.google.com/document/d/1Xa9Av-NfuFsWBHlsMvPiqJHdNedZgnCRW56qAS-7PGQ/mobilebasic?urp=gmail_link

https://www.nytimes.com/2020/05/27/opinion/racism-white-women.html

https://www.mikaelowunna.com/mikael-s-blog/donate-to-black-liberation

https://docs.google.com/document/d/1s6lMnYYZRI_BHVAhVKHqvtj3Z6q_3tiup9hS84c0jx3fs/mobilebasic

http://www.thebridgeis.com/resources


https://medium.com/@BarackObama/how-to-make-this-moment-the-turning-point-for-real-change-9fa209806067

https://www.obama.org/anguish-and-action/


https://www.linkedin.com/pulse/going-work-black-after-protests-richaun-wilson/

https://www.byp100.org
https://www.agendatobuildblackfutures.com/view-agenda

https://blacklivesmatter.com
https://ellabakercenter.org
https://colorofchange.org
https://www.colorlines.com
https://aapf.org

SECTION C
Resources for taking care of yourself/self-care during time of protest and activism.


https://elemental.medium.com/science-confirms-that-the-vagus-nerve-is-key-to-well-being-c23fab90e211


https://www.newtactics.org/conversation/self-care-activists-sustaining-your-most-valuable-resource


https://www.apa.org/topics/resilience

https://mcusercontent.com/6aa11fa786466642f2188db2e/files/b0f976a5-31fd-4406-9033-b31620907758/100_Self_Care_Ideas_by_GirlTrek_compressed.pdf

SECTION D
Items in Section D were compiled/shared by UCAE colleagues.

Trauma Informed Oregon, it's comprised of "university, public and private partners, individuals with lived experience, youth and family members that are committed to creating and sustaining a trauma informed system of care in Oregon," and they're the first I've seen to do trauma-informed resources for virtual spaces.

They have resources both for educators about workplace wellness, but a few that I've been looking at are:

1. Creating a Trauma-Informed Space in Online Platforms
2. Understanding Why Trauma-Informed Communication is Important
3. Resources for Crisis Response Workplace Wellness
4. The Anatomy of a Trauma-Informed Script