



# Our Commitments and Action Steps: I/WE WILL...

Share the 75 things White People can do with friends and family

Continue “Me + White Supremacy” by Layla F. Saad

Make Love Visible for myself and The Suffering in my communities

Work with local police to ensure their readiness to meet protest with solidarity.

Make sure to acknowledge the people of color in my day, their fear, pain, anger, needs.

Continue to work on decentralizing power in my current organization.

Start a reading/resource list

Send an open letter to Mayor Frey of Minneapolis - written in collective with white-bodied and Black-bodied women. Reach out to Seattle Mayor Durkin as well.

Read How to be an Anti-Racist  
Facilitate conversations with my family.  
Donate \$

As white people with power, infiltrate the bastions of white male power such as the police and military by serving there and demanding change from the inside. Invite others to more of this type of session ask whose voices aren't being heard. Donate to bail funds in Seattle

Meet and Invite people of color to rest and rejuvenate in a safe space away from from the city on my shared land

Look for antiracist support group for parents of small children

Read the books on my nightstand on race, equity and white privilege. Push my girls to join Y-WE.

Read White Fragility  
Buy from BIPOC owned businesses  
Read “Beyond Inclusion, Beyond Empowerment”

Work to Organize and facilitate conversations with other white women about these issues  
Support Y-WE in advocating for social change in Olympia

Represent more people of color in my paintings so that the art world has more diversity visible.



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Seek out an organization locally affecting change within this movement.

I will read through at least 5 sources to educate myself further on racial injustice

Vote and organize voters' drive

I will continue to break down my white fragility and have conversations with my parents about their own.

Support LWV to enfranchise POC voters.

Meet the eyes of men of color

Connect with existing efforts at police reform

Donate to POC-led organizations per POC guidance

Regularly contact local political offices with demands

Create spaces to have conversation with family members who i feel have different opinions than I do

Fund BIPOC lead organizations - no questions, no reports, no conditions - just fund what they say needs to be done!!

Instead of exchanging pleasantries; acknowledge the fear and pain people are living with. "I hope you take really good care of

Create space for conversations of empathy within the legislature..

Take a training on how I can use my body and presence tp provide safety and protection in my community.

Offer happiness training to teens of all colors to open their hearts to the fact that we are interconnected in many level

Continue to find ways to work and process in community vs. alone, in my bubble, trusting my instincts without acknowledging that those instinct have been shaped by racist forces...centering Voices of Color.

YWE: Keep doing what you're doing. Be adaptable. Be ever-more proactive and supportive. Host more brave spaces for hard conversations.

Instead of talking about having conversations in safe spaces, shift to having brave conversations. Being brave in action. Being brave as a framing for how we do things. What does being brave look like? Showing up today. Stepping into places where I might be uncomfortable AND committing to doing it.



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Make sure to start conversation about race with the parents of transracially adopted kids in my world.

Continue this conversation in my circles

Continue to donate to BLM and others

Set up 'reaches' with other white friends 2x week to get support around moving through shame/grief and into action

Pick the conversation back up with my brother about his anti-racism work and action.

Hold "How to Be an Antiracist" book club with white friends in July 2020

Read 'Colonize This' (essays by young women of color)

Send a copy of "The Color of Law" to family and friends

## Educate ourselves!

We'll start a reading list and share it..

Starting a book club around whiteness and anti-racism

Inviting space for white folks to talk about sustainable donation practices

Listen to colleagues of color and push back when I hear white colleagues trying to censor or shut down their ideas

Work to have a very successful Movement Voter Project houseparty on Sunday May 17.

Create accountability groups--we need to hold ourselves accountable as white people to remember and help carry the burden black/brown folks face

Create a statement of solidarity to send to the 100+ teaching artists I hire each year through Village Theatre KIDSTAGE.

Commit to monthly giving towards local PoC-led groups that work for justice

Start a budget so I know how much I can donate (bc may be more than I think!)

Continue having conversations. Conversations like this force us to not be ignorant.



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Continue conversations with my mom about race and privilege

Follow more black voices on social media when appropriate. Stay silent when they speak and learn from them.

Restart my book club with “Me and White Supremacy”

Start a discussion forum and create dialogue within the VERY white Yoga Therapy community on these issues and create mechanisms for outreach to people of color

Learn more about how to communicate with other white people about race in a way that fuels action

**PAY BLACK FOLKS FOR THEIR WORK ON SOCIAL MEDIA**

Movement Voter Project raises money to give to local POC led organizations that are working on voting issues. It's a great organization to donate to!

Learn how my friends of color each prefer to be supported. Continue to text/call and offer support.

Have more conversations about race with the white people I live with. Invite movie nights that center BIPOC stories.

Call for the defunding of Police Departments - shifting resources to community response resources that don't involve weapons

I will follow through with my “geezer babe” group of white friends to commit to following through on at least one of the 75 things...



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Do the research to find and purchase from businesses owned/run by POC (eg Bookshop.org)

Purchase from bookstores owned by POC!

Matching book price with a donation to BIPOC-led groups

I will send my nieces and nephews the list of 75 Things White People Can do...

Join Black Lives Matter

I am working with MVP Movement Voter Project (who work with local grassroots organizations impacted by social injustice) working in the next election to get the current president, who is a white supremacist, out of power.

Put my money in a Black-owned bank or POC community credit union

Do the work of figuring out why I cry in hard conversations and stop it so I don't take space away from POC

I donated to Y-WE to thank you all for the work you are doing and in thanks to the youth for all they bring. Join me in donating!

Know the difference between performative and active behaviors. Be vulnerable.

For each book I buy, make a matched contribution to an anti-racist organization/cause

educate myself on what the world would look like if police were abolished and organize a club at my school to talk and organize around this

When possible contribute financially to food banks, understanding that many people desperately need it and I know I cannot think or relate well when I am hungry.

Learn about the history of my neighborhood council and local action taken to maintain segregation, discrimination, and police violence against POC. I will volunteer in my local neighborhood council and raise racial justice issues and seek direction from local POC led community organizations.

With intention, talk to our white friends about race, support actively our bipoc friends, continue with our own personal growth



# Donation Recommendations & Action Steps

- Black Visions Collective: <https://www.blackvisionsmn.org>
- George Floyd Memorial Fund:  
<https://www.gofundme.com/f/georgefloyd>
- Minnesota Freedom Fund: <https://minnesotafreedomfund.org>
- I run with Maud: <https://www.gofundme.com/f/i-run-with-maud>
- Justice for Breonna Taylor Petition and Fundraiser:  
<https://www.change.org/p/andy-beshear-justice-for-breonna-taylor>
- Check out Holistic Resistance: <https://anchor.fm/holistic-resistance>
- Read & Get Trained with Robin DiAngelo, PHD:  
<https://robindiangelo.com>
- 75 Ideas for Action steps white folks can take right now:  
<https://medium.com/equality-includes-you/what-white-people-can-do-for-racial-justice-f2d18b0e0234>