

RESOURCES

Support for Race Education & Literacy

At Nia, we want every Nia class and training to be an inclusive and safe space where everybody feels welcome and supported. As part of our commitment to providing ongoing education and learning opportunities to Nia teachers to foster awareness around the importance of diversity and inclusion, we have created this resource list for you to explore.

This list is by no means exhaustive - simply a place to begin. If you have additional resources to be added, please email them to Nia@NiaNow.com.

The work of healing racism individually and collectively is deeply personal and, like everything in Nia, must be embarked on in your own time and way. Our desire is to support our individual and collective evolution to fully embody our ideals for a diverse, equitable and inclusive community and world.



CONTENTS

1 | [BOOKS](#)

2 | [FILMS](#)

3 | [VIDEOS](#)

4 | [PODCASTS](#)

5 | [ARTICLES](#)

6 | [WORKSHOPS](#)

7 | [ADDITIONAL RESOURCES](#)

BOOKS

- [11 Reasons to Become Race Literate](#) by Milagros Phillips
- [8 Essentials to a Race Conversation](#) by Milagros Phillips
- [White Fragility: Why It's So Hard for White People to Talk About Racism](#) by Robin DiAngelo
- [My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies](#) by Resmaa Menakem
- [So You Want to Talk About Race](#) by Ijeoma Oluo:
- [The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#) by Michelle Alexander
- [How to Be an Antiracist](#) by Xbram X. Kendi
- [Me and White Supremacy](#) by Layla F. Saad

FILMS

- [13th](#) by Ava DuVernay
- Just Mercy by Destin Daniel Cretton
- I Am Not Your Negro (James Baldwin Documentary)
- [The Hate U Give](#) by George Tillman Jr.
- [Selma](#) by Ava DuVernay

VIDEOS

- [How to Have a Voice and Lean Into Conversations About Race](#) with Amanda Kemp | TEDxWilmington
- [Uncomfortable Conversations with a Black Man](#), Emmanuel Acho
- [The Future of Race in America](#) with Michelle Alexander | TEDxColumbus
- [Color Blind or Color Brave?](#) With Mellody Hobson
- [Let's Get Uncomfortable: It's Time to Talk About Race](#) with Lori Mayo | TEDxWCMephamHigh
- [How Racial Bias Works - and How to Disrupt It](#) with Jennifer L. Eberhardt | TED

PODCASTS

- [Talking About Whiteness](#) with Eula Bliss | On Being with Krista Tippett
- [Notice the Rage; Notice the Silence](#) with Resmaa Menakem | On Being with Krista Tippett
- [1619 Project](#) | New York Times
- [Unlocking Us](#) Brene Brown with Ibram X. Kendi on How to Be an Antiracist
- [Anti-Racism for Wellness Professionals](#) with Chrissy King

ARTICLES

- [5 initial ways you can be a better ally to people of color](#), By Savonne Anderson | Mashable.Com
- [Saying You 'Don't See Color' Is Actually Racist](#), by Ashleigh Haughton | The Odyssey Online
- [Why Wellness Pros Need to Be Part of the Conversation About Racism](#) by Chrissy King | Shape.com
- [What It's Like Being a Black Body-Positive Female Trainer in an Industry That's Predominantly Thin and White](#) by Chrissy King | Shape.com
- [White allies: Here's a basic list of do's and don'ts to help you with your helplessness](#) by Melanie McFarland | Salon.com

WORKSHOPS

- [Healing Racism Workshops](#) with Racial Healing Facilitator Milagros Phillips
- [Coursera Workshops on Race, Inequality and Social Justice](#) A series of workshops from leading universities focusing on building a deeper awareness and understanding of Race, Equity, and Social Justice

ADDITIONAL RESOURCES

- [97 Things White People Can Do for Racial Justice](#) by Corinne Shutack | Medium.Com
- [A Detailed List of Anti-Racism Resources](#) by Katie Couric | Medium.Com