

AACP
ANTI- RACISM

On Sun, Jun 7, 2020 at 09:55 David Pollack, MD wrote:

Here are a number of resources that I have been collecting from discussions on various listservs that address how white folks must take responsibility for ending racist policies, social norms, and structural and attitudinal biases for our society to transform itself into being truly egalitarian, mutually supportive, and sustainable.

1. A [list](#) of many resources on anti-racism for white people, to which I would add the podcast, [Scene on Radio](#), seasons 2 (Seeing White) and 4 (The Land That Has Never Been Yet) of which have been searingly focused on racism and the failure of the United States to ever become the nation that its founders claimed it should be.
2. A [checklist](#) for white folks who want to determine whether and how effective their anti-racist consciousness and actions may be.
3. A [list](#) of resources from the NYT on the connections between social injustice and climate change.
4. A fantastic brief [TED MED talk](#) by Cheryl Holder, an internist from Florida (a colleague of Carissa Caban-Aleman at FIU), who eloquently makes the health arguments that link poverty, racism, and climate change. She is active within the Medical Society Consortium on Climate and Health and is a founder of a clinician climate action organization in Florida.

David Pollack, MD
The check list follows:



Checklist for white allies against racism

How often do you behave as an ally to people of color? Adapted from notes from John Raible: "I devised this checklist after thinking, as a person of color, about the white people I know with whom I have developed some degree of trust. I wanted to articulate the specific behaviors I see them engaging in which lead me to appreciate their actions on behalf of students of color and against racism in general."

Read through the checklist to get a feel for what constitutes "ally behavior" on the part of white anti-racists. How many apply to you! Use this scoring scale: 4 = all the time 3 = most of the time 2 = some of the time 1 = rarely 0 = never

Part I

1. I am present at meetings to make sure anti-racism is part of the discussion.
2. I demonstrate knowledge and awareness of the issues of racism.
3. I use the language and political worldview of anti-racism.
4. I continually educate myself and others about racism.
5. I recognize my own limitations as a white person doing anti-racist work.
6. I raise issues about racism over and over, both in public and in private.
7. I realize "it's not about me." I can be objective and avoid over-personalizing issues that people of color raise.
8. I can identify racism as it is happening.
9. I can strategize and work in coalition with others to advance anti-racist work.
10. I attend to group dynamics to ensure the inclusion of people of color.
11. I support and validate the comments and actions of people of color and other allies. (But not in a paternalistic manner!)
12. I strive to share power with people of color.
13. I take a personal interest in the lives and welfare of individual people of color.
14. I use my privilege to communicate information from the dominant group to people of color.
15. I hold high expectations for people of color.
16. I reach out to initiate contact with people of color.
17. I listen carefully so that I am more likely to understand the needs of people of color.
18. I can adopt and articulate a person of color's point of view when it may be helpful.
19. I can accept leadership from people of color.

Part II (Includes the characteristics in Part I)

1. I work side-by-side with people of color on tasks, projects, and actions.
2. I can debrief with people of color to give and receive "reality checks" and affirmations after meetings, events, and actions.
3. I readily understand—with no explanations necessary—a person of color's position or perception.
4. I have joking relationships with individual people of color.
5. I can vent with and be present for people of color when they need to vent feelings about racism.
6. I debate issues with people of color and take their ideas seriously.
7. I take risks in relating to people of color and take their ideas seriously.
8. I demonstrate shared values with people of color, for example, impatience with the rate of change, anger and injustice, etc.
9. I know the private lives and families of friends who are people of color.
10. I can relax and socialize and be at ease with people of color.

Part III - The following are some problematic areas where white people seem to get stuck. Do they apply to you?

1. I am not clear on the words people of color prefer to use to identify themselves.
2. When people of color point out racism as it is happening, I feel personally attacked.
3. I rely on people of color for education about my own (& institutional) racism.
4. I use meetings and organizing time to establish my anti-racist credentials.