

Magoosh Action Guide

Ways to support in the fight against racism and police brutality

Magoosh stands in solidarity with our Black students and our Black employees during this pivotal moment in the United States. We welcome and encourage anyone to use this resource if they find it helpful.

Please note: this resource is [not meant to burden Black students and employees](#); rather, it is primarily intended for non-Black people who want to deepen their commitment to fighting racism generally and anti-Black racism specifically.

In addition, this is an employee-created action guide. We are all still learning every single day. As we learn to speak better and do better, we will continue to edit and revise this resource.

Actions You Can Take

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Donate To Minnesota-Based Organizations

The below list is courtesy of [Southeastern Theatre Conference, Inc.](#)

- [Black Immigrant Collective](#) - *The Black Immigrant Collective amplifies and makes visible the voices of Black immigrants in Minnesota.*
- [Black Table Arts](#) - *Gathering Black communities through the arts, towards better Black futures.*
- [Centro de Trabajadores Unidos en Lucha](#) - *CTUL is a worker-led organization where workers organize, educate and empower each other to fight for a voice in their workplaces and in their communities.*
- [Du Nord Riot Recovery Fund](#) - *Du Nord Craft Spirits is a Black-owned distillery with a building that was damaged. They've "received a tidal wave of love and support from across the nation and many have asked how they can help... Therefore, Du Nord is establishing this fund to support black and brown companies affected by the riots."*
- **Femme Empowerment Project**- *Venmo @femmeempowermentproject. Skill shares and discussions led by and for QTIBPOC femmes in the twin cities. Creating space for cultural resiliency, healing and ancestral wisdom. Currently organizing supplies and medic trainings.*
- [Isuroon](#) - *Isuroon is a grassroots nonprofit organization working to promote the well-being and empowerment of Somali women in Minnesota and beyond.*
- [Little Earth Residents Association](#) - *Food and safety needs for residents of Little Earth of United Tribes.*
- [Migizi Communications](#) - *MIGIZI Communications advances a message of success, well-being and justice for the American Indian community. Support them rebuilding after fire.*
- [Minnesota Healing Justice Network](#) - *We provide a supportive professional community and mutual aid network for wellness and healing justice practitioners who also identify as IBPOC (indigenous, black, or people of color).*
- [Northside business support](#) - *support businesses on Minneapolis's Northside that have been impacted by recent demonstrations.*
- [Pimento Relief Fund](#) - *We're partnering with Pimento to provide black business without insurance relief after white supremacists set them on fire during the protests.*

- **Powwow Grounds** - send via paypal to angelswann2021@gmail.com - Native-run cafe, currently providing meals to elders, protectors and community, purchasing medical supplies, fire supplies, cooking supplies.
- **[Southside Harm Reduction](#)** - Southside Harm Reduction Services works within a harm reduction framework to promote the human rights to health, safety, autonomy, and agency among people who use substances.
- **[Spiral Collective](#)** - A volunteer full-spectrum reproductive options and support group comprised of doulas, birth-workers, and passionate reproductive justice advocates. based in the Twin Cities area of Minnesota, occupied Dakhóta territories.
- **[Women for Political Change](#)** - Holistically investing in the leadership and political power of young women and trans & non-binary individuals throughout Minnesota.
- **[Unicorn Riot](#)** - A decentralized media organization that has been live-streaming uprisings

Protest (While Staying Safe!)

The following tips are sourced from [@aroseco](#), [@unnff](#), [@lrnsark](#) via Instagram and [Wired](#).

Demonstrating may currently be particularly high-risk given the ongoing Covid-19 pandemic, draconian law enforcement responses, and sporadic violence. **Consider these tips to get involved as safely as possible, use your best judgment, and carefully consider the risk before joining demonstrations.**

General tips

1. Be mindful of your immediate contacts. Are you or those people you live with vulnerable? Consider the best ways for you to participate.
2. If you think you've been exposed or are sick, don't risk getting vulnerable populations sick. Consider providing other forms of virtual support (e.g. logistical, monetary), which we cover in this guide.
3. Protest with a group, so you can keep each other safe.
4. Wear a mask and bring masks to share. (The added benefit of wearing a mask and eye protection also helps with disguising your identity.)
5. Social distancing is still important. Try to maintain distance when you can.

6. Focus on general health upkeep before, during, and after. This means socially distancing, quarantining, abiding by state health recommendations, taking care of yourself physically and mentally, monitoring your symptoms, and remaining conscientious.

Prep

Bear in mind that [police nationwide have reacted with brutal, excessive force](#); take thorough precautions to protect yourself and be vigilant. Do your research on the protest itself and gauge the potential for violence and dress accordingly (long sleeves and an outer layer if possible).

Bring items like the following:

- Bag or backpack
- Multiple bottles of water (sports cap plastic bottles are useful in eye washing if someone has been pepper sprayed or tear-gassed)
- Masks
- Hat and sunglasses/glasses/goggles for eye protection
- Snacks
- Signs
- Change of clothes
- Hand sanitizer
- First aid kits
- Walking shoes
- Cash
- Baby shampoo (in the event of tear gas)
- Emergency contacts outside of the protest who can help in case you need support logistically

Do not:

- wear contact lenses or makeup
- bring your phone unless it's on airplane mode and your biometrics are turned off (here is a [complete list](#) of how to ensure that your phone is totally locked down during the protest)

During

1. **Remember, don't touch your face.** Use hand sanitizer after touching anything. Consider wearing gloves or being mindful of the things you touch.
2. **Drink water frequently.** Staying hydrated is important.
3. **If you get pepper spray or tear gas in your eyes, don't rub them.** Blinking and rinsing is the most effective way to treat them. Rinse eyes with water (and diluted baby shampoo if accessible). DO NOT use milk in the eyes, primarily because the goal is not to neutralize but to flush.
4. **Work to reduce droplet transmission.** Cough and sneeze into your elbow as well as avoid sharing food/drinks, face to face conversations, and touching whenever possible.
5. **Be careful about what you share and blur out protesters to protect their identities.** Document injuries or brutality by the police.
6. **Maintain social distance as much as possible.**

After

1. Change your clothes ASAP after the protest and shower
2. Disinfect your belongings
3. Practice basic health maintenance (including getting sleep and drinking water)
 - a. Mental health upkeep
 - b. Anti-racist education and mutual aid from white and white passing people
4. If possible, consider a two-week quarantine and ask other allies to do the same. It is still possible to transmit COVID-19 without showing symptoms.
5. We strongly encourage you to self isolate and get treated for COVID-19 if accessible to you to maintain your health and that of the community. Monitor yourself for COVID symptoms and be diligent in tending to your physical and mental well-being.

Sign Petitions

- Defund the Minneapolis Police (sponsored by [Reclaim the Block](#) and the [Black Visions Collective](#)). [Sign the petition here](#).
- Civil rights group [Color of Change](#) launched a petition asking that all the officers involved in Floyd's death are brought to justice. [Sign the petition here](#).

- The “Justice for George Floyd” petition on Change.org already has 8.5 million supporters. That sends a big message. [Sign the petition here.](#)
- [Black Lives Matter](#) has called for a national defunding of police. [Sign the petition here.](#)
- There are also petitions started by BLM demanding racial data on Coronavirus. [Sign the petition and read more here.](#)

Practice Non-Optical Allyship

The below list is a reproduction of [10 Steps toward non-optical allyship](#) by Mireille Harper

1. Understand what Optical Allyship is

“Allyship that only serves at the surface level to platform the ‘ally’ - it makes a statement but doesn’t go beneath the surface and is not aimed at breaking away from the systems of power that oppress.” - Latham Thomas

2. Check in on your black friends, family, partners, loved ones, and colleagues

This is an emotional and traumatic time for the community, and you checking in means more than you can imagine. Ask how you can provide support.

- **Magoosh note:** If you are second-guessing whether or not someone you want to check on considers you a friend, it might be best to err on the side of caution and **do not reach out.** Your well-intentioned outreach may actually come across as performative. Please see this [article](#) for more information and look into [education resources](#) instead.

3. Be prepared to do the work

Understand that coming to terms with your own privilege will not be a pretty or fun experience. It is necessary to feel feelings of guilt, shame, and anger throughout the process.

4. Read up on antiracist works

It is not enough to dislike racism, you need to work towards antiracism. The following will be essential for your learning: *Me and White Supremacy* (Layla Saad) and *How to Be an Antiracist* (Ibram X. Kendi)

- **Magoosh note:** Check out our [education resources](#) for more book recommendations.

5. Avoid sharing content which is traumatic

Whatever your intentions, it is vital to consider sharing videos of black people being abused and hurt can be traumatic and triggering for many black people. Avoid sharing this content as it increases the dehumanization of black people.

6. Donate to funds and support initiatives

Consider supporting platforms and initiatives which support black people, such as the [Minnesota Freedom Fund](#), support black-owned funding platforms like [Kwanda](#) and sign petitions. Put your MONEY and PEN where your mouth is.

- **Magoosh note:** If you want to support bail funds across the country, you can do so [here](#).

7. Do not center this narrative around yourself

Whilst it is nice that you can relate and empathize, now is not the time to insert your personal experiences into a narrative that isn't about you. This is actually harmful and takes away from the severity of the situation. Leave your ego.

8. Keep supporting after the outrage

It should not take an act of brutality or the virality of a situation for you to suddenly show your support. Keep supporting black media, black initiatives, charitable organizations and continuing your work AFTER the attention has died down.

9. Stop supporting organizations that promote hate

If you read pieces on media platforms that promote hate or fund [supremacist and hateful organizations](#), you are contributing to the problem. Equally, stop supporting [organizations that love "black culture"](#) but fail to speak up on issues affecting the black community.

10. Start your long-term strategy

How are you making a long-term impact or affecting change? Can you mentor a young person? Can you become a trustee for an organization that supports the black community? Could you offer your time to volunteer? Make the effort to do something valuable over a long-term period.

Educate Yourself

Most of these recommendations are sourced from lists by [Sarah Sophie Flicker & Alyssa Klein](#) and [Artforum](#). Please check out these links for even more amazing resources!

Books

- *Are Prisons Obsolete?* by Angela Davis
- *Assata: An Autobiography* by Assata Shakur
- *Between the World and Me* by Ta-Nehisi Coates
- *Bad Feminist* by Roxane Gay
- *Black Feminist Thought* by Patricia Hill Collins
- *Black Girl Dangerous on Race, Queerness, Class and Gender* by Mia McKenzie
- *Bone Black: Memories of Girlhood* by bell hooks
- *Eloquent Rage: A Black Feminist Discovers Her Superpower* by Dr. Brittney Cooper
- *From #BlackLivesMatter to Black Liberation* by Keeanga-Yamahtta Taylor
- *Heavy: An American Memoir* by Kiese Laymon
- *How To Be An Antiracist* by Ibram X. Kendi
- *I Know Why The Caged Bird Sings* by Maya Angelou
- *I'm Still Here: Black Dignity In A World Made For Whiteness* by Austin Channing Brown
- *Just Mercy* by Bryan Stevenson
- *Me and White Supremacy* by Layla Saad
- *Redefining Realness* by Janet Mock
- *Sister Outsider* by Audre Lorde
- *So You Want To Talk About Race* by Ijeoma Oluo
- *The Autobiography of Malcolm X* by Malcolm X and Alex Haley
- *The Crunk Feminist Collection* edited by Brittney Cooper, Susana Morris, and Robin Boylorn
- *The Bluest Eye* by Toni Morrison
- *The Fire Next Time* by James Baldwin
- *The New Jim Crow: Mass Incarceration In The Age Of Colorblindness* by Michelle Alexander
- *The Warmth Of Other Suns* by Isabel Wilkerson
- *Their Eyes Were Watching God* by Zora Neale Hurston

- *This Bridge Called My Back: Writings By Radical Women Of Color* edited by Cherríe Moraga and Gloria E. Anzaldúa
- *White Fragility: Why It's So Hard For White People To Talk About Racism* by Dr. Robin DiAngelo

Movies/Series/Documentaries*

- [13th](#) - Ava Duvernay (Netflix)
- [American Son](#) - Kenny Leon (Netflix)
- [Dear White People](#) - Justin Simien (Netflix)
- [See You Yesterday](#) - Stefon Bristol (Netflix)
- [When They See Us](#) - Ava Duvernay (Netflix)
- [Time: The Kalief Browder Story](#) - Jenner Furst (Netflix)
- [If Beale Street Could Talk](#) - Barry Jenkins (Hulu)
- [The Hate U Give](#) - George Tillman Jr. (Hulu with Cinemax)
- [Whose Streets?](#) - Sabaah Foleyan (Hulu)
- [Black Power Mixtape: 1967-1975](#) - Göran Olsson (available to rent or stream on Kanopy in some regions)
- [I Am Not Your Negro](#) (James Baldwin Documentary) - Raoul Peck (available to rent or stream on Kanopy)
- [White Like Me](#) - Scott Morris (available to rent or stream on Kanopy)
- [Fruitvale Station](#) - Ryan Coogler (free on Tubi)
- [Just Mercy](#) - Destin Daniel Cretton (free on YouTube, Amazon Prime, and Google Play)
- [Selma](#) - Ava Duvernay (free on Google Play and Amazon Prime)
- [Clemency](#) - Chinonye Chukwu (available to rent)
- [The Black Panthers: Vanguard of the Revolution](#) - (available to rent)

**The streaming suggestions are current as of June 10, 2020 and may be subject to change.*

Podcasts

- [1619](#) by the New York Times
- [About Race](#) by Panoply
- [Code Switch](#) by NPR
- [The Diversity Gap](#) hosted by Bethaney Wilkinson
- [Intersectionality Matters!](#) hosted by Kimberlé Crenshaw

- [Momentum](#) by Race Forward
- [Pod for the Cause](#) by the Leadership Conference on Civil and Human Rights
- [Pod Save the People](#) by Crooked Media
- [Lady Don't Take No](#) hosted by Alicia Garza