



At YOU, Inc., we resolve to recognize and reflect on matters of racial injustice and disparity that continue to impact youth and families we serve. Many members of our team are deeply committed to formally addressing these issues by providing related training, mentoring, and opportunities for thoughtful discussion within their programs and across our agency.

Here are just a few of the many resources we've found that may assist clinicians, educators, social workers, and other professionals who are working to address issues of systemic racism in their community.

Articles:

- [Being Anti-Racist, Not Non-Racist](#)
- [What Is Implicit Bias?](#)
- [Race, Gender and the School-to-Prison Pipeline: Expanding our Discussion to Include Black Girls](#)
- [The Intersectionality Wars](#)
- [White Privilege: Unpacking the Invisible Knapsack](#)

Videos:

- [Moving From Cultural Competence to Antiracism](#)
- [Be The Healing](#)
- [Systemic Racism Explained](#)
- [How Students of Color Confront Impostor Syndrome](#)

Books:

- "Why Are All the Black Kids Sitting Together in the Cafeteria" by Beverly Daniel Tatum
- "The Unapologetic Guide to Black Mental Health" by Rheedra Walker
- "Black Pain" by Terrie M. Williams
- "So You Want to Talk About Race" by Ijeoma Oluo
- "How to be an Anti-Racist" by Ibram X. Kendi
- "Becoming Ms. Burton: From Prison to Recovery to Leading the Fight for Incarcerated Women" by Cari Lynn and Susan Burton

Additional Resources:

- [Western States Center's website - Take the 21 Day Pledge](#)
- [Western States Center's Dismantling Racism: A Resource Book for Social Change Groups](#)
- [Free Podcast/CE course addressing systemic racism](#)
- [Podcast: Brene Brown with Ibram X. Kendi](#)