<table>
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<th>Day</th>
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| Wednesday SEPTEMBER 1 | Educate yourself about: LGBTQ Experience  
                         Time to complete: 15-45 minutes  
                         Listen to an episode of the Outward podcast               |
| Thursday SEPTEMBER 2 | Educate yourself about: Black Experience  
                         Time to complete: 15 minutes / day  
                         Start reading "Caste" if you haven't yet. Plan to attend the book discussion on Sept 21 at 6:30. |
| Friday SEPTEMBER 3  | Educate yourself about: AAPI Experience  
                         Time to complete: 5 minutes  
                         Learn About the Toxic Side of Filial Piety Through Mulan. |
| Saturday SEPTEMBER 4 | Educate yourself about: Allyship  
                         Time to complete: 10 minutes  
                         9 Phrases Allies Can Say Instead of Getting Defensive |
| Sunday SEPTEMBER 5  | Educate yourself about: Black Experience  
                         Time to complete: 5 minutes  
                         Buy a book from an anti-racist reading list |
MONDAY SEPTEMBER 6
EDUCATE YOURSELF ABOUT: LGBTQ EXPERIENCE
TIME TO COMPLETE: 20 MINUTES

Learn about the history of Pride in Denver.

TUESDAY SEPTEMBER 7
EDUCATE YOURSELF ABOUT: ALLYSHIP
TIME TO COMPLETE: 10 MINUTES

Tough love for mediocre white guys

WEDNESDAY SEPTEMBER 8
EDUCATE YOURSELF ABOUT: EXPERIENCE OF THE SEEING AND HEARING IMPAIRED
TIME TO COMPLETE: 30 MINUTES

Listen to one episode of the Be My Eyes podcast.

THURSDAY SEPTEMBER 9
EDUCATE YOURSELF ABOUT: ALLYSHIP
TIME TO COMPLETE: 10 MINUTES

Canonical reading: Unpacking the Proverbial Knapsack

FRIDAY SEPTEMBER 10
EDUCATE YOURSELF ABOUT: ALLYSHIP
TIME TO COMPLETE: 10 MINUTES

Take an implicit association test.
SATURDAY SEPTEMBER 11
EDUCATE YOURSELF ABOUT: BLACK EXPERIENCE
TIME TO COMPLETE: 20 MINUTES
Learn about the Harlem of the West

SUNDAY SEPTEMBER 12
EDUCATE YOURSELF ABOUT: ALL KINDS OF EXPERIENCES
TIME TO COMPLETE: 5 MINUTES
Follow a new social media account that provides a new perspective

MONDAY SEPTEMBER 13
EDUCATE YOURSELF ABOUT: BLACK EXPERIENCE
TIME TO COMPLETE: 15 MINUTES
The Adultification of Black Girls

TUESDAY SEPTEMBER 14
EDUCATE YOURSELF ABOUT: AAPI EXPERIENCE
TIME TO COMPLETE: 20 MINUTES
Last Week Tonight: Asian Americans

WEDNESDAY SEPTEMBER 15
EDUCATE YOURSELF ABOUT: BLACK EXPERIENCE
TIME TO COMPLETE: 1 HOUR
Choose an episode to learn about a topic in black history you want to know more about
THURSDAY SEPTEMBER 16
EDUCATE YOURSELF ABOUT: BLACK EXPERIENCE
TIME TO COMPLETE: 30 MINUTES

The Case for Reparations

FRIDAY SEPTEMBER 17
EDUCATE YOURSELF ABOUT: MINORITY COMMUNITIES IN COLORADO
TIME TO COMPLETE: 5 MINUTES

Familiarize yourself with the practice of Redlining in Denver

SATURDAY SEPTEMBER 18
EDUCATE YOURSELF ABOUT: BLACK EXPERIENCE
TIME TO COMPLETE: 15 MINUTES

Read about how some in Denver are thinking about reparations

SUNDAY SEPTEMBER 19
EDUCATE YOURSELF ABOUT: AGEISM
TIME TO COMPLETE: 5 MINUTES

Read about ageism in healthcare

MONDAY SEPTEMBER 20
EDUCATE YOURSELF ABOUT: ALLYSHIP
TIME TO COMPLETE: 15 MINUTES

Learn about the intersection of race and the environmental movement
TUESDAY SEPTEMBER 21
EDUCATE YOURSELF ABOUT: BLACK EXPERIENCE
TIME TO COMPLETE: 1 HOUR

Attend the Caste book discussion

WEDNESDAY SEPTEMBER 22
EDUCATE YOURSELF ABOUT: AAPI EXPERIENCE
TIME TO COMPLETE: 30 MINUTES

Choose an episode to learn more about a topic in Asian American history

THURSDAY SEPTEMBER 23
EDUCATE YOURSELF ABOUT: LATINX EXPERIENCE
TIME TO COMPLETE: 10 MINUTES

Here are a few ways you can be an ally outside of Hispanic Heritage Month

FRIDAY SEPTEMBER 24
EDUCATE YOURSELF ABOUT: LGBTQ EXPERIENCE
TIME TO COMPLETE: 10 MINUTES

Educate Yourself About Muxes

SATURDAY SEPTEMBER 25
EDUCATE YOURSELF ABOUT: ALL KINDS OF EXPERIENCES
TIME TO COMPLETE: 30 MINUTES

Take an implicit association test- A different one than before!
SUNDAY SEPTEMBER 26
EDUCATE YOURSELF ABOUT: BLACK EXPERIENCE
TIME TO COMPLETE: 5 MINUTES

Listen to Whitey on the Moon

MONDAY SEPTEMBER 27
EDUCATE YOURSELF ABOUT: BEING THE PERSON YOU WANT TO BE
TIME TO COMPLETE: 5 MINUTES

Remember, you are not the work you do; you are the person you are

TUESDAY SEPTEMBER 28
EDUCATE YOURSELF ABOUT: ALLYSHIP
TIME TO COMPLETE: 5 MINUTES

Move on to being a co-conspirator

WEDNESDAY SEPTEMBER 29
EDUCATE YOURSELF ABOUT: LATINX EXPERIENCE
TIME TO COMPLETE: VARIOUS

Listen to one episode of the Latino USA podcast

THURSDAY SEPTEMBER 30
EDUCATE YOURSELF ABOUT: ALLYSHIP
TIME TO COMPLETE: 10 MINUTES

Assignment: Interrupt the privilege of white silence and tell a friend or family member what you are doing and what you are learning.