



Click each day's links for learning opportunities

30-Day Anti-Racism Challenge

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Understanding White Privilege	Start Reading a Book on being Anti-Racist to Ground your Learning	Things you Don't Have to Think about BIPOC's Think About Every Day	Reflecting on our Experiences of Power + Privilege	Review the Guide to Allyship	Support a Black-owned Restaurant or Business	Understanding Racial Justice
Week 2	Recognizing Racism in your Community	Educate yourself on the History of Bussing in Denver	Being Nice is not Going to End Racism	The Harlem of the West: Learn about Five Points	Understanding Systems of Oppression	Read "Dear White People" from the Annals of Family Medicine	Educate yourself on How to Use your White Privilege to Fight Racism
Week 3	Watch: Being BLACK on the CU Anschutz Medical Campus	Choose Compassion over Prejudice	Understanding White Rage	We Need to Talk about an Injustice	Educate yourself on What it Means to be Anti-Racist	Stepping Back in Order to Elevate your BIPOC Colleagues	Watch a Movie by a Black Filmmaker
Week 4	Understanding White Fragility	What is Your Implicit Bias?	Educate yourself on the Cost of Racism	Understanding Race and Medicine	Listen to a Podcast about American Racism	Understanding the Black Lives Matter Movement	Barack Obama: How to Make this Moment a Turning Point for Change
Day 29	Educate yourself on the Correlation between Racism and Health		Day 30	Advancing from Allyship to Accomplice and Co-Conspirator		<p>This Resource was Adapted from West End House More Resources: CU Anschutz Office of Diversity, Equity and Inclusion More Antiracism Book Recommendations - USA TODAY</p>	