

Strike Out Racism

By Jesus Lemus



What is Anti-Racism

Anti-Racism is the policy or practice of opposing racism and promoting racial equality.

How can you become Anti-racist?

1. Hold friends and family accountable

- Explore, inquire and ask questions(s)
- Acknowledge their feelings
- Restate what they said to check for accuracy
- Exploring Solutions together

2. Attend workshops, events, conferences and protest that focus on race related issues

3. Have intentional conversations with peers, friends, co-workers, etc. with respect to each other's boundaries.

4. Become involved in organizations that support racial justice issues.

5. Avoid usage of stereotypical and normalized, micro-aggressive comments for example: "you sound white", "what are you?"

6. During a national crisis, such as the Covid-19 pandemic, do not scapegoat certain racial and/or ethnic groups for the crisis.



We can all be "pitchers" and become anti-racists to Strike Out Racism! - Jesus

ANTI-RACISM: FIXED TO GROWTH MINDSET

@HOLISTICALLYGRACE

FIXED - COMFORT

"I DON'T KNOW WHERE TO START OR WHAT TO SAY"

"I DON'T WANT TO GET IT WRONG OR GET CALLED OUT"

"IT WON'T MAKE A DIFFERENCE WHAT I DO, NOTHING IS GOING TO CHANGE"

"I DON'T GET INVOLVED IN POLITICS. I DON'T HAVE TIME"

GROWTH - COURAGE

"FIRST I WILL LISTEN/READ/WATCH. I WILL SPEAK AGAINST INJUSTICE"

"I WILL MAKE MISTAKES, NO DOUBT ABOUT IT. I WILL BE GRATEFUL FOR THE LESSON"

"THINGS HAPPEN WHEN I TAKE RISKS AND BECOME PART OF SOMETHING BIGGER"

"THIS IS A HUMAN RIGHTS ISSUE. THIS MATTERS. I WILL MAKE TIME"

This is how I “Strike Out Racism”

I want to contribute to the BLM organization because they support racial equality. I am starting a fundraiser for BLM by selling “Strike Out Racism” buttons I created.



Every human being has a right to feel safe, valued, treated fairly with respect, dignity and humanity !

How will you “Strike Out Racism”

How can you “Strike Out Racism”?

1. Listen to and amplify Black voices
2. Call out bigotry and hate speech
3. Teach children about kindness, fairness and human rights
4. Stand up for people being harassed intervene if it's safe to do
5. Support human rights organizations



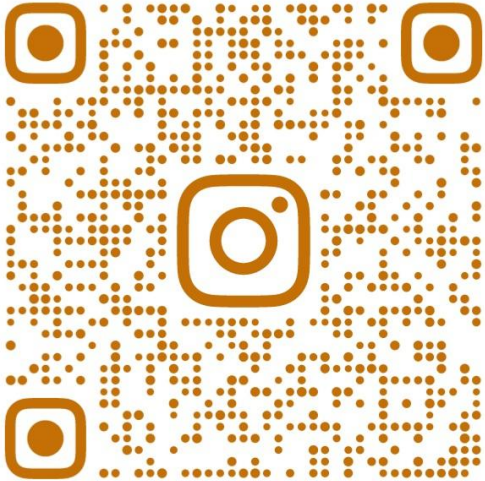
10 Organizations That Support Racial Equality

1. NAACP <https://www.naacp.org/>
2. BYP (Black Youth Project) <http://blackyouthproject.com/>
3. Las Americas Immigrant Advocacy Center <https://las-americas.org/>
4. The American Civil Liberties Union <https://www.aclu.org/>
5. KIND (Kids In Need of Defense) <https://supportkind.org/>
6. Advancement Project <https://advancementproject.org/>
7. Color of Change <https://colorofchange.org/>
8. Live Free USA <http://www.livefreeusa.org/>
9. The National Coalition of Black Civic Participation <https://www.ncbcp.org/>
10. BLM (Black Lives Matter) <https://blacklivesmatter.com/>

You can get involved by supporting any or all organizations above. Click a link and join my movement to “Strike Out Racism”

If you would like to purchase a pin or sticker to support my fundraiser for BLM and “Strike Out Racism” follow me on Instagram! Pins and stickers are Coming soon!!

Thank you in advance for your support!



FOOD4OLIVEYOU