



21 DAY RACIAL JUSTICE CHALLENGE



Student Diversity & Inclusion Services will host a twenty-day Racial Justice Challenge. Each day participants will be asked to complete several tasks designed for them to learn, listen, share, and take action regarding race, racism, and anti-racism.

The challenge will conclude with a guided debrief and discussion hosted by SDIS.

DAY 1

Listen to Martin Luther King Jr. [Three Evils in the World](#) speech.

DAY 2

Watch Megan Ming Francis [Let's Get to the Root of Racial Injustice](#) TEDx Talk.

Attend the SDIS Program— MLK's Lost Speech with Dr. John Wright

DAY 3

- Tracing the origin of "Minnesota Nice": Syl Jones shares his thoughts on Janteloven via MPR audio and text. [Tracing the origin of "Minnesota Nice" | MPR News](#)
- "Why This Started in Minneapolis," by Sarah Holder of CityLab. An interview with five experts on race, culture, and history on the factors that led to George Floyd's death and the resulting uprising in Minneapolis. Provides a deep dive into [Revealing the Divisive History of Minneapolis - Bloomberg](#)

DAY 4

Learn about biracial perspectives

- [Armor: Biracial in the Deep South](#)
- [Little White Lie](#)

DAY 5

- Watch [What it's like to be Muslim in America by Dalia Mogahed](#) (TedTalk)
- Read [Freedom Is a Constant Struggle](#) by Angela Davis.

DAY 6

Watch Ava DuVernay's *13th* on Netflix... better yet watch it with your family and friends.

DAY 7

Watch [Alfre Woodard performing Sojourner Truth's "Ain't I a Woman?"](#) speech.

DAY 8

Read [The Master's Tools Will Never Dismantle the Master's House](#) by Audre Lorde.

DAY 9

- Read [The Bridge Poem](#) by Kate Rushin.
- Read [The Case for Reparations](#) by Ta-Nehisi Coates.

DAY 10

Watch [How microaggressions are like mosquito bites, Same Difference](#) (Oct. 5, 2016)

DAY 11

Watch [Cornel West and Robert George talk free speech, campus memory and courage](#)

DAY 12

Learn about the Latinx immigrant perspective- [Harvest of Empire: The Untold Story of Latinos in America program](#)

DAY 13

- Reflect on Paul Rucker TED talk on [the legacy of systemic racism in the United States](#).
- Listen to [A Decade of Watching Black People Die](#) on NPR's *Code Switch* podcast.

DAY 14

Learn about reality of race and gender bias -- and understand how the two can combine to create even more harm. [Kimberly Crenshaw TED talk](#)

DAY 15

Listen to the [Keep the Fight](#) episode of *Pod Save the People* and read [this article](#), and add at least four artists to your playlist.

DAY 16

[Inform yourself about the racial disparities during COVID-19](#)

DAY 17

- [Check out Minnesota nonprofits providing a platform for the Black community](#)
- Read [Revolutionary Hope: A Conversation Between James Baldwin and Audre Lorde](#)

DAY 18

Explore and read pieces from [History Is a Weapon](#).

DAY 19

- Check out [The 1619 Project](#) from the New York Times.
- Listen to [The Power of Martin Luther King Jr.'s Anger](#)

DAY 20

Watch *I Am Not Your Negro* (available on [Amazon](#) and [Kanopy](#)).

DAY 21

- Watch Britney Cooper's [The Racial Politics of Time](#) TED Talk.
- Donate to the [Equal Justice Initiative](#)
- Send this list to a friend and challenge them to see whether they can devote a small portion of each day for a month to supporting a more just America.

Extra Opportunities as you work through the journey



Reflect

Reflecting and Journaling -take time every day to reflect on what you choose to do, what you're learning, and how you are feeling. Difficult emotions such as shame and anger, though uncomfortable to feel, can guide you to deeper self-awareness about how power and privilege impacts you and the people in your life.

Follow

Follow Racial Justice activists, educators, and organizations on social media. A good way to widen your circle of who you follow is to check out who these organizations - follow, quote, repost, and retweet.

[Teaching Tolerance](#)

[Colours of Us](#)

[Anti-Defamation League](#)

[Define American](#)

[Privilege to Progress](#)

[Black Minds Matter](#)

[Teaching While White](#)

[White Nonsense Roundup](#)

[Conversations with White People: Talking about race](#)

[Race Forward](#)

[Racial Equity Tools](#)

[White Awake](#)