

Summer Wellness Challenge



Additional Resources on Racism, Social Justice and Healthy Inequity

Beach Cities Health District (BCHD) Resources

- [Beach Cities Health District statement on Black Lives Matter](#)
- [BCHD Talk About It Empathy Flyer](#)
- [Hear Dr. Darin Earley speak on “How to Create a Community that Embraces Everyone”](#)
- [Hear Beach Cities students speak about the importance of spreading kindness](#)
- [BCHD Empathy Workshops Summary Resources](#)

Additional Resources

- [Brené Brown with Ibram X. Kendi on How to Be an Antiracist](#)
- [Resources for talking about race, racism and racialized violence with kids](#)
- [George Floyd. Ahmaud Arbery. Breonna Taylor. What do we tell our children?](#)
- [Talking to Kids about Hate in Media](#)
- [Five Tips for Talking to Your Children About Hate Incidents](#)
- [Op-Ed: Kareem Abdul-Jabbar: Don't understand the protests? What you're seeing is people pushed to the edge](#)
- [How Challenging Stereotypes Can Save Black Lives](#)
- [What Our Country Needs Right Now is You](#)
- [Embrace Race webinar link](#)
- [Anti-racism Resources for White People](#): a compilation of resources for white people and parents to deepen our work in anti-racism
- [75 Things White People Can Do for Racial Justice](#): Curated by Medium and updated regularly.
- [Black Lives Taken](#)
- [Christian Cooper racially targeted in Central Park](#)
- [Aversive Racism](#)

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Articles

- The [1619 Project](#) and [1619](#), a podcast, from The New York Times
- [Talking Race With Young Children](#)
- [Shaker Heights Has Tried for 60 Years to Tackle Race](#) with accompanying [podcast](#) from The Washington Post
- [Why Parents Should Talk About Social Identity](#)
- [Teaching Six Year Olds About Power and Privilege](#)

Video Clips

- [A White Mom's Warning](#), CNN
- Ta-Nehisi Coates: [When Every Word Doesn't Belong To Everyone](#)
- Akala: [On using the N-word](#)
- Dr. Robin DiAngelo: [Deconstructing White Privilege](#)
- [What Is Privilege?](#)
- [Life of Privilege Explained in a \\$100 Race](#)
- [Diane Sawyer, Prime Time](#), 1991: Racial Bias in St. Louis revealed via hidden camera
- [The Philippe Matthews Show](#): Perspective on White Privilege with Dr. Eddie Moore, Jr.
- [What's My Complicity?](#) Talking White Fragility with Robin DiAngelo
- [A Trip to the Grocery Store](#): Dr. Joy DeGruy illustrates the power of speaking up