

# Resources on

- ANTI-RACISM AND EQUITY
- LGBTQ+
- DONATIONS, SUPPORT BLACK BUSINESSES - OHIO, AND NATIONAL DONATIONS
- INDIGENOUS
- TRAUMA-INFORMED EDUCATION
- EATING DISORDERS
- FOOD INSECURITY
- ABLEISM
- MENTAL HEALTH

The OhioDance Board of Trustees has prepared this list of resources for the community. This is a starting point. We will continue to update this resource.

# ANTI-RACISM AND EQUITY - RESOURCES

**NPR This List Of Books, Films And Podcasts About Racism Is A Start, Not A Panacea**

**The Deafening Silence of Dance Organizations by Gregory King**

## **Various Articles**

- **[https://ssir.org/articles/entry/the\\_bias\\_of\\_professionalism\\_standards](https://ssir.org/articles/entry/the_bias_of_professionalism_standards)**
- **<https://www.tolerance.org/moment/racism-and-police-violence>**
- **<https://arrow-journal.org/why-people-of-color-need-spaces-without-white-people/>**
- **<https://www.nytimes.com/2020/06/08/opinion/george-floyd-protests-race.html>**
- **<https://parade.com/1046031/breabaker/anti-racist-tv-movies-documentaries-ted-talks-books/>**

## **History**

**The following Resources have been provided by Baraka Sele, Independent Consultant**

- **[Boss: The Black Experience in Business | The Untold Story of ... Rosewood Massacre - HISTORY](#)**
- **[The Tulsa race massacre happened 99 years ago today - CNN](#)**
- **[Black Codes - Definition, Dates & Jim Crow Laws - HISTORY](#)**

# ANTI-RACISM AND EQUITY - RESOURCES

## Books

- Between the World and Me by Ta-Nehisi Coates
- The Water Dancer, By Ta-Nehisi Coates
- On Earth We're Briefly Gorgeous by Ocean Vuong
- The Yellow House by Sarah M. Broom
- Reading Lolita in Tehran by Azar Nafisi
- Born a Crime by Trevor Noah
- Beneath the Tamarind Tree by Isha Sesay
- My Beloved World by Sonia Sotomayor
- Caste: The Origins of Our Discontents by Isabel Wilkerson
- Nickel Boys by Colson Whitehead
- The Hate U Give by Angie Thomas
- In Order to Live: A North Korean Girl's Journey to Freedom by Yeonmi Park

- Understanding & Dismantling Racism: A Booklist for White Readers
- White Fragility: Why It's So Hard for White People to Talk About Racism by Robin DiAngelo (Author)
- Waking Up White, and Finding Myself in the Story of Race by Debby Irving
- Why Are All the Black Kids Sitting Together in the Cafeteria: And Other Conversations About Race by Beverly Daniel Tatum
- How to be an AntiRacist by Ibram X. Kendi
- So you want to talk about Race by Ijeoma Oluo
- The New Jim Crow: Mass Incarceration in the Age of Colorblindness by Michelle Alexander  
Yearning: Race, Gender, and Cultural Politics Paperback by bell hooks
- Ain't I a Woman: Black Women and Feminism Paperback by bell hooks
- Belonging: A Culture of Place by bell hooks

## White Fragility Mix Tape

### Instagram Accounts

- The Conscious Kid

# **LGBTQ+ RESOURCES:**

## **VIDEOS**

**Understanding LGBTQ+ Identity: A Toolkit for Educators**

- [https://youtu.be/Ap\\_aM94vDWc?si=t\\_Non09xlzCB-S85](https://youtu.be/Ap_aM94vDWc?si=t_Non09xlzCB-S85)

**LGBTQ | How You See Me**

- <https://youtu.be/wxHHstcyP4I?si=fW767hybB9f8Up76>

**"Dance is a form of survival for the LGBT community"**

- [https://youtu.be/8\\_7wX2qNqbs?si=uRr6dzjutINmR8LK](https://youtu.be/8_7wX2qNqbs?si=uRr6dzjutINmR8LK)

**LGBTQ+ Performing Arts Resources at the Library of Congress**

- <https://guides.loc.gov/lgbtq-performing-arts/event-videos>

## **WEBSITES**

**LGBTQ+ Performing Arts Resources at the Library of Congress**

- <https://guides.loc.gov/lgbtq-performing-arts>

**LGBTQ+ Performing Arts Resources at the Library of Congress: Other LGBTQ+ Resources**

- <https://guides.loc.gov/lgbtq-performing-arts/other-resources>

**Resources for LGBTQ Youth By State**

- [https://legacy.lambdalegal.org/sites/default/files/publications/downloads/fs\\_resources-for-lgbtq-youth-by-state\\_1.pdf](https://legacy.lambdalegal.org/sites/default/files/publications/downloads/fs_resources-for-lgbtq-youth-by-state_1.pdf)

## **BOOKS**

- [Queer Dance 1st Edition](#)
- [Sense of Shifting: Queer Artists Reshaping Dance](#)
- [Queer Tango Politics: or Why I think as I Do](#)
- [Lesbian, Gay, Bisexual, Trans, Intersex, and Queer Psychology: An Introduction 2nd Edition](#)
- [We Came to Dance: A Queer Anthology Benefitting Club Q.](#)
- [The Queer Encyclopedia of Music, Dance, and Musical Theater](#)
- [A Queer History of the Ballet / Edition 1](#)
- [Black Queer Dance: Gay Men and the Politics of Passing for Almost Straight](#)

# **LGBTQ+ RESOURCES:**

## **ARTICLES**

- **Promoting LGBTQ Identity and Preserving History:** <https://stanceondance.com/2020/01/13/promoting-lgbtq-identity-and-preserving-history/>
- **The Rise of Queer-Friendly Social Dances:** <https://www.dancemagazine.com/queer-friendly-social-dancers/#gsc.tab=0>
- **Queer Dance Theory: On Smashing the Heteropatriarchy, Creating Body- and Sex-Positive Dances, and What it Means to be a Queer Artist:** <https://www.spectrumsouth.com/queer-dance-theory/>
- **Never Stop Dancing: On Dance and Queer Sensibility:** <https://chireviewofbooks.com/2023/09/26/never-stop-dancing-on-dance-and-queer-sensibility/>
- **LGBTQIA+ Dance: An Evolving Guide for the Future of Dance Education:** <https://digitalcommons.sacredheart.edu/cgi/viewcontent.cgi?article=2230&context=acadfest>
- **Queer Embodiment and Dance:** <https://medium.com/@sophiemarie540/queer-embodiment-and-dance-38604fdf3a22>
- **queerness in dance:** <https://swoppt.co/queer-dance/>
- **Dancing after the COVID pandemic helped me embrace my full queer self:** <https://www.lgbtqnation.com/2024/08/dancing-after-the-covid-pandemic-helped-me-embrace-my-full-queer-self/>
- **Dancing Beyond the Gender Binary:** <https://www.ladancechronicle.com/dancing-beyond-the-gender-binary/>

# **DONATIONS, SUPPORT BLACK BUSINESSES - OHIO, AND NATIONAL DONATIONS**

**Where to send donations National donations and ways to take immediate action:**

- **NAACP Columbus**
- **Columbus Urban League**
- **Know Your Rights Camp**
- **Columbus Freedom Fund**

**Support Black businesses - Ohio**

- **<https://coaacc.org/index.html>**
- **<https://www.supportblackowned.com/states/oh>**
- **<https://www.columbusnavigator.com/black-owned-businesses-columbus/>**
- **<https://dayontechguide.com/if-youre-looking-to-shop-black-owned-businesses/>**

**National donations and ways to take immediate action:**

- **[National Bail Fund Network via the Community Justice Exchange](#)**
- **[NAACP Legal Defense Fund](#)**
- **[Communities United Against Police Brutality](#)**
- **[Black Lives Matter](#)**
- **[Movement for Black Lives](#)**
- **[Black Visions Collective](#)**

# **INDIGENOUS RESOURCES:**

## **VIDEOS**

**Reclaiming Indigenous Identity through Dance | The Express Way with Dulé Hill**

- <https://thinktv.pbslearningmedia.org/resource/reclaiming-indigenous-identity-dance-video-gallery/express-way-with-dule-hill/>

**Git-Hoan Raven Dance | Native American Culture**

- <https://thinktv.pbslearningmedia.org/resource/natam.arts.dance.gitraven/native-american-culture-git-hoan-raven-dance/>

**Collection: Indigenous Dance**

- <https://resourcebank.ca/curated-collections/291>

## **WEBSITES**

**The Native Dance web project**

- <https://native-dance.ca/en/home/>

**Dancing Earth Creations**

- <https://www.dancingearth.org/>

**Native Spirit Productions**

- <https://nativespirit.com/native-american-dances/>

## **BOOKS**

- **Dancing Indigenous Worlds: Choreographies of Relation**
- **Indigenous Dance and Dancing Indian: Contested Representation in the Global Era**
- **Native American Dance: Ceremonies and Social Traditions**
- **Native American Dance Steps**
- **Medicine Dance: One Woman's Healing Journey into the World of Native American Sweatlodges, Drumming, Meditations and Dance Fasts**

# **INDIGENOUS RESOURCES:**

## **ARTICLES**

- **On Indigeneity Unboxing the term “Indigenous dance artist” with three generations:** <https://thedancecurrent.com/article/on-indigeneity/>
- **Indigenous dance as a medium for participatory learning: a study of ‘a dance into manhood’ as a paradigm:** <https://www.ajol.info/index.php/mjas/article/view/117867>
- **Native Dance Now: Body and Spirit:** <https://www.danceusa.org/ejournal/2020/10/20/native-dance-now-body-and-spirit>
- **Choreographing Relationality” in “Dancing Indigenous Worlds”:** <https://manifold.umn.edu/read/dancing-indigenous-worlds/section/77f54999-410a-4468-99b0-a8b2c424034b>
- **How the Indigenous Community Is Using Dance as a Way to Heal:** <https://www.vogue.com/article/tony-violet-duncan-indigenous-dancers-heroes-heroines>
- **Recovering Stolen Dances: Until 1951, Indigenous dances were banned by law:** [https://thedancecurrent.com/article/recovering-stolen-dances/#google\\_vignette](https://thedancecurrent.com/article/recovering-stolen-dances/#google_vignette)



# **TRAUMA-INFORMED EDUCATION RESOURCES:**

## **VIDEOS**

**Video Demonstration of the Trauma-Informed Teaching Practices for Dance Educators Online Course**

- [https://us.humankinetics.com/blogs/articles/video-demonstration-of-the-trauma-informed-teaching-practices-for-dance-educators-online-course?srsId=AfmB0oqVKs4kVHeMTSn\\_yKuDZxSEQ8fg6tzck9zoiNeGteEX2xC-HmR](https://us.humankinetics.com/blogs/articles/video-demonstration-of-the-trauma-informed-teaching-practices-for-dance-educators-online-course?srsId=AfmB0oqVKs4kVHeMTSn_yKuDZxSEQ8fg6tzck9zoiNeGteEX2xC-HmR)

**Trauma-Informed Dance Tutorials + Tips**

- <https://www.youtube.com/playlist?list=PLXEkBrpuapPlxqT9KMscElrI7CpK4sblq>

**Becoming Trauma Sensitive through the Trauma Dance | Becca Johnson | TEDxLSSC**

- <https://youtu.be/1pjORNVIFtM?si=Bee1RGQg1pqkYwzQ>

## **WEBSITES**

**The Language of Trauma-Informed Teaching in Dance**

- <https://www.ndeo.org/Latest-News/View/ArticleId/11454/The-Language-of-Trauma-Informed-Teaching-in-Dance>

**Welcome to additional resources for Trauma-Informed Teaching Practices for Dance Educators!:**

- <https://www.mollywschenck.com/traumainformedteachingdanced>

## **BOOKS**

- [\*\*Becoming a Trauma-informed Restorative Educator\*\*](#)
- [\*\*Equity-Centered Trauma-Informed Education\*\*](#)
- [\*\*The Waggle Dance: How the Language of Bees Can Transform Your Life Experiences into Your Greatest Lessons\*\*](#)
- [\*\*Building a Trauma-Informed Restorative School: Skills and Approaches for Improving Culture and Behavior\*\*](#)
- [\*\*Becoming Trauma Informed\*\*](#)

# **TRAUMA-INFORMED EDUCATION RESOURCES:**

## **ARTICLES**

- **Dance and the Violated Body: Trauma-Informed Frameworks for Dance in Non-Clinical Settings: <https://www.tandfonline.com/doi/abs/10.1080/15290824.2023.2183503>**
- **Embodying care: Trauma-informed practice in community dance: [https://intellectdiscover.com/content/journals/10.1386/jaah\\_00156\\_1](https://intellectdiscover.com/content/journals/10.1386/jaah_00156_1)**
- **Finding Our Way Home Through Trauma Informed Dance: <https://sherecovers.org/trauma-informed-dance/>**
- **Dance Health Practicing trauma sensitivity in your dance studio: <https://www.danceinforma.com/2019/09/02/practicing-trauma-sensitivity-in-your-dance-studio/>**
- **Impact of dance therapy on adults with psychological trauma: a systematic review: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10334851/>**

# **EATING DISORDERS RESOURCES:**

## **Eating Disorders information and resources**

Free virtual support groups put on by the National Alliance for Eating Disorders. They have a group for clients (ages 18+), LGBTQ/ED specific, and one for friends and family.  
<https://www.allianceforeatingdisorders.com/eating-disorder-support-groups-and-programs/#locations>

## **Books:**

- [Fearing the black body by Sabrina String.](#)
- [Belly of the Beast: The politics of anti-fatness as anti-blackness.](#)

## **Podcasts:**

- **Be Well Sis: Yes, Black Women Get Eating Disorders Too-** Guest, Alishia McCollough is a North Carolina based therapist, author, poet, and social justice worker. She discusses Her journey and experience as a Black Therapist Eating Disorders and Disordered eating in Black and Brown communities' Racial disparities in diagnosing eating disorders in marginalized communities.  
<https://podcasts.apple.com/us/podcast/be-well-sisthepodcast/id1499263255?i=1000469736205>
- **Maintenance Phase: The Body Mass Index-** The BMI is EVERYWHERE. But is it scientific or scientif-ish? While many Americans think of the body mass index as an objective measure of health, its history reveals a more complicated story. This week, Mike and Aubrey tackle the first in a two-part series about the BMI and the "Obesity Epidemic."  
<https://podcasts.apple.com/us/podcast/the-body-massindex/id1535408667?i=1000530850955>

## **Articles:**

- **What I Wish Someone Told Me as a Black Girl Struggling with an Eating Disorder:**  
<https://theeverygirl.com/black-girl-eating-disorder/>
- **It's Time to Correct the Narrative Surrounding Black Girls and Eating Disorders:**  
<https://www.shondaland.com/live/body/a30171323/black-girls-eating-disorders/>
- **Minority Women: The Untold Story:**  
<https://www.pbs.org/wgbh/nova/thin/minorities.html>
- **When Black Girls Hear That 'Our Bodies Are All Wrong:**  
<https://www.nytimes.com/2020/02/21/opinion/sunday/black-women-eating-disorders.html>
- **It's More than Just Stigma: Systemic Barriers to Eating Disorder Treatment:**  
<https://diversity.ncsu.edu/news/2021/02/11/its-more-than-just-stigma-systemic-barriers-to-eating-disorder-treatment/>

## **Videos:**

- <https://www.youtube.com/watch?v=wMVpM6sYRxg>
- <https://www.verywellmind.com/race-racism-and-eating-disorders-5076344>
- <https://www.beateatingdisorders.org.uk/news/beat-news/eating-disorder-stereotypes-prevent-help/> (there are a few good videos at the bottom of this page)
- <https://www.ymcasd.org/about-y/news-center/social-services/representation-why-it-matters-therapy#:~:text=Distrust%20amongst%20BIPOC%20populations%20is,same%20system%20through%20lived%20experiences.>

# **FOOD INSECURITY RESOURCES:**

## **VIDEOS**

**Navigating Food Insecurity: Understanding the Complexities of the Food Environment - 10/24/23**

- [https://youtu.be/\\_3AiSc8Va\\_s?si=vpPKG6w-81Z6Z5Z7](https://youtu.be/_3AiSc8Va_s?si=vpPKG6w-81Z6Z5Z7)

**The fight to improve food security**

- <https://www.bbc.com/reel/video/p09vcztk/the-fight-to-improve-food-security>

**What is food insecurity and why is it a problem?**

- [https://youtu.be/SpsXHTiRzvA?si=fV05eB\\_3sYQxXLba](https://youtu.be/SpsXHTiRzvA?si=fV05eB_3sYQxXLba)

## **WEBSITES**

**Dance as an Artist Fuel as an Athlete**

- <https://dancenutrition.com/>

**Teen Uses Her Passion for Dance to Advocate for Food Security:**

- <https://www.pointsoflight.org/awards/teen-uses-her-passion-for-dance-to-advocate-for-food-security/>

## **BOOKS**

- **Reinventing Food Banks and Pantries: New Tools to End Hunger**
- **Nourishing Dance: An Essential Guide on Nutrition, Body Image, and Eating Disorders**
- **Food Insecurity (Critical Food Studies)**
- **The Cold-And-Hunger Dance**

# **FOOD INSECURITY RESOURCES:**

## **ARTICLES**

- **Let Yourself Be Moved: Raising Compassion for Food Justice through Contemplative Dance Performance:** <http://dancercitizen.org/issue-10/candice-salyers/>
- **Dancers and Overeating:** <https://dancenutrition.com/binge-eating/>
- **Dance Away Hunger:** <https://barharborstory.com/2022/09/03/dance-away-hunger/>
- **Why Dancers Need Adequate Nutrition for Whole Body Health:** <https://www.childrenscolorado.org/conditions-and-advice/sports-articles/sports-nutrition/dance-nutrition/>
- **The Most Common Nutrition Concerns Amongst Dancers:** <https://dancenutrition.com/nutrition-concerns-dancers/>

# **ABLEISM RESOURCES:**

## **VIDEOS**

### **Breaking Barriers of Ableism Through Dance**

- [https://youtu.be/JA1Xfw6\\_83w?si=EwMacp93-6ursrJV](https://youtu.be/JA1Xfw6_83w?si=EwMacp93-6ursrJV)

### **Dancing Disability Lab 2022**

- <https://dslabs.ucla.edu/videos/dancing-disability-lab-2022/>

### **Beyond Access Conference 2021 - Dance, activism and structures of ableism within the performing arts - Skånes Dansteater**

- <https://vimeo.com/656544550>

## **WEBSITES**

### **Dance and Ableism**

- <https://danz.org.nz/dance%20and%20ableism>

### **Disability and Ableism: What Are They?**

- <https://www.dancewearcenter.net/blog/2021/7/9/disability-ableism>

## **BOOKS**

- [Principles of Movement](#)
- [Dancing Is the Best Medicine: The Science of How Moving To a Beat Is Good for Body, Brain, and Soul](#)
- [Dance Movement Therapy and Psycho-social Rehabilitation](#)
- [Performance Psychology for Dancers](#)

# **ABLEISM RESOURCES:**

## **ARTICLES**

- **Ableism in Dance and Disabled Dancers:** <https://disco.teak.fi/tanssin-historia/en/ableism-in-dance-and-disabled-dancers/>
- **Addressing ableism in dance:** <https://www.artsprofessional.co.uk/magazine/good-read/addressing-ableism-dance>
- **Ableism in Motion. On Dramaturgy and Documentation of Diverse Dance:** <https://www.disabilityartsinternational.org/wp-content/uploads/2022/02/2022-0702-Ableism-in-Motion-DEF-EN-version.pdf>
- **Philosophy of dance and disability:** <https://philarchive.org/archive/HALPOD>
- **The Facilitation of Ableism in Dance Audience Members:** <https://ecommons.luc.edu/cgi/viewcontent.cgi?article=1885&context=ures>

# **MENTAL HEALTH RESOURCES:**

## **VIDEOS**

**The Battle in my Mind - Mental Health Interpretive Dance**

- <https://youtu.be/PlaVLdTkrek?si=wDrq5MjGjz1Kas0l>

**How We Can Dance Our Way to Better Mental Health | Anna Duberg | TEDxKI**

- [https://youtu.be/\\_OR\\_0n41y90?si=IEHLQd7tmA0n1pv1](https://youtu.be/_OR_0n41y90?si=IEHLQd7tmA0n1pv1)

**Ballet & I // Award-Winning Dance Mental Health Documentary**

- <https://youtu.be/a6eQp0jnHU4?si=aHtGAdiKVcxW9TpP>

**Mental Health PIECE | Dance**

- <https://youtu.be/9Jdtva4bqTo?si=NJ4krBnBzl8v3ScY>

## **WEBSITES**

**dancer mental health: Home | Minding the Gap**

- <https://www.wearemindingthegap.com/>

**Navigating Mental Health in the World of Dance**

- <https://mentalhealthmissions.com/navigating-mental-health-in-the-world-of-dance/>

## **BOOKS**

- [\*\*The Ballerina Mindset: How to Protect Your Mental Health While Striving for Excellence\*\*](#)
- [\*\*Dance Psychology for Artistic and Performance Excellence\*\*](#)
- [\*\*Mind over Monsters: Supporting Youth Mental Health with Compassionate Challenge\*\*](#)
- [\*\*Psychology for Dancers Theory and Practice to Fulfil Your Potential\*\*](#)



# **MENTAL HEALTH RESOURCES:**

## **ARTICLES**

- **The Benefits of Dance on Mental Wellbeing: <https://www.mhainde.org/the-benefits-of-dance-on-mental-wellbeing/>**
- **Dancing may be better than other exercise for improving mental health: <https://www.sydney.edu.au/news-opinion/news/2024/02/12/dancing-may-be-better-than-other-exercise-for-improving-mental-h.html>**
- **Dance Is Therapy-But Dancers Need Better Mental Health Care: <https://dancespirit.com/dancer-mental-health-care/#gsc.tab=0>**
- **'Free moving' dance has healing benefits for mental health: <https://www.uclahealth.org/news/article/free-moving-dance-has-healing-benefits-for-people-with-mental-health-concerns>**
- **Dance Is a Powerful Tool for Emotional and Physical Health: <https://www.psychologytoday.com/us/blog/off-the-couch/202307/dance-is-a-powerful-tool-for-emotional-and-physical-health>**



**THANK  
YOU!**