



Resources on Anti-Racism, Equity, Trauma-Informed Education, Food Insecurity, Ableism, and 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, Equity

Curriculum/Articles/Pedagogical Resources

<https://docs.google.com/document/d/1NQvGCedXRvyvtraxQxGFCsxr80-Px5TXMizjnHFACjE/edit?usp=sharing>

https://docs.google.com/document/d/1BRIF2_zhNe86SGgHa6-VIBO-QgirlTwCTugSfKie5Fs/mobilebasic

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

<https://www.npr.org/sections/codeswitch/2020/06/06/871023438/this-list-of-books-films-and-podcasts-about-racism-is-a-start-not-a-panacea>

Smithsonian Magazine History of Racism in America

https://www.smithsonianmag.com/history/158-resources-understanding-systemic-racism-america-180975029/?fbclid=IwAR2W69COhvU90MosLe6U5JtndJg-DsLa_tPzorRxceKvhFhn-6apXIBQ_E

10 Documentaries To Watch About Race Instead Of Asking A Person Of Color To Explain Things For You

https://www.docplay.com/articles/10-documentaries-to-watch-about-race-instead-of-asking-a-person-of-colour-to-explain-things-for-you/#.XuWL8V6_asq.facebook

The Deafening Silence of Dance Organizations by Gregory King

<https://thinkingdance.net/articles/2020/06/12/3/The-Deafening-Silence-of-Dance-Organizations/>

Yale University offers a free course, called "[African American History: From Emancipation to the Present](https://www.fox5dc.com/news/yale-university-offers-free-course-on-african-american-history-from-emancipation-to-the-present)," which covers many key events in black history from 1863 to the present day.

<https://www.fox5dc.com/news/yale-university-offers-free-course-on-african-american-history-from-emancipation-to-the-present>

Anti-Racism Resources <https://www.californiansforthearts.org/anti-racism-resources>

SFUSD: Family Resources for Talking About Race and Social Justice

<https://www.sfusd.edu/services/family-supports-services/family-resources-talking-about-race-social-justice-us>

Shakti Butler with World Trust

<https://www.world-trust.org/shaktibutler>

https://www.world-trust.org/mirrors-of-privilege-making-whitene?gclid=EAlaIqObChMlovTZzcXZ6QIVDfDCh3H1w2CEAYASAAEgLI2PD_BwE

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](#)

Various articles

https://ssir.org/articles/entry/the_bias_of_professionalism_standards

<https://www.tolerance.org/moment/racism-and-police-violence>

<https://www.edutopia.org/blog/anti-racist-classroom-danielle-moss-lee>

<https://libguides.usc.edu/c.php?g=756583&p=5976573>

<https://www.edweek.org/ew/articles/2020/02/07/all-teachers-need-therapy-white-teachers-need.html>

https://philanos.org/resources/Documents/Conference%202020/Pre-Read%20PDFs/Continuum_AntiRacist.pdf

<https://arrow-journal.org/why-people-of-color-need-spaces-without-white-people/>

https://medium.com/@kaijohnson_54513/enough-already-with-the-statements-of-solidarity-arts-world-c2d1ee03e899

[Broadway Advocacy Coalition Plans Three-Day Forum On Industry Racism](#)

https://www.huffpost.com/entry/us-needs-reparations-black-americans_n_5ede5dfbc5b6fb8854dd8d00

<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/>

<https://minnesotaplaylist.com/magazine/article/2020/phrases-we-should-work-to-eliminate-in-the-rehearsal-room>

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

<https://www.dirtdmv.com/writing/white-fragility-mixtape>

Instagram Accounts

[The Conscious Kid](#)

[Shifting the Culture](#)

Indigenous Organization Support

Land acknowledgment alone is not enough. It's merely a starting point. Ask yourself: how do I plan to take action to support Indigenous communities? Some examples of ways to take action:

- Support Indigenous organizations by donating your time and/or money.
- Support Indigenous-led grassroots change movements and campaigns. Encourage others to do so.
- Commit to returning land. Local, state, and federal governments around the world are currently returning land to Indigenous people. Individuals are returning their land, too. Learn more about your options to return your land.

<https://resourcegeneration.org/land-reparations-indigenous-solidarity-action-guide/>

Resources to combat Anti-Asian Racism

<https://www.americansforthearts.org/news-room/americans-for-the-arts-news/resources-to-combat-anti-asian-racism>

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://daytontechguide.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](#)

Trauma-Informed Education

BOOKS

Onward by Elena Aguilar

Dance Pedagogy for a Diverse World: Culturally Relevant Teaching in Theory, Research and Practice by Nyama McCarthy-Brown

Culturally Responsive Teaching and the Brain by Zaretta Hammond

Teaching to Transgress by bell hooks

Decoding the Disciplines Helping Students Learn Disciplinary Ways of Thinking by David Pace

Critical Race Theory and Copyright in American Dance Whiteness as Status Property by Caroline S. Picart.

Dance Education and Responsible Citizenship by Karen Schupp

Creative Ballet Teaching: Technique and Artistry for the 21st Century Ballet Dancer by Cadence Joy Whittier

ARTICLES

“Diversity Issues in Movement Observation and Assessment” by Christine Caldwell from *American Journal of Dance Therapy* (only abstract and references available for free):
<https://link.springer.com/article/10.1007/s10465-013-9159-9>

“Myth of a Universal Dance Language” by Cheryl Stock from *Asia Pacific Dance Bridge: Academic Conference, Papers and Abstracts*: https://eprints.qut.edu.au/348/1/stock_myth.PDF

“Somatic Authority and the Myth of the Ideal Body in Dance Education” By Jill Green from *Dance Research Journal*: http://libres.uncg.edu/ir/uncg/f/J_Green_Somatic_1999.pdf

“Calling Out Micro-aggressions In The Dance Community” by Chelsea Hupolowski from *Dance Plug*: <https://www.danceplug.com/articles/calling-out-microaggressions-in-the-dance-community>

“Applying Somatic Dance in Diverse Settings” outline by Martha Eddy from *2nd International Conference on Somatics-Based Dance Education* at Dean College:
<http://desmtt.movingoncenter.org/Files/ApplyingSomaticDanceinDiverseSettings.pdf>

“Tools for Cultural Appreciation (The Antidote to Appropriation)”

This article is adapted from “Embrace Yoga’s Roots: Courageous Ways to Deepen Your Practice” by Susanna Barkataki. *Yoga International*:

<https://apple.news/AmDtQbXkVRBGmdwQ2kbUz1w>

“Towards Critical Embodiment of Decolonizing Yoga” by Sheena Sood. *Race and Yoga*.

<https://escholarship.org/uc/item/9bx1x7wc>

“Even Spirit Has No Place to Call Home: Cultural Appropriation, Microaggressions, and Structural Racism in the Yoga Workplace” by Lakshmi Nair. *Race and Yoga*.

<https://escholarship.org/uc/item/8mn5k1m1>

“The Dharma of Trauma” by Lama Rod Owens.

https://www.spiritualityhealth.com/articles/2021/02/10/the-dharma-of-trauma?utm_source=ActiveCampaign&utm_medium=email&utm_content=Bookmark%3A+S+H+Shares+the+Top+of+the+Stack&utm_campaign=Bookmark+-2-26-2021&vgo_ee=hfd2DgOWcwHWJH7JRDANaer93yROMAYECJF24B5eAdw%3D

VIDEOS

“Katherine Dunham on Overcoming 1940s Racism”

https://www.youtube.com/watch?v=R_hOPBtv5-c

Zaretta Hammond "Culturally Responsive Teaching" at the San Francisco Public Library

<https://www.youtube.com/watch?v=ME8KjyqthM&t=6s>

WEBSITES

Online Teaching Can Be Culturally Responsive

<https://www.tolerance.org/magazine/online-teaching-can-be-culturally-responsive>

Four Core Priorities for Trauma-Informed Distance Learning

<https://www.kqed.org/mindshift/55679/four-core-priorities-for-trauma-informed-distance-learning>

The Racial Justice Art & Story Sessions Toolkit <http://bit.ly/allfreestory>)

Includes art-based activities to encourage introspection, imagination, and visionary solutions to address anti-Black racism and stand with immigrants and refugees. The guide leads participants through questions about how these issues intersect with their own stories. It’s designed to engage young people and adults, and is great for your circle of friends, book clubs, youth ministries, parent groups, community organizations, and more.

Food Insecurity/Eating Disorders

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>

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/>

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-sis-thepodcast/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>

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.>

Books:

Fearing the black body by Sabrina String.

Belly of the Beast: The politics of anti-fatness as anti-blackness.

Ableism:

Demystifying Disability: What to Know, What to Say, and How to Be an Ally What to Know, What to Say, and How to Be an Ally By: Emily Ladau

Mental Health:

<https://www.thelantern.com/2019/10/mental-health-physical-expression/>