

Things We Can Do Now to End Racism in Our Community!

When it comes to defeating racism and prejudice, there isn't just one right way to make a difference, there are many. The most important thing you can do is to find some way to act, right now, right where you are. Here are several ideas to get you started.

Be Aware of Our Own Prejudices

We all have biases and prejudices because we have all been exposed to racist images, ideas, etc. It is important to be aware of our own prejudices so we can choose new thought patterns and actions.

Educate Ourselves

We all need to expand our world view to better understand this difficult and persistent problem. See our resource list for great places to start or to continue learning.

Talk with Children and Youth about Racism

Children are getting prejudiced messages from all around them. We need to openly talk about racism with the children in our lives so they learn the values of fairness and equality.

Speak Up When We Hear Something Hurtful

It's always hard to know the right thing to say in the moment, but all we need is the courage to say "That doesn't seem right" and start the conversation.

Show Up in Person

Be physically present at a rally, march, or other event challenging racism.



Be a Healing Presence

If someone you know has experienced racism, try not to explain away their experience. Instead listen with an open heart. Healing begins when others care enough to hear somebody else's pain.

Be a Witness

If you ever see a person in a position of power mistreating someone, stay and be a witness. You have a right to film law enforcement or other officials if necessary. The ACLU and other organizations have apps to help you do so.

Tutor an English Learner

Helping someone learn English communicates the powerful message that you value and care about the other person. This is also a great way of expanding your own perspective and understanding the ethnic prejudices immigrants face. Learn more at mnliteracy.org, 651-645-2277 or contact your local school district.

Tell Elected Officials We Care

Email or pick up the phone to let those who make decisions for our community and nation know that we care about racial justice and are paying attention to their action or inaction.

Find Your Own Ways to Speak Up and Act Against Racism

Look for opportunities to speak out against racism in everything you do. It is going to take all of us working together to ensure our community is a place where everyone is truly welcomed and affirmed.

Use the Arts to Explore Anti-Racism

Write, paint, or dance about the human experience of racial justice. Join or start a peace and justice choir or theater group.

Be a Good Neighbor to People of All Backgrounds

Everyday acts that are kind and respectful help to build good will across all kinds of differences.

Make Everyday Connections with People of Other Ethnic Backgrounds

Shyness around people with different backgrounds can come across as indifference or worse. A warm smile and greeting communicates respect and genuine welcome.

Invite and Hear Other Voices and Perspectives

Look for underrepresented voices in your work and community life. Ask who isn't at the table and figure out how to get them there.

Expose Children (& Adults) to other Cultures

Attend festivals, art events, or watch films about people from other cultures or ethnic backgrounds.

Don't Be Afraid to Make Mistakes

We will all stumble in this work. It is far more important to speak up and act imperfectly, than to do nothing and reinforce a hurtful and deadly system of hate.

Become Active in an Anti-Racist Organization

Join a local chapter of the NAACP, SURJ (Showing up for Racial Justice), Black Lives Matter, or other anti-racist organizations. Or, start a chapter!

The beauty of the world lies in the diversity of its people.

I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality.

~Martin Luther King, Jr., Nobel Prize Acceptance Speech

No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.

~Nelson Mandela