



# *MESSAGE FROM EQUITY & DIVERSITY*

---

Old Dominion University has a long and proud legacy of commitment to the principles of equality and equal opportunity for all students, faculty, and staff.

Diversity, equity, and inclusive excellence are the values that form the pillar of our campus community. Our collective success in furthering that community depends on how we individually seek to operationalize what it means to be inclusive.

You will find a collection of resources including articles, books, podcasts, videos, and programs about a range of topics addressing different facets and dimensions of structural racism and inequities.

We hope this information is useful as we do our parts, individually and as a Monarch community, to identify a positive path forward.

We will update this guide as new content becomes available. We will also be adding discussion protocols and study guides for the resources. Please share these resources with others, and also share with us any resources we may have overlooked by contacting us at [equityanddiversity@odu.edu](mailto:equityanddiversity@odu.edu).

A note of thanks to <sup>C</sup>colleagues in the Perry Library

---

## Study Guide/Protocol

### [My Grandmother's Hands](#) | Resmaa Menakem

Resmaa Menakem examines the damage caused by racism in America from the perspective of body-centered psychology. He argues this destruction will continue until Americans learn to heal the generational anguish of white supremacy, which is deeply embedded in all our bodies. *My Grandmother's Hands* is a call to action for all of us to recognize that racism is not about the head, but about the body, and introduces an alternative view of what we can do to grow beyond our entrenched racialized divide.

Study Guide/Protocol- [After reading this book, you may consider exploring this Free 5 Day Racialized Trauma Hope Study Course](#)

### [Four Hundred Souls](#)

Me and White Supremacy | Layla F. Saad  
Based

A practical guide for educat







[We Need More White Parents To Talk To Their Kids About Race. Especially Now | Chandra White-Cummings](#)

## PODCAST

[How White Parents Can Talk to Their Children About Race](#)

Most people have heard about "the talk" — the conversation many African American parents have with their kids about how to avoid altercations with police or what to do and say if they're stopped. The podcast provides advice for white parents.

## BOOKS

[Children's Books, Short Stories, and Graphic Novels](#)

[20 Picture Books that Discuss Race and Racism](#)

[So You Want to Talk About Race | Ijeoma Oluo](#)

In *So You Want to Talk About Race*, editor-at-large of *The Establishment* Ijeoma Oluo offers a contemporary, accessible take on





Structured protocols can help educators ensure equitable participation and create more culturally responsive discussions.



## ***INSTITUTIONAL***

---

[Chokehold](#) | Paul Butler

Chokehold powerfully demonstrates why current efforts to reform law enforcement will not create lasting change. Butler's controversial recommendations about

how to make sustainable change in their communities through radical





## ADDITIONAL RESOURCES

### [Black Lives Matter](#)

Ways to Help—Call or Text

### [Black Lives Matter](#)

Ways to Help—Sign a Petition

### [103 Things White People Can Do](#) | Corine Shutack

A list of 103 actions White people can do to advance racial justice

### [Cultures Connecting, LLC.](#)

The following are resources we have developed or modified for culturally relevant anti-bias work in schools and other organizations. They are free for you to download and copy.

### [Template for Holding Your Employer Accountable for Racial Justice](#) | Rachel Cargle

A template that will support you in being intentional about holding yourself and other white people in your company accountable for racial justice.

## Pedagogical Resources

[For White Folks Who Teach in the Hood...and the Rest of Y'all Too: Reality Pedagogy and Urban Education](#) | Chris Emdin

[The Art of Critical Pedagogy: Possibilities for Moving from Theory to Practice in Urban Schools](#) | Jeffrey M.R. Duncan-Andrade and Ernest Morrell

[Transforming Truly: A Curriculum to Indigenize Mainstream Education](#) | Four Arrows



Culturally Responsive Teaching: Theory, Research, and Practice | Geneva Gay

Culturally Responsive Teaching and the Brain: Promoting Authentic Engagement and Rigor Among Culturally and Linguistically Diverse Students | Zaretta Hammond

Culturally and Linguistically Responsive Teaching and Learning: Classroom Practices for Student Success | Sharroky Hollie

Culturally Sustaining Pedagogies: Teaching and Learning for Justice in a Changing World | Django Paris, H. Samy Alim

***STRUCT%***

---

In this “urgently relevant” \* collection featuring the landmark essay “The Case for Reparations,” the National Book Award–winning author of *Between the World and Me* “reflects on race, Barack Obama’s presidency and its jarring aftermath”

[Study Guide/Protocol/Resources-- Explore this interactive census map to get to know your own community.](#)

[The New Jim Crow](#) | Michelle Alexander - President's Lecture Series Speaker 2018

Seldom does a book have the impact of Michelle Alexander’s *The New Jim Crow*. Since it was first published in 2010, it has been cited in judicial decisions and has been adopted in campus-wide and community-wide reads; it helped inspire the creation of the Marshall Project and the new \$100 million Art for Justice Fund; it has been the winner of numerous prizes, including the prestigious NAACP Image Award; and it has spent nearly 250 weeks on



This podcast features movement voices, stories, and strategies for racial justice. Co-hosts Chevon and Hiba give their unique takes on race and pop culture, and uplift narratives of hope, struggle, and joy, as we continue to build the   needed to advance racial justice in our policies, institutions, and culture. Build on your racial justice lens and get inspired to drive action by learning from organizational leaders and community activists.

### [Code Switch: Race in Your Face](#)

Sponsored by NPR

### [Listen to 1619: New York Times](#)

An audio series on how slavery has transformed America, connecting past and present through the oldest form of storytelling.

[Great Migration](#) | Isabel Wilkerson 17:36 [on](#)

Sometimes, a single decision can change the course of history. Join journalist and author Isabel Wilkerson as she tells the story of the Great Migration, the outpouring of six million African Americans from the Jim Crow South to cities in the North and West between World War I and the 1970s. This was the first time in American history that the lowest caste people signaled they had options and were willing to take them -- and the first time they had a chance to choose for themselves what they would do with their innate talents, Wilkerson explains. "These people, by their actions, were able to do   woe

### [Nice White Parents](#)

We know American public schools do not guarantee each child an equal education. Two decades of school reform initiatives have not changed that. But when Chana Jolie-Walt, a reporter, looked at inequality in education, she saw that most reforms focused on who schools were failing: Black and brown kids. But what about who the schools are serving? In this five-part series, she turns her attention to what is arguably the most powerful force in our schools: White parents.

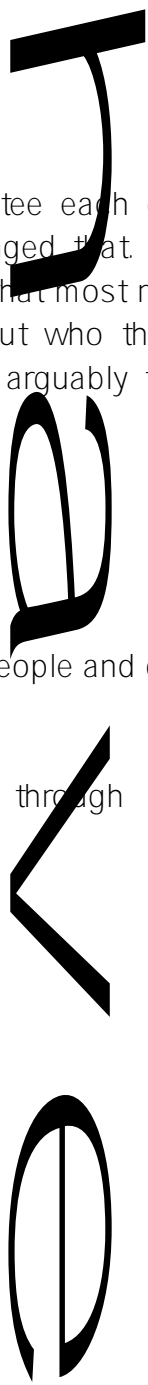
### ADDITIONAL RESOURCES

#### [Black Lives Matter](#)

Ways to Help—Donate. Peruse this extensive list of people and organizations to donate to.

#### [Racial Justice Research Document](#) | Rachel Cargle

"I created this free document to guide readers through gaining knowledge of various what



*cul*

---

## ADDITIONAL RESOURCES

[The National Museum of African American History and Culture](#)

The National Museum of African American History and Culture is the only national museum devoted exclusively to the documentation of African American

Although the Civil Rights Act of 1964 legally desegregated the South, discrimination was still rampant<sup>λ</sup>



Justice League NYC: [Twitter](#) | [Instagram](#)