

Quick Suggestions by Dr. Lisa Gunderson
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1. Take a class on-line or at your local community college or university.
2. Record APTN news.
3. Read books by racialized authors.
4. Be Patient.
5. Think Racial Equity.
6. Attend events by minoritized groups.
7. Go beyond Dinner, Dance, and Dress and add Discussion* (not my words 3Ds)
8. Look at the examples of systemic racism around you.
9. Unless you have a very diverse school – skip The Wiz.

Suggested Books mentioned at talk – read about them first to determine if it fits for your family

1. All the Colours We Are-by Katie Kissinger
2. We All Have a Heritage- by Sandy L. Holman
3. Is Everything Black Bad by Sandy L. Holman
4. Grandma Says Our Hair has Flair-by Sandy Holman
5. **The Heart of Whiteness by Dr. Robert Jensen**
6. **Race Matters by Dr. Cornell West (classic)**
7. Nigger: The Strange Career of a Troublesome Word by Randall Kennedy – dense read but interesting if you are interested in the word. I am not in full agreement with everything but makes you think.

Microaggressions

Google Dr. Derald Wing Sue

Suggested Media

Colour Code-<http://www.theglobeandmail.com/news/race-in-canada-a-new-podcast-tackles-the-thorny-subject-from-coast-to-coast/article31702305/>

Race Matters Article - <https://www.bcadoption.com/resources/articles/ask-expert-identity-matters-part-two>

Hip Hop Beats and Rhymes - <https://vimeo.com/143038369>

Director: Byron Hurt

Parents should watch before showing older/mature teen and should plan to debrief afterwards. This is a documentary which explores masculinity, racism, sexism, and homophobia. Extreme language and sexual content.

Related to this in terms of masculinity is The Mask You Live In on Netflix

Transracial and Cross-cultural Adoption Parenting Workshop” on October 28 and 29 in Burnaby (registration available now if numbers hold)

[.https://www.bcadoption.com/civCRM/event/info%3Fid%3D1177%26reset%3D1](https://www.bcadoption.com/civCRM/event/info%3Fid%3D1177%26reset%3D1)

Participating in this workshop will better equip you to parent your transracial / cross-cultural adopted child. This workshop features interactive activities to help you better understand family identity, cultural heritage, racial identity and how to deal with racism.

Day 1 participants focus on self-awareness around their family’s cultural ocean. Internal and external challenges will be examined as well as a focus on creating a plan to address those challenges. The importance of racial and ethnic identity and cultural permanency is discussed.

Day 2 participants will learn and leave with a cultural plan model for their child as well as a personal action plan for continuous cultural navigation throughout the lifespan.