

INWARD BOUND MINDFULNESS EDUCATION 2020 EQUITY LEARNING RESOURCE LIST

Below you will find the resources for 2020 retreat staff teams to review ahead, throughout, and post retreat. The materials listed with the red asterisk "*" will be deeply integrated with the training each retreat staff member will participate in ahead of retreat and so we encourage you to focus on these materials ahead of retreat.

White Privilege

VIDEO: Wale - [Sue me](#)

*READING - Peggy McIntosh - [White Privilege: Unpacking the Invisible Backpack](#)

VIDEO: Tim Wise - [On White Privilege](#)

Sex, Sexuality, Womanism

READING: Audre Lorde - [The uses of the Erotic](#)

VIDEO: [BESE Explains: Two Spirit](#) (The term "Two Spirit" is being used by the Indigenous queer community to help them claim not just their gender identity, but their ethnic and spiritual heritage, too.)

EXPLORE: [My Pronouns](#)

Reading: Richard Goldstein - [Interview with James Baldwin on Sexuality](#)

READING: Amy C. Waninger - [Gender Identity: A Primer for People Who Just Don't Get It](#)

Race

VIDEO: Kori Carew - [Just belonging: finding the courage to interrupt bias](#)

READING: Ryan P. Haygood - [A transformative vision for youth, racial justice in N.J.](#)

READING: Cecelia Katz - [Tips for White Trainers Leading Multiracial Groups](#)

*VIDEO: Ibram X. Kenedi - [How to be an Anti-racist](#)

READING: [Race Power and Policy](#)

Equity Literacy

*READING - Paul C. Gorski - [Five Paradigm Shifts for Equitable Educators](#)

Ability

Reading: Nico Amador and Jana Schroeder - [Lessons from the Borders: Empowering Participants with Disabilities and Transgender Participants](#)

Adulthood

READING: Go Beyond Diversity - [Three easy ways to challenge oppressive youth-adult power dynamics](#)

Power + Teaching

*READING: Maryellen Weimer, PhD - [Different Sources of Power that Affect the Teacher-Student Relationship](#)

Oppression

*READING: [The Four 'I's of Oppression](#)

Additional Resources

[LET'S TALK ABOUT POWER: HOW TEACHER USE OF POWER SHAPES RELATIONSHIPS AND LEARNING](#) Leslie Frances Reid and Jalal Kawash

***[Racial Equity Tools](#)**

The key points emphasized in this workbook are:

1. Racism is dynamic and ever-changing. The Critical aspect of racism That We must address today is the accumulation and incorporation of long-standing racialized practices into all of our social and economic structures
2. Structural racialization is a system of social structures that produces and reproduces cumulative, durable, race-based inequalities.
3. Racialized Outcomes Do not require racist actors. Focusing On Individual instances of racism can have the effect of diverting our attention from the structural changes that are required in order to achieve racial justice.
4. Organizers need to explicitly and implicitly challenge all manifestations of racism and racialization in our work and in our organizations.