

resources

Fagnilli, Mariana <Mariana.Fagnilli@catalent.com>

Mon 6/15/2020 1:58 PM

To: Carter, Donna <Donna.Carter@catalent.com>

- Educate yourself on Black history and racism. Get comfortable with talking about race and our differences. Start with the [NMAAHC Talking About Race](#) digital platform.
- Stay up to date with what is going on and the history of racism. Select from this list of resources including books, movies, documentaries, YouTube videos, PDFs, etc. [First, Listen. Then, Learn: Anti-Racism Resources](#)
- When racism or injustice happens, no matter how small, speak up and stop it. Silence is consent.
- Stop saying you “don’t see color.” When you don’t see color, you don’t see me and my experiences.
- Listen to your Black friends, neighbors or colleagues and understand their experiences. If you only have one Black friend, expand your circle. This will help you to better understand people different than you and enrich your life.
- Diversify your social media feeds. Follow Black voices and publications to increase your understanding of being Black in America.
- Teach your children what you learn about the Black experience and systematic racism. Make the next generation better humans.
- **Have inclusive conversations and communicate across cultures:** Discussions about cultural differences can be uncomfortable. They take courage. Develop the skills to conduct productive and meaningful conversations on potentially difficult topics.
 - [Skills for Inclusive Conversations](#) by Mary-Frances Winters
 - [Communicating about Culturally Sensitive Issues](#) by Daisy Lovelace
 - [Communicating Across Cultures](#) by Tatiana Kolovou