

BEING AN ACTIVE BYSTANDER

ADDITIONAL RESOURCES FOR EDUCATING YOURSELF AND OTHERS

THE KIRWAN INSTITUTE FOR THE STUDY OF RACE & ETHNICITY | COMPILED BY: LENA TENNEY

At the Kirwan Institute, we know that education is vital to challenging racism and all forms of oppression. Addressing everyday bias is a form of educating, as it can open up conversation regarding topics that are often considered taboo or uncomfortable. We invite everyone to educate themselves continually on issues of racism, oppression, and how to effectively work toward equity. To that end, the Kirwan Institute has compiled this list of educational resources that individuals and communities can use to educate themselves and those around them.

These educational resources largely focus on the ways in which bias emerges in everyday situations and conversations and how we can speak out in response to bias. These resources are drawn mainly from popular sources and include videos, articles, blogs, and more in order to increase accessibility that may not be present in traditional academic sources. They address a myriad of topics and touch on many different aspects of social identity and marginalization. While this resource list is far from comprehensive, it can be used as a starting point as we strive to not only work against racism but also work toward justice and equity.

General Resources

- “Guidelines for Inclusive Language”
 - <https://www.education.tas.gov.au/documentcentre/Documents/Guidelines-for-Inclusive-Language.pdf>
- “Stop Being So Attached!: A Beginner’s Guide on Problematic Language”
 - <http://everydayfeminism.com/2014/02/guide-on-problematic-language/>
- “What’s in a Word? Navigating Language as an Activist”
 - <http://everydayfeminism.com/2014/03/navigating-language-activist/>

Specific Words: History, Meanings, Alternatives

- “6 Phrases with Surprisingly Racist Origins”
 - <https://www.youtube.com/watch?v=QhENGI3XviM&list=PLvpgo-BPWAJA6J0ZaueYclUeqky5qGB7S&index=2>
- “The N-Word ‘Double Standard’”
 - <https://www.youtube.com/watch?v=LK-j8ZED44>
- “Are Cracker, White Trash, & Redneck Racist?”
 - <https://www.youtube.com/watch?v=wllt-gTHWOY&index=10&list=PLnvZ3PbKApGM-hHuQ9lNc5oSKsusjn0Z6>



- “Words That Hurt”
 - <http://lgbtqia.ucdavis.edu/educated/words.html>
- “Ghetto: Five Reasons to Rethink the Word”
 - <http://dcentric.wamu.org/2011/05/ghetto-five-reasons-to-rethink-the-word/index.html>
- “Language Matters: No, ‘Gypped’ Is Not a Good Alternative to ‘Jewed’”
 - <http://meloukhia.net/2011/02/language-matters-no-gypped-is-not-a-good-alternative-to-jewed/>
- “Call and Response: On Body Snarking and The Word ‘Tr*nny’”
 - <https://www.autostraddle.com/on-body-snarking-with-the-word-trnny-168052/>
- “A Brief History of Singular ‘They’”
 - <https://public.oed.com/blog/a-brief-history-of-singular-they/>

Social Identity Groups

- “Utilizing Gender Inclusive Language”
 - <https://www.princeton.edu/hr/progserv/communications/inclusivelanguage.pdf>
- “10 Questions About Why Ableist Language Matters, Answered”
 - <http://everydayfeminism.com/2014/11/ableist-language-matters/>
- “The N-Word ‘Double Standard’”
 - <https://www.youtube.com/watch?v=LK-j8ZED44>
- “10 Things You’re Actually Saying When You Ignore Someone’s Gender Pronouns”
 - <http://everydayfeminism.com/2014/10/ignore-gender-pronouns/>
- “30+ Alternatives to Help You Stop Using Ableist and Homophobic Phrases”
 - <http://everydayfeminism.com/2015/08/alternatives-to-oppressive-language/>
- “Gender-Inclusive/Non-Sexist Language Guidelines and Resources: Advice for Classrooms and Other Spaces”
 - <http://www.wstudies.pitt.edu/node/1432>
- “Gender Pronouns Guide”
 - <https://lgbt.wisc.edu/documents/LGBTCC-Gender-pronoun-guide.pdf>
- “Ableism and Language”
 - <http://blogs.oregonstate.edu/dasblog/2012/01/31/ableism-and-language/>
- “14 Painful Examples of Everyday Fat-Shaming”
 - http://www.huffingtonpost.com/2013/12/16/fatmicroaggressions-fat-shaming-tweets_n_4453060.html
- “Gender Grammar”
 - <http://www.transstudent.org/infographic4small2.jpg>
- “16 Ways to Make Queer Spaces More Trans Women-Friendly”
 - <https://www.autostraddle.com/16-ways-to-make-queer-womens-spaces-more-trans-women-friendly-291363/>
- “Abortion Access for All: Two Non-Profits Embrace Gender Inclusive Language”
 - <https://www.autostraddle.com/abortion-access-for-all-two-nonprofits-embrace-gender-inclusive-language-251440/>

Microaggressions

- “Microaggressions: Power, Privilege, and Everyday Life”
 - <http://www.microaggressions.com/>
- “#HatchKids Discuss Microaggressions”
 - <https://www.youtube.com/watch?v=8RfwnibEd3A>
- “21 Racial Microaggressions You Hear on a Daily Basis”
 - https://www.buzzfeed.com/hnigatu/racial-microaggressions-you-hear-on-a-daily-basis?utm_term=.mnp40Novba#.jcbKeWM14a
- “If Microaggressions Happened to White People”
 - <https://www.youtube.com/watch?v=KPRA4g-3yEk&index=71&list=PLnvZ3PbKApGM-hHuQ9INc5oSKsusjn0Z6>
- “Study on ‘That’s So Gay’ Says Words Can, In Fact, Hurt You”
 - <https://www.autostraddle.com/study-on-thats-so-gay-says-words-can-in-fact-hurt-you-145066/>
- “19 LGBT Microaggressions You Hear on a Daily Basis”
 - https://www.buzzfeed.com/hnigatu/19-lgbt-microaggressions-you-hear-on-a-daily-basis?utm_term=.vuzlj1M8kD#.hoYorDNJXM
- “Subtle and Overt Forms of Islamophobia: Microaggressions toward Muslim Americans”
 - <http://quod.lib.umich.edu/j/jmmh/10381607.0006.203?rgn=main;view=fulltext>
- “5 Microaggressions Secular People Often Hear—and Why They’re Wrong”
 - <http://everydayfeminism.com/2016/06/microaggressions-against-secular-people/>
- “Is It You or Is It Racist? The Insidious Impact of Microaggressions on Mental Health”
 - <https://psychologybenefits.org/2013/07/31/is-it-you-or-is-it-racist-the-insidious-impact-of-microaggressions-on-mental-health/>
- “What Kind of Asian Are You?”
 - <https://www.youtube.com/watch?v=DWynJkN5HbQ>
- “If Asians Said the Stuff White People Say”
 - <https://www.youtube.com/watch?v=PMJI1Dw83Hc>
- “If Black People Said the Stuff White People Say”
 - <https://www.youtube.com/watch?v=A1zLzWtULig>
- “If Native Americans Said the Stuff White People Say”
 - <https://www.youtube.com/watch?v=vMnOsxpaYJc>
- “If Latinos Said the Stuff White People Say”
 - <https://www.youtube.com/watch?v=XnFUDx3wC-Y>

Being an Active Bystander and Responding to Bias

- “Did They Really Just Say That?! Being an Active Bystander”
 - <http://kirwaninstitute.osu.edu/active-bystander-training/>

- “Inclusive Medicine Series Interview”
 - <https://med.unr.edu/odi/inclusive-medicine-series>
- “A Guide to Responding to Microaggressions”
 - [https://advancingjustice-la.org/sites/default/files/ELAMICRO%20A Guide to Responding to Microaggressions.pdf](https://advancingjustice-la.org/sites/default/files/ELAMICRO%20A%20Guide%20to%20Responding%20to%20Microaggressions.pdf)
- “Speak Up: Responding to Everyday Bigotry”
 - <https://www.splcenter.org/20150126/speak-responding-everyday-bigotry>
- “Responding to Biased or Offensive Comments”
 - <http://www.dianegoodman.com/documents/RespondingToBiasedOrOffensiveCommentsexcerptarticle.pdf>
- “8 Comebacks for Transphobic Relatives Over the Holidays”
 - <https://www.youtube.com/watch?v=yCTyj60mGto&index=46&list=PLnvZ3PbKApGM-hHuQ9INc5oSKsusin0Z6>
- “5 Comebacks for Your Racist Relative During the Holidays”
 - https://www.youtube.com/watch?v=Y3uNRdWfs_I
- “Strategies for Responding to Racist Comments & Jokes”
 - http://www.raceandfaith.com/uploads/3/3/7/2/3372898/responding_to_racist_comments.pdf
- “No White Tears: A Non-Guide on Dealing with Microaggressions from Your White Partner”
 - <https://www.autostraddle.com/no-white-tears-a-non-guide-on-dealing-with-microaggressions-from-your-white-partner-288593/>
- “How Do You Handle a Racist Joke?”
 - <https://www.youtube.com/watch?v=Bg1aTLsS69Y>
- “How to Deal w/Racist Trolls”
 - <https://www.youtube.com/watch?v=IGWh-UeBi1M&list=PLLreUsexUtEO-afC42WdPtaBMQDYUEOOM&index=51>

College/University Campus Initiatives

- “Think Before You Speak” (University of Maryland)
 - http://thestamp.umd.edu/multicultural_involvement_community_advocacy/programs/inclusive_language/phrases
- “You Don’t Say? Campaign” (Duke University)
 - http://www.huffingtonpost.com/daniel-kort/duke-studentathletes-speak_b_6440866.html
- “More Than Words Campaign” (Macalester College)
 - <http://www.macalester.edu/morethanwords/>
- “You Don’t Say Campaign” (Chico State)
 - <http://www.chicowildcats.com/news/2016/10/18/general-language-matters-to-chico-states-student-athlete-leaders.aspx?path=gen>

- “I, Too, Am Harvard”
 - <http://itooamharvard.tumblr.com/>

Tracking Bias

- “Geography of Hate”
 - http://users.humboldt.edu/mstephens/hate/hate_map.html
- “No Homophobes”
 - http://www.nohomophobes.com/?_escaped_fragment_=%2Ftoday%2F#!/today/
- “Hatewatch”
 - <https://www.splcenter.org/hatewatch>

Word Reclamation, Reappropriation, and Political Correctness

- “Political Correction: How ‘PC’ and ‘Reclaimed’ Words Got Their Start”
 - <https://www.grammarly.com/blog/pc-and-reclaimed-words/>
- “Reclamation: Thoughts from a Fat, Hairy, Uppity, Lane Bitch”
 - <http://disabledfeminists.com/2009/11/03/reclamation-thoughts-from-a-fat-hairy-uppity-lane-bitch/>
- “Is PC Culture Anti-Free Speech?”
 - <https://www.youtube.com/watch?v=K3SLzWi3wQU&index=35&list=PLnvZ3PbKApGM-hHuQ9INc5oSKsusjn0Z6>
- “The ‘Triggered Millennial’ Stereotype”
 - <http://affinitymagazine.us/2016/12/06/the-triggered-millennial-stereotype/>
- “No, You’re Not ‘Just Joking’”
 - <http://affinitymagazine.us/2016/12/08/no-youre-not-just-joking/>
- “The Language of Comedy: On Defensiveness and Being Wrong”
 - <https://www.autostraddle.com/the-language-of-comedy-on-defensiveness-and-being-wrong-243140/>
- “How Rape Jokes Contribute to Rape Culture”
 - http://www.huffingtonpost.com/madeline-wahl/how-rape-jokes-contribute_b_5240592.html
- “To All Those Men Who Don’t Think the Rape Jokes Are a Problem”
 - <http://www.liberateyourself.co.uk/survivors/you-are-not-alone-personal-experiences/to-all-those-men-who-dont-think-the-rape-jokes-are-a-problem/>

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