

# AllyAsk Content



**AllyAsks** are actions meant to provide any employee with meaningful yet manageable ways to build empathy, check blind spots, and continuously learn about some of the marginalized communities we're working to ally for.

The AllyAsk content below is a small representation of the Black experience in America. This list is by no means exhaustive but instead was curated due to its relevancy and impact. As you engage with this content, make time to go through the REAL framework – REFLECT, EMPATHIZE, ACT, LEARN.

## Listen

[1619 \(New York Times\)](#)

[Code Switch \(NPR\)](#)

[About Race](#)

[Intersectionality Matters!](#)

[Momentum: A Race Forward Podcast](#)

[Lessons With Cindy Wang Brandt'](#)

[Fare Of The Free Child Podcast](#)

## Watch

13<sup>th</sup> - Ava Duvernay

When They See Us – Ava Duvernay

Selma – Ava Duvernay

Eyes on the Prize

Malcolm X – Spike Lee

I am not your Negro – James Baldwin

Fruitvale Station – Ryan Coogler

The Hate U Give - George Tillman Jr.

Roots

## Read – Articles

[Upstanding Against Racism](#)

[For Our White Friends Desiring To Be Allies](#)

[Detour-Spotting](#)

[Why It's Not Enough To Admit When You're Being](#)

[Racist: "Challenge Those Racist Ideas"](#)

[Upstanding Against Racism](#)

## Read – Books

[Free Books from UMN on Racial Justice](#)

[White Fragility - Robin Diangelo](#)

[How to Be an Anti-Racist – Ibram X. Kendi](#)

[The New Jim Crow – Michelle Alexander](#)

[Between The World And Me – Ta-Nehisi Coates](#)

[Citizen – Claudia Rankine](#)

## Resources for Parents

[Anti-Racism for Kids 101](#)

[Pbs's Teaching Your Child About Black History Month](#)

[Your Kids Aren't Too Young To Talk About Race:](#)

[Resource Roundup From Pretty Good](#)

[Pbs's Teaching Your Child About Black History Month](#)

[Coretta Scott King Book Award Winners: Books For](#)

[Children And Young Adults](#)

[31 Children's Books To Support](#)

[Common Sense Media](#)

## Visit

[National Museum of African American History &](#)

[Culture - Talking About Race](#)

The Conscious Kid: Follow on [Instagram for Parenting and Education through a Critical Racial Lens.](#)