

This is by no means an exhaustive or authoritative list. As we talked about, the best way to combat our own biases is positive exposure to that which we are biased against (or negative exposure to that which we are biased in favor of). Seek out media which centers narratives or people who are different from you. Read fiction that centers characters who are different from you. Follow people who are different from you on social media (not necessarily to engage with, but simply to listen and learn). Seek out unbiased news sources (there are many impartial watchdog groups who have published rankings of mainstream media sources by level of bias). Be aware of confirmation bias and fact check things before sharing them. Most importantly of all, when you are surprised by someone or something – take notice of it. Our surprise shows where our implicit bias may have been faulty.

Some additional resources:

[Anti-Racism Beginner's Guide](#) Google doc compiled by A. Dasgupta, New York, NY, June 2020

[How To Be An Antiracist](#) by Ibram X. Kendi (or literally any book he's written)

[So You Want To Talk About Race](#) by Ijeoma Oluo

[White Fragility](#) by Robin DiAngelo

[The Memo](#) by Minda Harts

[We Are Everywhere: Protest, Power, and Pride in the History of Queer Liberation](#) by Matthew Riemer and Leighton Brown

A few TED and TEDx talks:

- [Dr. Ibram X. Kendi: The Difference Between Being Not Racist and Being Anti-racist \(TED Interview, June 2020\)](#)
- [Kristin Pressner: Are You Biased? I Am. \(TEDxBasel, May 2016\)](#)
- [Melanie Funchess: Implicit Bias -- How It Affects Us and How We Push Through \(TEDxFlourCity, Oct 2014\)](#)
- [Denise Hernandez: Unpacking and Transforming Your Biases For A Better Community \(TEDxSanAntonio, Apr 2016\)](#)
- [Kori Carew: Just Belonging - Finding the Courage to Interrupt Bias \(TEDxYouth@KC, Mar 2018\)](#)
- [Valerie Alexander: How to Outsmart Your Own Unconscious Bias \(TEDxPasadena, Oct 2018\)](#)

(There are many, many wonderful TED talks available and it is impossible for me to include them all. I encourage you to go to <https://ted.com> and search for keywords like racism, sexism, homophobia, transphobia, ableism, discrimination, bias, implicit or unconscious bias, etc, etc, etc.)