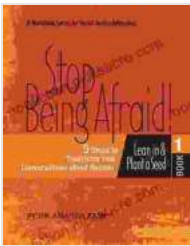


# Workbook for Racial Justice Advocates: Racial Justice From The Ground Up

This workbook is designed to provide a roadmap for racial justice advocates to develop their skills and knowledge, and to create meaningful change in their communities. It is a comprehensive resource that covers a wide range of topics, from understanding the history of racism to developing effective advocacy strategies. Whether you are new to racial justice work or have been involved for years, this workbook will provide you with the tools and information you need to be an effective advocate.



## Stop Being Afraid: 5 Steps to Transform your Conversations about Racism: A Workbook for Racial Justice Advocates (Racial Justice from the H.E.A.R.T. 2)

by Dr. Amanda Kemp

★★★★★ 5 out of 5

Language : English  
File size : 1122 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 180 pages  
Lending : Enabled



## Section 1: Understanding the History of Racism

The first step to becoming an effective racial justice advocate is to understand the history of racism in the United States. This section of the

workbook provides a brief overview of the history of racism, from its roots in slavery to the present day. It also explores the different ways that racism manifests itself in our society, from individual acts of discrimination to systemic racism.

## **Section 2: Developing Effective Advocacy Strategies**

Once you have a solid understanding of the history of racism, you can begin to develop effective advocacy strategies. This section of the workbook provides a step-by-step guide to developing an advocacy campaign, from identifying your goals to developing your message and tactics.

## **Section 3: Building a Coalition**

No one can achieve racial justice alone. It is important to build a coalition of allies who are committed to working towards the same goals. This section of the workbook provides tips on how to build a coalition, including how to identify potential allies and how to work together effectively.

## **Section 4: Taking Action**

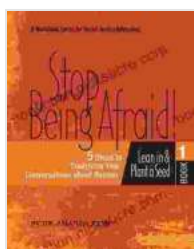
Once you have developed an advocacy strategy and built a coalition, it is time to take action. This section of the workbook provides a variety of resources and tools to help you take action, including how to organize a protest, how to lobby your elected officials, and how to use social media to raise awareness of your cause.

## **Section 5: Self-Care for Racial Justice Advocates**

Working for racial justice can be challenging and emotionally draining. It is important to take care of yourself both physically and mentally. This section

of the workbook provides tips on how to practice self-care, including how to set boundaries, how to manage stress, and how to find support.

This workbook is just a starting point. The fight for racial justice is an ongoing one, and there is always more to learn. However, by using the resources and tools in this workbook, you can become a more effective advocate for racial justice and help to create a more just and equitable society.



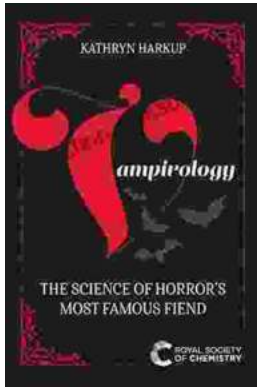
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