

Black Lives Matter and Anti-Racism Resource Guide

By Jennifer Sharp, PT, DPT, CCS, and Janna Marshall, SPT

We are currently battling two pandemics: COVID-19, beginning roughly 9 months ago, and racial injustice, beginning over 400 years ago. We are still struggling to process the senseless killings of members of our Black communities. But in these painful times there is also hope. People are coming together to fight against racial injustice. JHR would like to offer these suggested resources, in a variety of platforms, to help our readers educate themselves, self-reflect, and either begin or add to their journey toward being anti-racist.

Civil Rights Leader John Lewis's Last Words to the Nation, Published on the Day of His Funeral

<https://www.nytimes.com/2020/07/30/opinion/john-lewis-civil-rights-america.html>

ART

**“A Changing America: 1968 and BEYOND”
National Museum of African American History & Culture**

<https://nmaahc.si.edu/changing-america>

***#1960Now: Photographs of Civil Rights Activists and Black Lives Matter Protests*—Shelia Pree Bright**

https://www.amazon.com/dp/145217072X/ref=cm_sw_em_r_mt_dp_U_MvpfFbRHJ9J71

We Wanted a Revolution: Black Radical Women, 1965 – 85

<https://caamuseum.org/exhibitions/2017/we-wanted-a-revolution>

https://youtu.be/wIjeVUKTP_0

***These Ten Artworks from the High's Collection Poignantly and Passionately Acknowledge the Black Experience in the United States* (High Museum of Art. Atlanta, Georgia. June 12, 2020)**

<https://medium.com/high-museum-of-art/these-ten-artworks-from-the-highs-collection-poignantly-and-passionately-acknowledge-the-black-eda42fd2d393>

Titus Kaphar <https://kapharstudio.com/>

Collections and specific works by Titus Kaphar to explore:

Analogous Colors (2020, Time Magazine cover)

Asphalt and Chalk (2015)

UnSeen: Our Past in a New Light

<https://npg.si.edu/exhibition/unseen-our-past-new-light-ken-gonzales-day-and-titus-kaphar>

TED Radio Hour- Titus Kaphar: How Can We Address Centuries of Racism in Art?

<https://www.npr.org/2017/11/10/562836477/titus-kaphar-how-can-we-address-centuries-of-racism-in-art>

The National Portrait Gallery may be currently closed due to the Coronavirus pandemic, but they have online exhibitions featured on Google Arts and Culture.

Portraits of African Americans

https://artsandculture.google.com/exhibit/portraits-of-african-americans/xQJisgUMzpY9Lw?mc_cid=a1b64e28dd&mc_eid=0d44a7c872

BEAUTY

The history of Eurocentric beauty standards

This article highlights the idea of beauty and the origin of the physical features it entails.

<https://www.npr.org/sections/codeswitch/2019/02/06/685506578/is-beauty-in-the-eyes-of-the-colonizer>

The history of cosmetics

This article talks about the lack of inclusion in the makeup industry and the potential reasons behind it.

<https://globalnews.ca/news/6537327/makeup-dark-skin/>

Crown Act: a movement to prevent African-Americans from being discriminated against based on their hair.

<https://www.splcenter.org/news/2020/04/15/crown-act-movement-seeks-protect-black-people-racial-discrimination-based-hairstyles>

Black Hair Laws Passed Stop Natural Hair Discrimination Across US (USA Today, 10/14/2019)

This article is about the discrimination against African Americans in the workplace, schools, etc. based on the texture and style of their hair.

<https://www.usatoday.com/story/news/nation/2019/10/14/black-hair-laws-passed-stop-natural-hair-discrimination-across-us/3850402002/>

Hair Love: An Oscar-winning, animated short film about an African American father learning to do his daughter's hair for the first time.

https://www.youtube.com/watch?v=kNw8V_Fkw28

DANCE

'Revelations' by Alvin Ailey

<https://www.alvinailey.org/performances/repertory/revelations>

"Raised By Krump" Documentary by Director Maceo Frost (GOODBLACKNEWS on May, 24, 2017)

<https://goodblacknews.org/tag/marquisa-miss-prissy-gardner/>

ETHICS

Implicit bias

This is a test developed by Harvard that explores one's own implicit bias. A clinician's implicit bias can affect the quality of care that a patient experiences.

<https://implicit.harvard.edu/implicit/takeatest.html>

Henrietta Lacks

This short film is about the harvesting of Henrietta Lacks' cancer cells without her knowledge or consent. While this did contribute to many advances in science, the knowledge gained has unethical origins.

<https://youtu.be/SPLSp7Tf3bw>

Tuskegee Syphilis studies

This excerpt is about the ethically unjustified "study" on the effects of untreated syphilis on African American males.

<https://www.tuskegee.edu/about-us/centers-of-excellence/bioethics-center/about-the-usphs-syphilis-study>

Discrepancies in salaries

This is a brief blog post about the differences in salary based on race that persist within our nation.

<https://www.epi.org/blog/racial-and-ethnic-income-gaps-persist-amid-uneven-growth-in-household-incomes/>

Health disparities: there are large disparities in the care of Black lives

This article highlights the relationship between race, racism and health status. It also proposes strategies to evoke systemic change to help improve the quality of

health care.

<https://www.abfe.org/wp-content/uploads/2016/11/The-Health-Care-Institution-Population-Health-and-Black-Lives.pdf>

HEALTH ISSUES

How Are Income and Wealth Linked to Health and Longevity?

This article is about the relationship between socioeconomic class and health status.

<https://www.urban.org/sites/default/files/publication/49116/2000178-How-are-Income-and-Wealth-Linked-to-Health-and-Longevity.pdf>

Breaking the Intergenerational Cycle of Disadvantage: The Three Generation Approach

This review highlights the health burden of low socioeconomic class and social disadvantage and how to break the generational cycle.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4894258/>

Stress Management

This video series by Dr. Bruce Rabin dives into the mental and physical effects of stress on a person's health, and offers healthy ways to cope with stress.

https://www.alephne.org/templates/articlecco_cdo/aid/4713968/jewish/Stress-Management-Video-Presentation.htm

Black Lives Matter: Mental Health Resources For And By People of Color

<https://www.talkspace.com/blog/black-lives-matter-resources-people-of-color/>

Boris Lawrence Henson Foundation

The BLHF is a foundation that focuses on bringing awareness and support to mental health issues within the African American community.

<https://borislhensonfoundation.org/resource-guide/>

Two Black Men a Week (2016, documentary, available on Amazon Prime Video)

This documentary speaks to the statistics that two Black men a week are killed by police in this country.

HUMANITIES EDUCATION

Lack of Black History in Curriculum

This is a timeline highlighting events of African American U.S. history.

<https://www.nps.gov/saga/learn/education/upload/african%20american%20history%20timeline.pdf>

The Status of Black History in U.S. Schools and Society by LaGarrett J. King

This article addresses the lack of African American history in the standard curriculums throughout the country. It highlights the importance of learning the identities of different groups of people to fully understand each other and improve our nation.

https://www.socialstudies.org/system/files/publications/articles/se_810117014.pdf

Black Inventors

An interesting list of inventions by African Americans who may not be well-known.

<https://interestingengineering.com/the-a-z-list-of-black-inventors>

THE BLACK EXPERIENCE IN ACADEMIA AND THE WORKPLACE

Invisible Man by Ralph Ellison

A book about growing up as an African American male in the south in the 1950s.

<https://www.amazon.com/Invisible-Man-Ralph-Ellison/dp/0679732764>

NY Times: “Study Examines Why Black Americans Remain Scarce in Executive Suites” by Laretta Charlton

“A new report, ‘Being Black in Corporate America,’ outlines why diversity and inclusion efforts are falling short for African-American professionals.”

<https://www.nytimes.com/2019/12/09/us/black-in-corporate-america-report.html>

How Black Women Describe Navigating Race and Gender in the Workplace by Maura Cheeks

This article discusses the different challenges faced by African American women in the workplace.

<https://hbr.org/2018/03/how-black-women-describe-navigating-race-and-gender-in-the-workplace>

MOVIES

Fruitvale Station

“A story based on the events leading to the death of Oscar Grant, a young man who was killed in 2009 by BART police officer Johannes Mehserle at the Fruitvale district station in Oakland.”

When They See Us

This chilling documentary is about the lives of the infamous “Central Park Five.” Their journey will keep you on the edge of your seat as you watch the justice system fail these young men and incarcerate them for 14 years.

Just Mercy

A Harvard grad returns to defend the wrongfully convicted who cannot afford proper representation. His first case is an inmate on death row whose innocence is obvious. This movie explores the racism the lawyer experienced for trying to legally prove his client’s innocence.

Harriet Tubman

“From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told.”

MUSIC***HipHopEd Protest Playlist – Spotify***

Featuring almost 11 hours of music, #HipHopEd created a playlist on Spotify inspired by the current Black Lives Matter movement. In their words, “Listen to learn, listen to feel and listen to heal.”

#HipHopEd is a nonprofit educational organization. Follow on Twitter and join their weekly chat on Tuesdays at 9 PM EST.

<https://open.spotify.com/playlist/6C7PTNxK3OH800urEC896A?si=n6RmlqJoSVamqwwXdWftHw>

***2020 Riots: How Many Times* by Trey Songz**

This song was inspired by protests following George Floyd’s murder. Proceeds of this song will benefit

BLM and National Bail Fund network.

***They Don’t* by Nasty C & T.I.**

This song addresses racial injustices. Proceeds from the single will go to Until Freedom and The Solidarity Fund.

WRITINGS***Consider buying your books from a Black-owned bookstore in your area***

<https://aalbc.com/bookstores/list.php>

***The Tradition* by Jericho Brown**

2020 Pulitzer Prize in Poetry. Jericho Brown tackles topics of terror in our homes and communities in this collection but at the same time describes the beauty that surrounds us.

<https://youtu.be/r9LGibG5o3Y>

***And Still I Rise* by Maya Angelou**

“You may shoot me with your words, You may cut me with your eyes, You may kill me with your hatefulness, but still, like air, I’ll rise”.

<https://www.poetryfoundation.org/poems/46446/still-i-rise>

***Medical Apartheid* by Harriet A. Washington**

This book offers a comprehensive history of the mistreatment of Black Americans by the medical field as unwitting and unwilling experimental subjects.

***Me and White Supremacy* by Layla F. Saad**

The author will guide you on a 28-day self-reflective journey. She includes journaling prompts to help the reader examine their own white privilege, which she

hopes leads to awareness and action.

***How to be an Anti-Racist* by Ibram X. Kendi**

“Kendi dissects why in a society where so few people consider themselves to be racist the divisions and inequalities of racism remain so prevalent. How to Be an Antiracist punctures the myths of a post-racial America, examining what racism really is—and what we should do about it.”—Time

***White Fragility* by Robin Diangelo**

The white author is an antiracist educator and with her work seeks to bring awareness to the phenomenon of white fragility. She demonstrates how white fragility upholds racial inequality and what we can actively do to dismantle this phenomenon.

FURTHER RESOURCE LISTS

[Mind the Gap: a resource created to help clinicians identify skin changes and disorders on POC.](#)

[An Antiracist Reading List](#)

[Racial Equity Tools: A Fundamental Resource List](#)

[TED Talk Playlist: Celebrating Black History Month](#)

[TED Talk Playlist: Understanding Racism in America](#)

[Harvard Countway Library: BLM: Antiracism and Health Suggested Resources](#)

About the Authors



Dr. Jennifer Sharp is an Assistant Professor at Emory University School of Medicine, Division of Physical Therapy. She received her Bachelor of Arts degree in Sociology from Dickinson College in 2007. She completed her Doctor of Physical Therapy degree from Emory University in 2011. Dr. Sharp obtained her Board Certification as a Cardiovascular and Pulmonary Clinical Specialist in 2018. Clinically, she practices in the acute care setting, treating a variety of patient populations, but her principal area of clinical interest and expertise is critical care rehabilitation. Dr. Sharp is currently pursuing a Doctor of Education degree from Northeastern University. Dr. Sharp serves on the Emory University Division of Physical Therapy diversity, equity, and inclusion (DEI) Faculty committee as well as serving as the faculty advisor to the Emory University Division of Physical Therapy student DEI committee.

She is passionate about creating an inclusive environment for her students to thrive and learn as well as speaking out against social injustice.



Janna Marshall is a second-year Doctor of Physical Therapy student at Emory University School of Medicine. She began her undergraduate career as an honor student, receiving a scholarship to attend Alabama Agricultural and Mechanical University in Huntsville, Alabama. Janna had the opportunity to take part in the HBCU experience while obtaining her bachelor's degree in Biology. She became a student ambassador and learned the remarkable history behind her institution and many other Historically Black colleges. Serving as a university ambassador sparked her interest in the social and educational status of underrepresented minority students. She was invited to visit many schools in disadvantaged communities to inform and encourage the students. While attending AAMU, she worked as a research assistant for the department of Biological and Environmental Sciences. Through her department, she was chosen to complete an internship at NASA Jet Propulsion Laboratory in Pasadena, California. During her NASA experience, she was able to further explore her enthusiasm for research. Throughout her undergraduate career, she also worked as a student athletic trainer for her school's football team. Working closely with licensed athletic trainers and physical therapists further influenced her passion for physical therapy. As a result of her increasing interest in PT, she worked as a Rehab Aide at Emory Long Term Acute Care for two years before starting graduate school. Janna has always believed in being an advocate and using her resources to help those in need. She plans to help fight the pandemic of racism by increasing awareness, participating in protests, and sharing resources to help the cause.