



10 Things You Can Do This Year to Advance Equity and Help Heal Southern California

"When you do nothing you feel overwhelmed and powerless. But when you get involved you feel the sense of hope and accomplishment that comes from knowing you are working to make things better."

-Maya Angelou

Los Angeles is one of the most racially, ethnically and culturally diverse places in the world. Over 10 million people from more than 140 countries, speaking 224 different identified languages, currently call Los Angeles home. Yet underneath Los Angeles's racial diversity is a troubled past and lingering issues that persist to this day. The effects of racism are evident in the social, economic and government policies all around us and the places in which we live, learn, work and play.

Truth, Racial Healing, and Transformation – Los Angeles is a new and developing multi-faceted partnership of philanthropy, nonprofits, government, business and other community partners that will be broadly inclusive, nonpartisan and collaborative in nature. It will constantly add to the collection of people and organizations interested in contributing to improving Los Angeles for all of its residents, no matter what their race or background.

We invite you to participate in whatever ways you choose. Below is a list of things you can do over the next year and beyond to advance equity and help heal our region. We hope you'll take the time to learn about our region's racial histories, engage in dialogues around race and discrimination, confront your own biases and challenge your organization to be a leader in the fight for equity. You can find these lists and other resources at the [Truth, Racial Healing, and Transformation – Los Angeles \(TRHT-LA\) website](#).

1. [Learn about the land you stand on](#). We all live on land that was once home to Native Peoples.
2. Explore how race and racism have shaped Southern California specifically. Consider reading:
 - [The Warmth of Other Suns: The Epic Story of America's Great Migration](#) by Isabel Wilkerson
 - [Fire This Time: The Watts Uprising and the 1960s](#) by Gerald Horne
 - [The Changs Next Door to the Diazes: Remapping Race in Suburban California](#) by Wendy Cheng
 - [Mendez v. Westminster: School Desegregation and Mexican-American Rights](#) by Philippa Strum
 - [Southland](#) by Nina Revoyr
 - [Twilight: Los Angeles, 1992](#) by Anna Deavere Smith

You can also attend a performance of the upcoming production of [Allegiance at the East-West Players](#) to learn more about the incarceration of Japanese-Americans in California during World War II.

3. Visit a local museum to explore the diversity around us. Check out lectures and exhibits at:
 - [The Museum of Tolerance](#)
 - [Chinese American Museum](#)

- [Japanese American National Museum](#) featuring [hapa.me](#)
- [California African American Museum](#) featuring [Gary Simmons: Fade to Black](#)
- [Annenberg Space for Photography](#)
- [Skirball Cultural Center](#)
- [La Plaza de Cultura y Artes](#)
- [Los Angeles Museum of the Holocaust](#)
- [Dream Resource Center](#)

4. Be a tourist in your own community: visit some lesser known sites of local civil rights history with the alternative guidebook, [A People's Guide to Los Angeles](#) by Laura Pulido. You can also visit the [Harada House](#) in Riverside County.
5. Watch a film or read a book about the impacts of racism and discrimination in our country and our modern world. Consider recent movies and documentaries like:

[LA 92](#)

[Mudbound](#)

[I Am Not Your Negro](#)

[The Immortal Life of Henrietta](#)

[Lacks](#)

[Get Out](#)

[Marshall](#)

[Beatriz at Dinner](#)

[Battle of the Sexes](#)

[Selma](#)

[Hidden Figures](#)

[Loving](#)

[13th](#)

[Defamation](#)

[Dreamer](#)

[A Better Life](#)

[Welcome to Shelbyville](#)

[The Muslims are Coming!](#)

[He Named Me Malala](#)

[Breathin: The Eddy Zheng Story](#)

[The Case Against 8](#)

[Zootopia](#) (to spark discussion with children).

Try reading:

[Sister Outsider](#) by Audre Lorde

[The New Jim Crow: Mass Incarceration In The](#)

[Age of Colorblindness](#) by Michelle Alexander

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

[Just Mercy](#) by Bryan Stevenson

[Enrique's Journey](#) by Sonia Nazario

[Trustbuilding](#) by Rob Corcoran

[Hate U Give](#) by Angie Thomas (to spark discussion with young adults).

You can find more recommended films and books [here](#). For a podcast, try [Code Switch: Race and Identity Remixed](#).

6. Sign-up to be at one of [EMBRACE LA's 100 Dinners on Race](#) in April. You'll dine with people of different racial, ethnic or religious backgrounds and engage in an honest, open and meaningful conversation around race and racism in order to challenge and change inequities.
7. Recognize your own biases – we all have them! Try taking the [Harvard Implicit Bias Test](#). Once you know your biases, you'll be better equipped to resist stereotyping.
8. Start a thought provoking conversation or share inspiring resources through your social media posts with questions like "What does racial healing look like to you?" or "How can you foster racial equity?" Post a statement, image, meme or short video addressing why racial equity and healing is important to you. Use the hashtags #TRHT and #NDORH. Visit [kNOwHATEoc.com](#) to engage in Orange County's social media campaign.
9. Think about the diversity within your neighborhood, workplace, local school, house of worship and initiate conversations about where and why there might be a lack of inclusion. You might find [Facing History, Facing Ourselves](#) a helpful resource as you explore these issues. At home, consider how you might talk with your kids about race and tap into [resources from the RACE Project](#).
10. Imagine what a healed Southern California community would look like and commit personally to work for racial healing and equity; volunteer with or support organizations that focus on healing and equity. The W. K. Kellogg Foundation's [Racial Equity Resource Guide](#) is a good place to look for resources.

Bonus (#11): Our region is fortunate to have many groups committed to equity, justice and reconciliation. Share other racial equity resources and opportunities for community activism and healing with us [HERE](#) so we can share them with others.

Thank you for taking the time to consider how you—together with other Southern Californians and so many allies nationwide—can help bring healing and equity to our communities.