

CUAD 30-DAY CHALLENGE

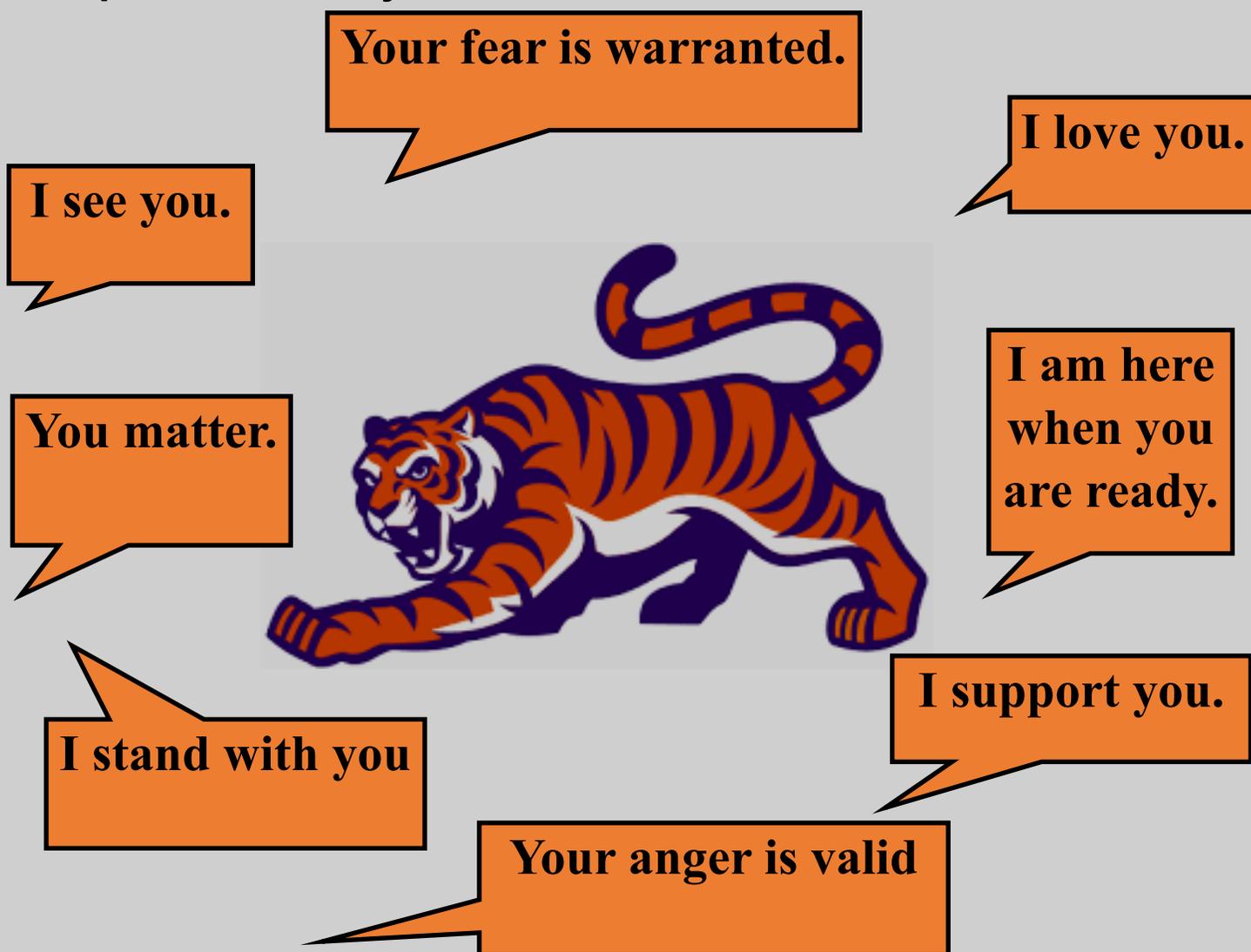
ALLYSHIP JUNE

NOT KNOWING WHERE TO START IS NOT A REASON TO DO NOTHING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Call a Black identified friend to check in and just listen.	Learn about a Black activist group in your area.	Educate yourself about injustice and racism via Google or the resource guide .	Sign a petition in favor of injustice.	Identify an organization from the resource guide to follow on social media.	Watch a film or TV series from the resource guide today.
7	8	9	10	11	12	13
Reflect on a time when you witnessed injustice. Sit with that.	Begin reading a book from the Anti-racism resource guide .	Text a Black identified SA or SA of color to check in.	Donate to victims, protestors, or an organization.	Share an article on race or injustice with another White ally.	Take time to understand your privilege by doing research.	Read an article from Anti Racism resource guide .
14	15	16	17	18	19	20
Call a colleague of color and offer a listening ear.	Subscribe to a podcast that informs on racism or injustice.	Watch a video from the resource guide today.	Advocate for a Black identified SA today.	Take time to acknowledge harmful Black stereotypes that are enforced via media.	Spend today learning about Juneteenth and find a way to celebrate.	Support a minority- owned business today.
21	22	23	24	25	26	27
Take a moment to reflect on any discomfort you feel regarding race and racism.	Make an effort to call out your peers and family when they say something racist this week.	Call or text to demand justice for recent murders of Black people.	Use your platform to voice need for change in your workplace today.	Apologize if you make a mistake.	Reflect on your childhood/HS days when racism was joked about. Sit with that.	Read about the life of a Black athlete.
28	29	30				
Eat at a Black-owned restaurant today.	Do something about your white privilege today. Stand up. Speak out.	Reflect on your experiences this month and the knowledge you gained.	CONTINUE TO DO THE WORK!			

HERE ARE SOME KEYS ON HOW TO CHECK IN WITH BLACK AND NON-WHITE PEOPLE:

1. Be Proactive
2. JUST LISTEN
3. Lead with compassion and empathy
4. Use open –ended questions and reflections
5. Helpful words may include :



***Remember, they are not required to use the space offered to respond or share. Resist the urge to think it is about you or against you.**