

Resources to Learn About Racism/Anti-Racism

What Is Racism?

Racism Definition:

“Racism involves one group having the power to carry out systematic discrimination through the institutional policies and practices of the society and by shaping the cultural beliefs and values that support those racist policies and practices.”

Read

What’s the Difference Between Prejudice and Racism | [How Sociology Explains the Two and Their Differences](#)

In Their Words: Canadians’ Experience of Racism | [An Article Highlighting Racist Encounters in Canada](#)

An Introduction to Racialized Poverty | [A Fact Sheet on Racialized Poverty and Systematic Racism](#)

Path to Ending Systemic Racism Requires Rethinking Everything, Say Advocates | [An Article Discussing the Necessary Steps for Change](#)

Intersectionality: What Is It and Why It Matters | [A Short Description of Intersectionality by UBC](#)

Watch

What Systemic Racism in Canada Looks Like | [A Short Video of Systemic Racism in Canada](#)

Intersectionality 101 | [A Short Video on Discrimination and Racism Through an Intersectional Lens](#)

Try

Historical, Systemic and Intersectional Antiracism: From Awareness to Action | [A Free Self-Paced Course offered by UBC](#)

What is Anti-Racism? How Can I Be an Anti-Racist?

Anti-Racism Definition:

“Actively opposing racism by advocating for changes in political, economic, and social life.”

Read

Multiculturalism is Not Anti-Racism | [An Article in a Series Addressing the Myths that Conflate Multiculturalism and Anti-Racism](#)

How to be an Antiracist by Ibram X. Kendi | ["A New York Times Bestseller on Understanding and Uprooting Racism and Inequality in Our Society- and in Ourselves"](#)

Me and White Supremacy by Leyla Saad | ["A New York Times Bestseller Challenging You to Do the Essential Work of Unpacking Your Biases"](#)

Watch

Anti-Racism Films (Ages 10+) | [A List of 15 Films Focusing on Racism and Anti-Racism Compiled by the National Film Board of Canada](#)

Unmasking Racism – What are going to do about it | [A CBC Virtual Townhall on How to Dismantle Systemic Racism](#)

Try

Anti-Racism + Solidarities Resource Collection | [A Compilation Anti-Racism Resources by Hua Foundation](#)

Anti-Racism Tools | [A Compilation of Anti-Racism Tools by Resilience BC – Anti-Racism Network](#)

Identity Matters: Connecting Power, Privilege and Bias to Anti-Racism Work | [A UBC Module Covering Foundational Aspects of Anti-Racism Work](#)

Anti-Racism Bookshelf | [A List of Resources on the Issue of Racial Injustice by University of Victoria](#)

Being an Ally to BIPOC (Black, Indigenous, People of Colour)

Ally Definition:

"A person who supports and celebrates equity seeking groups, interrupts and challenges oppressive remarks and actions of others, and willingly explores biases within themselves. Being an ally requires action: telling colleagues that their jokes are inappropriate; advocating for the health, wellness and acceptance of people from underrepresented or marginalized groups. An ally takes action to support people outside of their own group."

Read

A Story from the 20 Bus | [A Story on Being an Imperfect Ally in Vancouver](#)

Ways to Be an Ally, from Two Lifetimes of Learning | [An Article on True \(Non-Performative\) Allyship](#)

Watch

5 Tips for Being an Ally | [A Short Video Explaining How to Be an Ally](#)

Try

Guide to Allyship | [An Open Source for Becoming an Effective Ally](#)

White Allyship 101: Resources to Get to Work | [A List of Educational Resources on Allyship](#)

Anti-Indigenous Racism in Canada

Anti-Indigenous Racism Definition:

"Indigenous peoples in Canada's experience of racism and its impacts on their daily lives are unique due to the ongoing impacts of colonization. Anti-Indigenous racism is often the underlying cause of many social determinants of health for Indigenous communities."

Read

Alberta First Nations People Tend to Get Lower Level of Emergency Care: Study | [A Summary of a Study Published in the Canadian Medical Association Journal](#)

Investigation Finds Widespread Racism and Discrimination Against Indigenous People in B.C. Health Care System | [An Article Summarizing a Recent Research on Racism in B.C. Health Care System](#)

Over-Representation of Indigenous People in Federal Prisons Reaches 'Disturbing' Historic High | [An Article Highlighting Overrepresentation of Indigenous Offenders](#)

Watch

Decolonization is for Everyone | [A Ted Talk by Niki Sanchez](#)

Healing a Nation Through Truth and Reconciliation | [A Ted Talk by Chief Dr Robert Joseph](#)

Try

Recommendations by Chief Joseph of Reconciliation Canada | [A List of Books on Indigenous Peoples, Specifically their Resilience During Adversity](#)

Recommendations by West Vancouver Memorial Library | [A List of Books on Canada's Residential School System](#)

Anti-Asian Racism in Canada

Anti-Asian Racism Definition:

"Historical and ongoing discrimination, negative stereotyping, and injustice experienced by peoples of Asian descent, based on others' assumptions about their ethnicity and nationality."

Read

Attacks Make Vancouver "Anti-Asian Hate Crime Capital of North America" | [An Article Discussing the Increase in Anti-Asian Hate Crimes in Vancouver](#)

More Than Half of Asian Canadians Experienced Discrimination in Past Year: Survey | [An Article Discussing Anti-Asian Racism During the Pandemic](#)

Anti-Asian Racism Still Experienced Within Canada, Poll Shows | [An Article Discussing the Ongoing Racism Against Asian Community](#)

Surviving COVID is Hard Enough. But for Asian Businesses, Racism is a Second Devasting Pandemic | [An Article Highlighting the Challenges Faced by Asian-Owned Business Amid the Pandemic](#)

Recent Anti-Asian Incidents | [A Timeline of Reported Anti-Asian Harassment in Canada](#)

Watch

This is What Anti-Asian Racism Looks Like in Canada | [A Short Video of Asian-Canadians Sharing Their Experience with Racism](#)

Try

Anti-Asian Discrimination Resources | [A Compilation of Resources by the Canadian Centre for Diversity and Inclusion](#)

Addressing Anti-Asian Racism | [A Compilation of Resources by Government of Canada](#)

Anti-Black Racism in Canada

Anti-Black Racism Definition:

"Policies and practices rooted in Canadian institutions such as, education, health care, and justice that mirror and reinforce beliefs, attitudes, prejudice, stereotyping and/or discrimination towards people of Black-African descent."

Read

The Pervasive Reality of Anti-Black Racism in Canada | [The Current State, and What to Do About It](#)

Canada's Slavery Secret: The Whitewashing of 200 Years of Enslavement | [An Article and a 2-Part Podcast on Black Enslavement in Canada](#)

What Happened to Vancouver's Black Neighbourhoods? And Will Similar Communities Ever Exist Again? | [An Article Exploring Vancouver's Black History](#)

Watch

A Brief History of Slavery, Anti-Black Racism in Canada | [A Short Video on Anti-Black Racism to Canada](#)

Secret Vancouver: Return to Hogan's Alley | [A Short Video on Vancouver's First Concentrated Black Community](#)

The Skin We're In: What It Is to Be Black in 21st Century Canada | [A Documentary of Being Black in Canada](#)

Try

Recommendations by the West Vancouver Memorial Library | [A List of Books on Black History, Culture, & Identity in Canada](#)

BIPOC Writing, Music, & Art

Try

[Directory of BIPOC Musicians, Filmmakers, Multimedia and Visual Artists](#)

Black History Month Reading List | [List of Books by Black Authors Compiled by Massy Books](#)

Indigenous History Month Reading List | [List of Books by Indigenous Authors Compiled by Massy Books](#)

CBC Recommendations | [35 Books to Read for National Indigenous History Month](#)

The information listed here is by no means exhaustive, nor it covers all elements of racism and anti-racism. However, we hope it encourages you to further learn about these topics. Resources created by Centre for Diversity and Innovation were used as a guide for developing this document.