

HOW TO BE AN INTERRUPTER

A white person's guide to activism against racism

- 1. Put a Black Lives Matter sign in your yard.*
- 2. Engage with your white friends and family about racism, white fragility and white supremacy.*
- 3. Get informed by reading books and resources written by people of color.*
- 4. Talk with your children about racism, skipping the shiny lie of colorblindness.*
- 5. Form partnerships with people of color at your child's school and agitate for equity.*
- 6. Speak up whenever you hear a comment or joke that disparages any marginalized community.*
- 7. Write op-eds and/or letters to the editor.*
- 8. Urge your local and national LGBTQQIA organizations to bring their energy and activism to the Black Lives Matter movement.*
- 9. Call/write the local city officials in any of the cities where violence against black people is documented (there are so many).*
- 10. Get involved with Showing Up for Racial Justice (SURJ), a national network of white people who stand for black and brown lives.*
- 11. Seek out your local black-led organizations to find out what they are doing, and more importantly, what they need.*

Source: "How to be an interrupter" by Aaryn Belfer, San Diego CityBeat