

Week:

# Exploring Bias

The MOVIE I watched on race this week was:

The thing that stuck out to me most was:

The BOOK I am reading on race this week is:

I read \_\_\_\_\_ pages this week.

Something new I learned was:

The PODCAST episodes I listened on race this week were:

1.

2.

3.

Major takeaways:

*we recommend you discuss your sheets with someone you trust every week!*

Check-in emotionally... How does what you're learning have you feeling?

Now what are you going to do about that?

Actions I plan to take or behaviors I plan to change based off what I have learned:

**Some helpful guidelines:**

- Find a buddy you are comfortable with but will call you out to discuss these with!
  - Mix it up with documentaries, fiction, history, biographies, and informational content.... But make sure you're focusing on content CREATED by black people.
- Progress over perfection. Doing a little each week for a year is better than trying to learn everything in a week and getting so overwhelmed you stop
- This SHOULD feel uncomfortable, sad, and hard. It is WORK you are doing and only WORK will change things. Keep going!
  - *We all have something to learn and this is a life long journey.*