

## Instructions for White People Fighting White Supremacy in the United States #1

White people fighting white supremacy need to become conscious of themselves as white people. If you are white, you may have some consciousness of your racial identity already, but you can always develop it further. To do this, you can try the following:

1. First do some work by yourself: read and pay close attention to what writers of color have said about the subject of white people. Do the same for artists, musicians, philosophers, and others. If you need assistance finding resources, you can ask librarians for help, surf the Internet or ask the author of this set of Instructions.
2. Do not expect everything you learn to sink in immediately. You have a lot to learn as someone socialized as white in the United States. You'll be engaged with this process for the rest of your life.
3. Next you need to engage with other people. You can do this with a group or with one other person. To engage a group, identify a public event in your community where issues around race or racism will be the focus, and where there will be an opportunity for discussion. Remember that you are not there to view people as special other people from you; you are there to learn and think.
4. Attend the event.
5. Listen to the discussion.
6. Pay attention to every word said, even if you do not speak the language. Pay attention to how people deliver their words. Listen for emotion in their voices. Notice body language.
7. If you would like to participate, formulate questions instead of making points or relating stories. What would you like to know more about or understand more deeply? Good questions will come from those places.
8. Focus on listening during every moment of the discussion. Think about what people are expressing. Think about what they are not saying out loud, and consider why that might be.
9. Some of what you learn through these reading and engaging processes may make you feel guilty and bad, or joyful and enlightened and likely a complicated combination of all of these and other emotions. Pay attention to these feelings; get to know them, they will return as you continue to change your consciousness of yourself as a white person.
10. Develop relationships with other white people and people of color who want to talk about race and white supremacy with you. Nurturing those relationships, and discussing race and racism one-on-one is the subject of *Instructions for White People Fighting White Supremacy in the United States #2*.

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February 2014  
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