

Resources for Congregational Engagement:

Internalized Racism

Inventory: *Internalized Racism Inventory* from Cultural Bridges to Justice

Summary: This is a list of questions that invite people of color to reflect on the ways that racism may have caused them to internalize oppressive biases against themselves and other people of color without fully realizing it.

- Inventory: <https://culturalbridgestojustice.org/internalized-racism-inventory/>
- Discussion guide: <https://docs.google.com/document/d/1asqoKLMrL7CllqAlSdceChGswkslqaGHCoSJYh2D0O4/edit?usp=sharing>

Article: *I dated White men who fetishized me because of internalized oppression* by Michelle Kim

Summary: This article from Medium.com is about much more than the title implies. Through the lens of one Asian-American woman's experience, it explores what internalized racism is, how it operates in many facets of everyday life, and how it intersects with other identities and oppressions. It offers suggestions of how to combat this insidious aspect of racism.

- Article: <https://medium.com/awaken-blog/i-dated-white-men-who-fetishized-me-because-of-internalized-oppression-2b055b971686>
- Discussion Guide: <https://docs.google.com/document/d/1UzpnqsykJLUHxjpb7dOFCV5rL5ONqAnbAUJ4nndtmxE/edit?usp=sharing>

Article: “What is Internalized Racism?” by Donna K. Bivens

Summary: This is an academic but very accessible article that defines internalized racism explores the four levels on which internalized racism operates: the inner, the interpersonal, the institutional and the cultural. It includes discussion questions for personal and community reflection.

- Article and discussion guide: http://www.racialequitytools.org/resourcefiles/What_is_Internalized_Racism.pdf

Is your congregation responding to the Every Congregation challenge and planning a conversation on internalized oppression? Let the Anti-Racism Committee know by filling out this simple form: <https://forms.gle/Vc6aKHfSeZ3VUE6o8>