

**WEEK 3
RESPECT**

**ANTI-
RACISM
SPEAK UP
CHALLENGE**

DAY 15

**RACISM
ERADICATION**

Read Black Birthing Women's
Bill of Rights

DAY 16

**EQUITABLE HIGH
QUALITY CARE**

Complete Racial Justice
Assessment tool

DAY 17

SOCIAL SUPPORT

Read about Indigenous birth
workers

DAY 18

PAY ATTENTION

Read article by Dr. Joia Crear-
Perry

DAY 19

EMPATHETIC CARE

Watch a documentary or
movie about race in the U.S.

DAY 20

**CULTURAL
HUMILITY**

Read AMA's "Racism is a
Threat to Public Health"

DAY 21

**TALK LESS,
LISTEN MORE**

Anti-Racism Reading List

NOTES & REFLECTIONS