



## Action Resource Guide

Sarah Pardo, UB21 Coordinating Committee

Thank you for attending the [MLK Unity Breakfast](#) and for seeking out ways to get involved. There are many opportunities to take anti-racist action every day, including self-education through written and audio-visual materials, practicing conversations about race and racism, joining a local anti-racist organization, and donating money and time to social justice organizations and mutual aid networks.

**ABOUT THIS GUIDE:** This guide is meant to provide various points of entry to social justice movements. The fight for justice and equity is lifelong, meaning that we can return to any of these points of entry depending on our current position movement spaces. Start with whatever resource feels most relevant and accessible to you at this time and invite a friend to join in with you.

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### HIGHLIGHTS

**[Family Scavenger Hunt](#)**  
to learn about Kingian principles of nonviolence

**[Mutual Aid Opportunities](#)** in Watertown

**[New Pigsgussett Initiative](#)** in the place we call Watertown

**[Anti-racism movies:](#)**  
what to watch & what to miss

**[Books for white allies:](#)**  
understanding racism & white privilege

**[How to talk to your kids about racism :](#)** teaching white children & teens

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## LOCAL ACTION: WATERTOWN ORGANIZATIONS

*In white-dominant “progressive” parts of the United States, there’s a pervasive myth that racism happens in other parts of the country, but not in our own communities. In fact, racism exists in every town in the U.S., and there’s work to be done wherever you find yourself. There are several organizations in Watertown focused on racial justice, equity, and civic engagement which are actively seeking new voices, leadership, and volunteers.*

## Kingian Response Team

We work to apply Dr. King's philosophy and methodology of nonviolence to actively expose, confront and collectively dismantle structural racism across our local institutions in the wake of George Floyd's murder.

Our intergenerational, multiracial leadership team facilitates monthly community wide meetings and leads ongoing action-based groups in calling for our local school department, police department and town council to commit to an antiracist Listen-Learn-Grow-Act pledge, with collectively determined policy shifts under each category. We are also calling on ourselves and our community to likewise pledge to listen, learn, grow and act to end racism.

You can contact us via email at [kingiannonviolence@gmail.com](mailto:kingiannonviolence@gmail.com) or [watertownstoryshare@gmail.com](mailto:watertownstoryshare@gmail.com) and/or via Instagram at @kingianwatertown, @whskingian\_club and @watertown.storyshare.

## **FAMILY ACTIVITY: KINGIAN PRINCIPLES SCAVENGER HUNT**

As part of honoring the legacy of Dr. King, the Kingian Response Team is highlighting his six principles of nonviolence in a community-wide scavenger hunt. There are three sets with each of the six principles displayed on yard signs in different public places throughout Watertown from January 18th through February 21st.

See if you or your family can find all six, and check out the QR code for [information about the principles](#) and about our pledge to 'Listen, Learn, Grow and Act,' to end racism in our community, as well as additional activities for all. Enjoy your walking search and good luck!



## Uplift Watertown

We are a youth-led abolitionist organization fighting for community reinvestment and police divestment, advancing anti-racist action in our public schools, and pursuing the democratization of our local government through civic engagement. We believe divesting from police and investing in mental health, community resources, and affordable housing better meet the needs of Watertown and creates a safer and more just environment. Contact us at [upliftwatertown@gmail.com](mailto:upliftwatertown@gmail.com) or @upliftwatertown on instagram.

## Watertown Citizens for Black Lives

We campaign against violence and systemic racism in our local community. Our initiatives include a data-gathering project to help determine how racial diversity is being supported and encouraged within town departments, vigils in support of Black Lives and the Movement for Black Lives, and an ongoing collection of books by Black authors or featuring Black characters for the Black Lives Matter Cambridge Books & Breakfast events, and focused discussions within and beyond our group of issues related to our mission. We meet monthly. Visit us at <http://watertowncitizens.org/working-groups/watertown-for-black-lives/> and [www.facebook.com/groups/watertowncitizensforblacklives/](https://www.facebook.com/groups/watertowncitizensforblacklives/) or contact us at [watertowncitizensforblacklives@gmail.com](mailto:watertowncitizensforblacklives@gmail.com)

## **Watertown Citizens for Peace, Justice, and the Environment**

is a member-driven organization committed to protecting the environment, promoting sound environmental practices, opposing war and aggression, cultivating peace and security, and advocating for social and economic justice in our town and in the world. Watertown Citizens' Working Groups are formed by members who wish to focus on specific issues that reflect the values of the organization.

We meet every third Wednesday at 7pm, normally at the Watertown Free Public Library, but currently on zoom. Contact us at [watertowncitizens@gmail.com](mailto:watertowncitizens@gmail.com) Visit us at [www.watertowncitizens.com](http://www.watertowncitizens.com) Like us at [www.facebook.com/WatertownCitizensPJE](https://www.facebook.com/WatertownCitizensPJE)

## **Watertown Pigsgusset Initiative**

Pigsgusset Initiative works to educate and engage Watertown residents in critical conversations about the erasure of the Indigenous history in the place we call home. Pigsgusset is how the Pequossette Band of the Massachusett Tribe and their neighbors the Nipmuc and Wampanoag referred to this land. We recognize this is an English language rendering of an Indigenous word, which to the best of our knowledge means "the meadows at the widening of the river."

One of our primary goals is to educate ourselves and our community about who we are centering in our civic spaces, our monuments, our school curricula and our civic life. We initially seek to change the name of the town square, currently the Columbus Delta, to something more inclusive, and are planning a project to provide signage for Watertown public spaces that identifies their connection to the Original Peoples of this region.

Pigsgusset Initiative is collaborating with the Watertown Free Public Library and New Repertory Theatre to organize an online event related to the company's next Watertown Historical Moving Play, which will center local Indigenous history. We welcome people to join us in our work.

Contact: Jennifer Wolfrum via [jenniferwolfrum13@gmail.com](mailto:jenniferwolfrum13@gmail.com)

## **Watertown Forward**

Watertown Forward is a non-partisan civic action group. Our mission is to educate, engage, and empower our community to participate in creating Watertown's 2020-2030 charter. We want to ensure that our community is educated, engaged, and empowered to participate in the charter review. We welcome more volunteers for our two working committees (Education Committee and Outreach & Engagement Committee.)

Join us in bringing about positive change. Visit us at <https://www.watertownforward.org/> and <https://www.facebook.com/groups/1082426438850771> Contact us at [forwardwatertown@gmail.com](mailto:forwardwatertown@gmail.com)

## **World in Watertown**

World in Watertown is a civic organization founded in 1999 to protect and promote non-discriminatory practices in Watertown, Massachusetts. Since then we have expanded our mission to:

- Create and support local educational programs and other initiatives to honor our town's diversity.
- Bring together members of the community to celebrate our cultural differences.
- Advocate for fair and equal treatment for all.

Together with individuals, community organizations, faith communities, schools, businesses, and town agencies, we build bridges of cooperation to further strengthen Watertown as a welcoming place for all. Visit us at <https://www.worldinwatertown.org/> contact: [worldinwatertown@yahoo.com](mailto:worldinwatertown@yahoo.com)

## ACTION THIS WEEK

### THE MOSTLY VIRTUAL 2021 MLK WEEK OF SERVICE and LEARNING

Honor Dr. Martin Luther King, Jr.'s life and work by joining with others to serve those in need in our community and to learn how you can help create an equitable community that brings us closer to racial justice and equality.

The COVID-19 pandemic has underscored the inequality and injustice in our society. But we can still lend our helping hands. And we can work together to make this a day—and even a week—of giving and learning. Join together virtually for hands-on service on MLK Day and for a Week of Racial and Social Justice Conversations focused on Reverend Martin Luther King, Jr.'s work, legacy and continuing power to challenge and inspire us.

<https://manyhelpinghands365.org/> or <https://www.eventbrite.com/e/2021-cambridge-mlk-day-week-of-service-and-learning-registration-134580968299>

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## MUTUAL AID

**“Solidary, not charity”** *Mutual Aid Networks are rooted in reciprocity and egalitarianism. They consist of collective action to make sure everyone in the community has their needs met. Mutual Aid networks became increasingly important during the COVID-19 pandemic when governments at the municipal, state, and federal levels failed to provide emergency services in the face of health and economic crises.*

[What is Mutual Aid? A Primer by the Climate Justice Alliance](#)

The **Watertown Mutual Aid Network**, funded by the Watertown Community Foundation in association with Wayside Youth & Family Support Network's Multi-Service Center, is a way **for Watertown neighbors to support each other**, by delivering food, making weekly calls for social support, supporting each other with tutoring and technology, and in many other ways.

By following this link <http://bit.ly/watertownmutualaid>, you will find information about how to use mutual aid, forms to offer and request aid from your Watertown neighbors, and additional resources. Please reach out to Sophia, our Community Coordinator, at

[WatertownMutualAid@WaysideYouth.org](mailto:WatertownMutualAid@WaysideYouth.org) or 617-744-9585 if you have any questions or wish to offer or request aid over the phone (translation services are available).

#### Current Mutual Aid Opportunity:

Mutual Aid and the Watertown Community Foundation are hosting a Drive for people experiencing homelessness in Watertown. Supplies can be dropped off at the [Watertown Free Public Library](#) parking lot, under the tent, from Friday **1/15 to 1/22** during library hours (Mon-Thu 9-7, Fri 9-5, Sat 9-12, Sun closed). Please see what is needed below.

Travel sized toiletries including:

- shampoo
- deodorant
- razors
- tampons
- toothbrushes
- toothpaste

Food and beverage items:

- bottled water
- small individual snacks, such as granola bars

Gift cards:

\$25 gift cards to Dunkin Donuts, CVS, or Target

#### **Find another mutual aid network to support here:**

<https://www.massjw.net/news/2020/3/17/cover-19-mutual-aid-networks>

[https://urbanandraciaequity.org/hub\\_category/mutualaid/](https://urbanandraciaequity.org/hub_category/mutualaid/)

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## EDUCATIONAL MATERIALS

*For yourself, your loved ones, your classroom*

1. Whenever we learn about a new topic, there are new terms that help us understand it. Check out these glossaries on racism and racial justice:

- [Glossary: Watertown Anti Oppression Training](#)  
[<https://docs.google.com/document/d/1bl4rScdlpkls90n1hhfmtN53mJxCKzELWC/M5lQRDM4w/edit>]
- [Racism Defined - dRworksBook](#) [<https://www.dismantlingracism.org/racism-defined.html>]
- Cycle of Liberation  
[<https://muir.ucsd.edu/files/about/themuircollegeway/cycleofliberation.pdf>]

2. Books! Both non-fiction and fiction books by anti-racist authors, especially Black feminist authors, can inform and guide our anti-racist actions within the context of wider social movements with long histories.

- Books for white allies: <https://www.charisbooksandmore.com/understanding-and-dismantling-racism-booklist-white-readers>
- Books to Teach White Children and Teens How to Undo Racism and White Supremacy: <https://www.charisbooksandmore.com/books-teach-white-children-and-teens-how-undo-racism-and-white-supremacy>
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- List of Black women authors in fiction and non-fiction: <https://www.wellreadblackgirl.com/reading-list>
- [The 21 Best Books For Budding Black Feminists | The Strategist](#)
- **FOR EDUCATORS:** *We Want to Do More Than Survive* by Bettina Love

You can get books from your local library or online. If purchasing books, consider buying from a Black-owned bookstore:

<https://www.oprahmag.com/entertainment/books/a33497812/black-owned-bookstores/>

### 3. Movies

- [Anti-racism films: What to watch and what to skip](#)  
[[https://www.voxmagazine.com/arts/anti-racism-films/article\\_5e38cb84-b22f-11ea-8fc0-a38ebcf61504.html](https://www.voxmagazine.com/arts/anti-racism-films/article_5e38cb84-b22f-11ea-8fc0-a38ebcf61504.html)]
- [Movies to Watch to Educate Yourself About Racism, Protests](#)  
[<https://time.com/5847912/movies-to-watch-about-racism-protests/>]

### 4. Podcasts

- [Podcasts | Anti-Racism Resources](#)  
[<https://projects.iq.harvard.edu/antiracismresources/allies/podcasts>]
- [Justice in America](#) [<https://theappeal.org/topics/justice-in-america/>]

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## CONVERSATIONS ABOUT RACE AND OPPRESSION

*Talk to your loved ones, your co-workers, and even yourself*

### Conversing and processing

We can cultivate interpersonal conversations about our socialization into oppressor and oppressed roles using **Listening Partnerships** from **Youth on Board** ([ListeningWorks Videos](#)).

Listening Partnerships are a powerful way to practice self reflection in a relationship with one another. They help prevent burnout and encourage mindfulness around our responses to interpersonal and systemic harm.

In addition, an important byproduct of listening partnerships is that they build stronger bonds between partners and communities. A Listening Partnership is a simple conversational tool where one partner speaks in response to a prompt for a given time while the other partner listens with loving intent, and then partners switch roles.

([Listening Partnerships](#) document for more explanation and sample prompts)

## **Imagining**

Create space in your own life and in your relationships with your family, friends, and loved ones to ‘freedom dream’ <https://freedomdreaming.commons.gc.cuny.edu/about/> a practice which calls us to envision not what we are fighting against, but what we are fighting for.

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## **BOSTON AND MASSACHUSETTS ORGANIZATIONS**

*There are also many social justice organizations in Boston and Massachusetts that Watertown residents can support financially or get involved in such as:*

### **Families for Justice as Healing (FJAH)**

Families for Justice as Healing is led by incarcerated women, formerly incarcerated women, and women with incarcerated loved ones. Our mission is to end the incarceration of women and girls. We are unapologetically focused on women and girls and we are abolitionists. We are proud members of the National Council of Incarcerated Women and Girls. We are closely connected with our sister organization, Sisters Unchained. We are a part of the National Participatory Defense Network.

We lead advocacy to decarcerate women and girls in Massachusetts. We organize in the most incarcerated communities in the Commonwealth to transform the way we respond to harm and develop alternatives to police, courts, and incarceration. The approach we take to our work is #ReimaginingCommunities. We don’t need or want any new jails or prisons. Formerly incarcerated women have the solutions and expertise to address the root causes of incarceration.

We are leading work to shift resources away from the criminal punishment system and into Black and Brown communities so we can have housing, healthcare, education, economic development, and community-led organizations.

Visit us at <https://justiceashealing.org/>



## **Violence in Boston**

The mission of Violence in Boston is to improve the quality of life & life outcomes of individuals from disenfranchised communities by reducing the prevalence of violence and the impact of associated trauma. VIB was established with \$1,000 in 2017.

Since the work began in 2009, it has been privately, personally, and crowdfunding all activities, with no financial assistance from government agencies or officials. In order to scale up the work - necessary due to the increase in violence survivorship, it is evident that VIB must partner with governing bodies in order to redress the hidden burden resulting from violence exposure.

Through this partnership, Monica will lead VIB in becoming a one-stop-shop for comprehensive victim services. The plan is to provide any resident, who experiences any form of violence, the ability to walk in and obtain all required assistance from VIB staff.

Visit us at <https://www.violenceinboston.org/>

## **Black and Pink Massachusetts**

Black and Pink Massachusetts is a volunteer-fueled organization working for abolition of the criminal punishment system, which disproportionately impacts lesbian, gay, bisexual, transgender, queer, and intersex people, as well as those living with HIV.

Visit us at <https://www.blackandpinkma.org/> join the pen-pal program here:  
<https://www.blackandpinkma.org/programs/pen-pals>

## **City Life / Vida Urbana**

City Life/Vida Urbana is a grassroots community organization committed to fighting for racial, social and economic justice and gender equality by building working class power. We promote individual empowerment, develop community leaders and build collective power to effect systemic change and transform society.

Visit us at <http://www.clvu.org/>

## **Muslim Justice League**

Muslim Justice League (MJL)'s mission is to organize and advocate for communities whose rights are threatened under the national security state in the United States. Led by Muslims, our organizing brings justice for ALL communities deemed "suspect."

MJL was founded on the principles that discrimination towards any group endangers the rights of all and that Muslim advocacy is an essential force for promoting justice.

MJL's organizing centers communities heavily impacted by surveillance and policing in the US. While we focus predominantly on Massachusetts, and especially Boston, we also lead a national advocacy effort – the #StopCVE National network.

Visit us at <https://muslimjusticeleague.org/>

## **Never Again Action Boston**



Never Again Action is a movement of Jews and allies fighting to end America's cruel immigration policies. We are not going to sit at home while people are dying and families are being rounded up.

Visit us at <https://www.neveragainaction.com/>

### **Greater Boston Interfaith Organization**

We believe in making Greater Boston a better place to live, work, and raise a family. Our mission is to build POWER by developing local LEADERS so we can ACT together on issues that matter to our communities.

Visit us at <https://www.qbio.org/>

And more ... <https://providers.org/alex/how-to-support-racial-justice-in-massachusetts/>

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## **NATIONAL RACIAL JUSTICE ORGANIZATIONS**

*Explore their websites, follow them on social media, read their literature and campaigns, join them, and donate to them regularly and generously as you are able.*

**The Movement for Black Lives (M4BL)** <https://m4bl.org/>, formed in December of 2014, was created as a space for Black organizations across the country to debate and discuss the current political conditions; develop shared assessments of what political interventions are necessary in order to achieve key policy, cultural, and political wins; and convene organizational leadership in order to debate and co-create a shared movement-wide strategy.

The Movement for Black Lives works under the fundamental idea that we can achieve more together than we can separately. The Movement for Black Lives website has resources on a number of campaigns and visions including “End the War on Black Communities”, “End to All Jails, Prisons, and Immigration Detention”, “End the War on Drugs”, and “End the Surveillance on Black Communities”.

**Black Lives Matter (BLM)** <https://blacklivesmatter.com/> was founded in 2013 in response to the acquittal of Trayvon Martin’s murderer. Black Lives Matter Global Network Foundation, Inc. is a global organization in the US, UK, and Canada, whose mission is to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and vigilantes. By combating and countering acts of violence, creating space for Black imagination and innovation, and centering Black joy, we are winning immediate improvements in our lives.

**Showing Up for Racial Justice (SURJ)** <https://www.showingupforracialjustice.org/> is an organization part of a multi-racial movement to undermine white support for white supremacy and to help build a racially-just society. SURJ has many resources and tools, as well as a chapter in the Boston Area: <https://www.surjboston.org/>

An example of an important racial justice organizing resource from SURJ:

[WHITE SUPREMACY CULTURE: Characteristics](#)