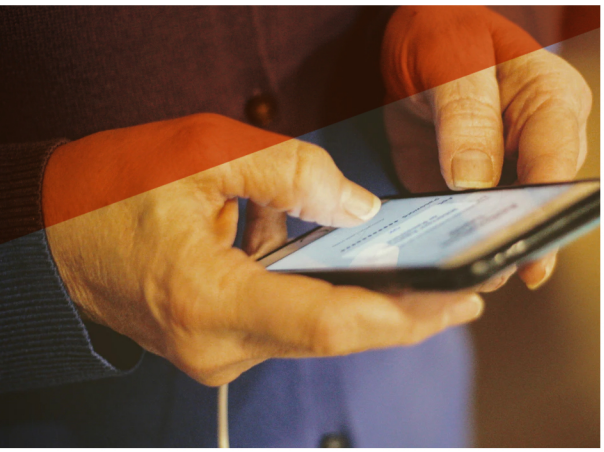
21-Day Racial Equity Habit Building Challenge©

An Anti-Racism Resource

Getting Started Guide

Curious about how to start the 21-Day Challenge? Check out these helpful steps below:

1. **Visit the DSC-RACE.ORG Website:** On the DSC-RACE.org website, you will find the instructions and daily activities for the challenge. **The goal is to complete one activity per day in order to build the habit.** The challenge is self-guided with opportunities to connect with others throughout the 21 days. If you have joined the challenge after it has begun, don't worry! You can always catch up or simply start the activities on the day you join. If you don't have access to the website or would prefer to download all of the activities at once, these documents (in PDF and Word formats) are available for your convenience.



2. **Choose an Activity:** On each day of the challenge, you will be invited to complete a short activity (typically taking approximately 15-30 minutes) from the themes of **Read**, **Watch**, **Listen**. Each activity is to help increase your understanding of elements of race and systemic racism against people of color in the USA. The activities are meant to be done in a short period of time to allow time for reflection. However, if you would like to spend additional time in exploration, there are longer options each week to do a "deep dive".

3. **Connect with Others:** Throughout the challenge, there will be opportunities to gather via Zoom technology with others who are participating in the challenge to discuss what we have learned, read, watched. The first week will be spent discussing expectations and hopes for the challenge. We will also go over any questions that may arise. The second and third weeks will be spent reflecting on the material during the week. The last week will be a reflection of the week's material but also a time for closing reflection.

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4.

Continue to Explore: If you desire to explore more, there is a resource list on the website (dsc-race.org) that contains many more ways to explore and learn. This includes age-appropriate resources for addressing the issue of race and racism with children. If you know of a resource that is not listed, please share it during the weekly zoom meeting.

Pray: Pray for the places you are challenged and for those you are learning about whose lives may be different than yours. Seek God's transforming love in this time and listen to how God may be calling you to respond.

5.

Meeting information:

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