



MICROLEARNING - 10 MINUTES TO EXPAND YOUR KNOWLEDGE

RACE EQUALITY WEEK

*Disclaimer-
topics of racial
discrimination.
Wellbeing
support provided
[here](#) *

Race Equality Week is a UK-wide initiative uniting thousands of organisations and individuals to address race equality barriers in the workplace. This year's theme is #ItsEveryonesBusiness.

At St Mary's, we are actively addressing and understanding race equality barriers through our Race Equality Charter (REC). The REC is a framework provided by Advance HE through which institutions work to identify and self-reflect on institutional and cultural barriers standing in the way of Black, Asian, and Minority Ethnic (BAME) staff and students.

We hope this edition of Microlearning helps us develop our knowledge on racial equity and how to become a better active ally.

ARTICLES



- [How to Talk About Race at Work](#) CIPD (4-minute read)
- [Fight Racism](#) (2-minute read and 3-minute video) **Top Pick of the Week**

VIDEOS



- [What is Racial Equity?](#) (1-minute video)

Actions for the week

1. Join our REC team! If you are interested in joining or want to hear more, please email samantha.goober@stmarys.ac.uk.
2. Stand up to racist comments. Change the situation, comfort the victim and comfortably address the issue.
3. [Listen with empathy](#) and seek to understand different perspectives.
4. Read the [Guide to Allyship](#).

Learn more about St Mary's inclusion efforts and become an active ally by joining our [Race Equality Charter Team](#). To share your interest in joining or getting connected, please email equalitycharters@stmarys.ac.uk.

Thank you joining us in this week's
Microlearning!

LONGER ACTIVITIES TO FURTHER EXPAND YOUR KNOWLEDGE



- [Black Self / White World — lessons on internalized racism | Jabari Lyles | TEDxTysonsSalon](#) (9-minute video)
- [Systemic racism: individuals and interactions, institutions and society](#) (15-minute read)
- Watch one of our REC [Conversations: Let's Talk About Race](#) (4 videos- roughly 1-hour each)