**TAPESTRY RECOMMENDED RESOURCES**

**WHITE FRAGILITY By Dr. Robin Diangelo**

White Fragility: Why It's So Hard for White People to Talk About Racism, coined the term White Fragility in 2011. Dr. DiAngelo defines White Fragility as: "a state in which even a minimum amount of racial stress becomes intolerable, triggering a range of defensive moves. These moves include the outward display of emotions such as anger, fear, and guilt, and behaviors such as argumentation, silence, and leaving the stress-inducing situation. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue." Her book breaks down the dynamics of White Fragility, and how we might build our capacity in the on-going work towards racial justice

Free Reading Guide for Group Study

[https://robindiangelo.com/2018site/wp.../01/WhiteFragilityReadingGroupGuide.pdf](https://robindiangelo.com/2018site/wp-content/uploads/2019/01/WhiteFragilityReadingGroupGuide.pdf)

Dr. Robin DiAngelo discusses ‘White Fragility’ (1hr 28 min)

<https://www.youtube.com/watch?v=45ey4jgoxeU&t=3409s>

Teaching While White

In our podcast, “White Fragility, Part II,” we explore some of the ways white fragility — that deep anxiety most white people experience when facing any kind of racial stress — undermines the ability of white educators to talk about race with their students or hold conversations among colleagues about teaching students well and fairly across race.

**BREAD FOR THE WORLD INSTITUDE**



Racial Wealth Gap Simulation

**What is the Racial Wealth Gap Learning Simulation?**

**THE SIMULATION IS** an interactive tool that helps people understand the connections among racial equity, hunger, poverty, and wealth. It is a good first step for people unaware of structural inequality, a support tool for those who want a deeper understanding of structural inequality, and a source of information for experts who want to know the quantifiable economic impact of each policy that has widened today’s racial hunger, income, and wealth divides.

https://www.bread.org/library/racial-wealth-gap-learning-simulation

### DOWNLOAD SIMULATION RESOURCES

[Simulation Print Kit](http://files.bread.org/institute/simulation/Racial-Wealth-Gap-Print-Kit.pdf)

[Facilitator's Guide](http://files.bread.org/institute/simulation/Racial-Wealth-Gap-Facilitator-Guide.pdf)

[Policy Packet](http://files.bread.org/institute/simulation/Racial-Wealth-Gap-Policy-Packet.pdf)

[Biblical Activity Sheet](http://files.bread.org/institute/simulation/Racial-Wealth-Gap-Biblical-Study-Guide.pdf)

[PowerPoint with talking points](http://files.bread.org/institute/simulation/Racial-Wealth-Gap-PowerPoint-with-Talking-Points.pptx)