

# **Diversity, Equity, and Inclusion Media and Resource List**

## **Phi Sigma Pi**

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# Statement of Purpose

The purpose of this resource is to provide members with content that illuminates the experiences of members of groups whose voices have been historically underrepresented or marginalized. Our hope is that members will utilize this compilation to incorporate diverse stories into their everyday lives through viewing, reading, listening, volunteering, donating, and discussing the content with members and non-members alike.

This document was curated by volunteers of Phi Sigma Pi National Honor Fraternity and is meant to begin our collection - not exhaustive - of notable representation in media, books, podcasts, and community service. This is a living document and our aim is to ensure that the content is inclusive, timely, and relevant. As such, we welcome all to submit your feedback on the resources provided as well as your recommendations for additional content to [ideas@phisigmapi.org](mailto:ideas@phisigmapi.org). This document will also be periodically reviewed by our DEIA strategic partners at [Inclusion Strategy Solutions LLC \(ISS\)](#).

# Diverse Stories



\*Intersectional Resources

# Asian American and Pacific Islander Stories

*This section is designed to illuminate the stories of Asian Americans and Pacific Islanders including, but not limited to, the experiences of individuals who identify as Chinese American, Korean American, Japanese American, Indian American, Vietnamese American, and Native Hawaiians.*

## Suggested Reading

### *Personal Memoir*

- **All You Can Ever Know**, Nicole Chung (\*TW: miscarriage)
- **Asian American Feminisms and Women of Color Politics (Decolonizing Feminisms)\***, Lynn Fujiwara
- **Crying in H Mart**, Michelle Zauner (\*TW: abortion)
- **Fairest**, Meredith Talusan (\*TW: racism, transphobia, homophobia, body shaming)
- **Hawaii's Story by Hawaii's Queen**, Lili'uokalani
- **Long Live the Tribe of Fatherless Girls\***, T Kira Madden (\*TW: addiction, sexual assault, rape culture)
- **Minor Feelings\***, Cathy Park (\*TW: domestic abuse, substance abuse, eating disorders, self-harm, body shaming, ableism, sexism)
- **See No Stranger: A Memoir and Manifesto of Revolutionary Love**, Valarie Kaur
- **They Called Us Enemy\***, George Takei
- **What We Carry**, Maya Shanbhag Lang

### *Non-Fiction*

- **Asian American Dreams: The Emergence of an American People**, Helen Zia (\*TW: violence, hate crimes)
- **Good Girls Marry Doctors: South Asian American Daughters on Obedience and Rebellion\***, Piyali Bhattacharya (\*TW: physical/emotional abuse, homophobia, self-image)
- **The Loneliest Americans**, Jay Caspian Kang
- **The Making of Asian America: A History**, Erika Lee

### *Fiction*

- **A Place For Us**, Fatima Farheen Mirza
- **Interior Chinatown**, Charles Yu (\*TW: ableism, police brutality, sexual harassment, murder)
- **The Bad Muslim Discount\***, Syed M. Masood (\*TW: physical/sexual abuse)
- **The Kiss Quotient\***, Helen Hoang (\*TW: unwanted touching, forced kissing, sexual harassment, anxiety, body-shaming)
- **The Paper Menagerie and Other Stories**, Ken Liu (\*TW: torture, sexual assault, death)

- **When Dimple Met Rishi**, Sandhya Menon (\*TW: physical abuse)

*Online Resources:*

- <https://asamnews.com/>
- <https://www.mochimag.com/>
- <https://coldteacollective.com/>
- <https://hyphenmagazine.com/>
- <https://www.asianamtoolkit.org/>

**Suggested Watching**

*TV*

- **Akwafina is Nora From Queens** (TV-14)
- **Fresh Off the Boat** (TV-PG)
- **Kim's Convenience** (TV-MA)
- **Master of None** (TV-MA)
- **Ms. Marvel\*** (TV-14)
- **Patriot Act with Hasan Minaj** (TV-MA)

*Movies*

- **Always Be My Maybe** (PG-13)
- **Crazy Rich Asians** (PG-13)
- **Don't Make Me Go** (R)
- **Fire Island\*** (R)
- **Minari** (PG-13)
- **Moana** (PG)
- **Mogul Mowgli** (Not Rated)
- **Shang Chi and the Legend of the Ten Rings** (PG-13)
- **The Farewell** (PG)
- **The Joy Luck Club** (R)
- **Tigertail** (PG)
- **Turning Red\*** (PG)

**Suggested Listening**

- **Model Majority**
- **Modern Minorities**
- **Someday is Here**
- **Southern Fried Asian**
- **This Filipino American Life**

**Suggested Community Service**

- [Asian American Federation](#)
- [Asian Americans Advancing Justice](#)
- [Asian Mental Health Collective](#)
- [Asian Pacific Environmental Network](#)
- [National Asian Pacific American Women's Forum](#)

# Black Stories

*This section is designed to illuminate the experiences and stories of individuals who identify as African American or Black Americans.*

## Suggested Reading

### *Personal Memoir*

- **Becoming**, Michelle Obama
- **Eloquent Rage: A Black Feminist Discovers Her Superpower\***, Brittney Cooper
- **Hood Feminism: Notes From the Women That A Movement Forgot\***, Mikki Kendall
- **I Know Why the Caged Bird Sings**, Maya Angelou (\*TW- sexual assault)
- **Just As I Am**, Cicely Tyson
- **Redefining Realness: My Path to Womanhood, Identity, Love and So Much More\***, Janet Mock
- **Sister Outsider\***, Audre Lorde (\*TW- racism, sexual assault, homophobia)
- **You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience**, curated by Tarana Burke & Brene Brown

### *Non-Fiction*

- **An African American and Latinx History of the United States\***, Paul Ortiz
- **Caste**, Isabel Wilkerson
- **Chokehold: Policing Black Men**, Paul Butler
- **Hidden Figures: The American Dream and The Untold Story Of The Black Women Mathematicians Who Helped Win the Space Race\***, Margot Lee Shetterly
- **Stamped**, Ibram X. Kendi & Jason Reynolds
- **The 1619 Project: A New Origin Story**, Nikole Hannah-Jones
- **The Immortal Life of Henrietta Lacks**, Rebecca Skloot (\*TW- sexual assault)
- **We Should All Be Feminists\***, Chimamanda Ngozi Adichie

### *Fiction*

- **A Raisin in the Sun**, Lorraine Hansberry
- **Black Buck**, Mateo Askaripour
- **Everything, Everything**, Nicola Yoon
- **Grown**, Tiffany D. Jackson (\*TW – Child Rape, Emotional and Physical Abuse)
- **Native Son**, Richard Wright
- **Real Life**, Brandon Taylor
- **The Color Purple**, Alice Walker
- **The Hate You Give**, Angie Thomas
- **The Vanishing Half**, Brit Bennett
- **The Water Dancer**, Ta-Nehisi Coates (\*TW – Sexual, Emotional and Physical Abuse, mention of Suicide)
- **Their Eyes Were Watching God**, Zora Neale Hurston

- **Waiting To Exhale**, Terry McMillan
- **You Should See Me in a Crown**, Leah Johnson

#### *Online Resources*

- <https://nmaahc.si.edu/>
- <https://ourselvesblack.com/>
- <https://www.theroot.com/>
- <https://www.colorlines.com/>

#### **Suggested Watching**

##### *TV*

- **Abbott Elementary** (TV-PG)
- **All-American** (TV-14)
- **Atlanta** (TV-MA)
- **Craig of the Creek** (TV-Y7)
- **Everybody Hates Chris** (TV-14)
- **Family Matters** (TV-PG)
- **Girlfriends** (TV-PG)
- **Grand Crew\*** (TV-14)
- **Insecure** (TV-MA)
- **Little Fires Everywhere** (TV-MA)
- **Moesha** (TV-PG)
- **One on One** (TV-14)
- **Queen Sugar** (TV-14)
- **Sister, Sister** (TV-G)
- **The Amber Ruffin Show** (TV-14)
- **The Boondocks** (TV-MA)
- **The Fresh Prince of Belair** (TV-PG)
- **The Get Down** (TV-MA)
- **The Proud Family** (TV-Y)
- **Watchmen** (TV-MA)

##### *Movies*

- **Coach Carter** (PG-13)
- **Dope** (R)
- **Girls Trip** (R)
- **Johnson Family Vacation** (PG-13)
- **Love & Basketball** (PG-13)
- **Moonlight\*** (R)
- **Nappily Ever After** (TV-MA)
- **One Night in Miami** (R)
- **Poetic Justice** (R)
- **Sorry To Bother You** (R)
- **The Best Man** (R)
- **The Harder They Fall** (R)
- **This Christmas** (PG-13)



**Suggested Listening**

- **Therapy for Black Girls\***
- **Code Switch\***
- **The Read**
- **Truth Be Told**
- **Ear Hustle**
- **74 Seconds**

**Suggested Community Service**

- [African American Community Service Agency](#)
- [NAACP](#)
- [Black Lives Matter](#)

# Body Diversity Stories

*This section is designed to illuminate the stories of individuals with diverse body sizes and shapes that are traditionally given negative representation or no representation at all in media.*

## Suggested Reading

### *Personal Memoirs*

- **Body Positive Power: Because Life is Already Happening and You Don't Need Flat Abs to Live It**, Megan Jayne Crabbe
- **Everything's Trash, But It's Okay**, Phoebe Robinson
- **Heavy: An American Memoir**, Kiese Laymon
- **Hunger: A Memoir of My Body**, Roxane Gay
- **Landwhale**, Jes Baker
- **#VeryFat #VeryBrave**, Nicole Byer
- **My Life as a Goddess**, Guy Branum
- **We Are Never Meeting in Real Life**, Samantha Irby

### *Non-Fiction*

- **Body Respect: What Conventional Health Books Get Wrong, Leave Out, and Just Plain Fail to Understand about Weight**, Lindy Bacon and Lucy Aphramor
- **Fat!So?**, Marilyn Wann
- **Fearing the Black Body: The Racial Origins of Fat Phobia\***, Sabrina Strings
- **Happy Fat**, Sofie Hagen
- **Hijas Americanas; Beauty, Body Image, and Growing Up Latina\***, Rosie Molinary
- **Hot & Heavy: Fierce Fat Girls on Life, Love & Fashion**, Virgie Tovar
- **The Beauty Myth: How Images of Beauty Are Used Against Women**, Naomi Wolf
- **The Other F Word: A Celebration of the Fat & Fierce**, Angie Manfredi
- **The Body Is Not an Apology: The Power of Radical Self-Love**, Sonya Renee Taylor
- **What We Don't Talk About When We Talk About Fat**, Aubrey Gordon

### *Fiction*

- **Dietland**, Sarai Walker
- **Eleanor & Park**, Rainbow Rowell
- **Faith: Taking Flight**, Julie Murphy
- **Fat Chance, Charlie Vega**, Crystal Maldonado
- **Gabi, A Girl In Pieces**, Isabel Quintera
- **Her Body and Other Parties**, Carmen Maria Machado
- **I'll Be The One**, Lyla Lee
- **Looks**, Madeline George
- **Losing It**, Kai Hibbard
- **Love is a Revolution**, Renee Watson
- **Sweet**, Emmy Laybourne

### *Poetry*

- **Corazón**, Yesika Salgado
- **Fat Art, Thin Art**, Eve Kosofsky Sedgwick
- **Fat Girl Finishing School**, Rachel Wiley

### *Online Resources*

- <https://www.adiosbarbie.com/>
- <https://bodyimagemovement.com/>
- <https://canweallgo.com/>
- <https://naafa.org/>

### **Suggested Watching**

#### *TV*

- **Gilmore Girls** (TV-PG)
- **Glow** (TV-14)
- **Good Girls\*** (TV-14)
- **Good Trouble** (TV-14)
- **Grand Crew\*** (TV-14)
- **My Mad Fat Diary** (TV-MA)
- **Orange Is The New Black\*** (TV-14)
- **RuPaul's Drag Race\*** (TV-14)
- **Shrill** (TV-MA)
- **This Is Us\*** (TV-14)
- **Watch Out for the Big Grrrls\*** (TV-14)

#### *Movies*

- **Beauty Shop\*** (PG-13)
- **Embrace: The Documentary** (Not Rated)
- **Hairspray** (PG)
- **Real Women Have Curves\*** (PG-13)

### **Suggested Listening**

- **Affirmation Pod**
- **Break the Dieting Cycle**
- **Eat the Rules**
- **Food Psych**
- **Living in this Queer Body\***
- **Nutrition Matters**
- **Yes & Body Politics**
- **Rebel Eaters' Club**
- **Maintenance Phase**

### **Suggested Community Service**

- [National Eating Disorders Association](#)
- [National Organization for Women Foundation](#)

- [Plus Positive](#)
- [The Body Positive](#)

# Disabled Persons Stories

*This section is designed to illuminate the stories of individuals with disabilities, more specifically, physical disabilities including, but not limited to, the experiences of individuals who are deaf, hard-of-hearing, blind, paralyzed, an amputee, or have disfigurement, cerebral palsy, a chronic illness or muscular dystrophy.*

## Suggested Reading

### *Personal Memoirs*

- **Criptionary: Disability Humor and Satire**, Maria Palacios
- **Disability Visibility**, Alice Wong
- **Fading Scars: My Queer Disability History\***, Corbett Joan O'Toole
- **Golem Girl: A Memoir**, Riva Lehrer
- **Haben: The Deafblind Woman Who Conquered Harvard Law\***, Haben Girma
- **Mean Little Deaf Queer\***, Terry Galloway
- **Planet of the Blind**, Stephen Kussisto
- **Reflections from a Unicorn**, Richard Creech (ΦΣΠ Alum)
- **Sitting Pretty: The View From My Ordinary Resilient Body**, Rebekah Taussig
- **The World I Fell Out Of**, Melanie Reid
- **What The \*\*\*\* Is Normal?**, Francesca Martinez

### *Non-fiction*

- **Disability Scoop** (Online Periodical “The Premier Source for Developmental Disability News”)
- **No Pity: People with Disabilities Forging a New Civil Rights Movement**, Joseph P. Shapiro
- **Pride Against Prejudice: Transforming Attitudes to Disability**, Jenny Morris
- **The New Disability History: American Perspectives (History of Disability)**, Paul K. Longmore and Lauri Umansky
- **The Ugly Laws: Disability in Public**, Susan M. Schweik
- **Why I Burned My Book and Other Essays on Disability**, Paul K. Longmore

### *Fiction*

- **A Quiet Kind of Thunder**, Sara Barnard
- **A Time to Dance**, Padma Venkatraman
- **Bodymap: Poems**, Leah Lakshmi Piepzna-Samarasinha
- **Finding Balance**, Kati Gardner
- **Get a Life, Chloe Brown**, Talia Hibbert
- **Into the Drowning Deep**, Mira Grant
- **Not If I See You First**, Eric Lindstrom
- **The Oracle Code**, Manuel Preitano
- **True Biz**, Sara Novic
- **Unbroken: 13 Stories Starring Disabled Teens**, Marieke Nijkamp
- **You're Welcome, Universe**, Whitney Gardner

### *Online Resources*

- <https://abilitymagazine.com/>
- <https://diverseabilitymagazine.com/>
- <https://disabilityvisibilityproject.com/>
- <https://thearc.org/>

### **Suggested Watching**

*+Features disabled actors or stars with the disability depicted.*

#### *TV*

- **Breaking Bad+** (TV-MA)
- **Deaf U+** (TV-MA)
- **Pelwick+** (TV-Y)
- **Speechless+** (TV-PG)
- **Special+\*** (TV-MA)

#### *Movies*

- **A Quiet Place+** (PG-13)
- **Best Summer Ever+** (Not rated)
- **CODA+** (PG-13)
- **Crip Camp: A Disability Revolution+** (R)
- **Eternals+\*** (PG-13)
- **Mogul Moggli\*** (Not rated)
- **Ray\*** (PG-13)
- **Rising Phoenix** (PG-13)
- **Run+** (PG-13)
- **Sound of Metal\*** (R)
- **The Fundamentals of Caring** (TV-MA)

### **Suggested Listening**

- **Barrier Free Futures Podcast** (April 11, 2020 Crip Camp)
- **Disability After Dark** (Episode 247: Is Zach of The Try Guys Disabled? w/ Zach Kornfeld)
- **Down to the Struts** (Episode 1: Getting Wise About Disability with Dr. Arielle Silverman)
- **Included: The Disability Equity Podcast** (Episode 13: Disability Data)
- **Power Not Pity** (Episode 8: “Our Companion Animals, Our Selves” feat. Kay Ulanday Barrett)
- **The Disability Visibility Podcast** (Episode 21: Disabled Comedians)

### **Suggested Community Service**

- [Be My Eyes](#)
- [Cerebral Palsy Sport](#)
- [Free Wheelchair Mission](#)
- [Hearing, Speech and Deaf Center](#)
- [National Association of the Deaf](#)

- [Wheelchair Foundation](#)

# Indigenous People's Stories

*This section is designed to illuminate the experiences and stories of individuals who identify as Indigenous People.*

## Suggested Reading

### *Personal Memoirs*

- **Custer Died for Your Sins: An Indian Manifesto**, Vine Deloria, Jr.
- **How We Go Home: Voices from Indigenous North America**, Sara Sinclair
- **ManKiller: A Chief and Her People**, Wilma Mankiller and Michael Wallis

### *Non-Fiction*

- **As Long as Grass Grows: The Indigenous Fight for Environmental Justice, from Colonization to Standing Rock**, Dina Gilio-Whitaker
- **Everything You Know About Indians Is Wrong**, Paul Chaat Smith
- **Our History is the Future: Standing Rock Versus the Dakota Access, Pipeline, and the Long Tradition of Indigenous Resistance**, Nick Estes
- **Sovereign Erotics: A Collection of Two-Spirit Literature**, Qwo-Li Driskill, Daniel Heath Justice, Deborah Miranda and Lisa Tatonetti (editors)

### *Fiction*

- **Ceremony**, Leslie Marmon Silko
- **House Made of Dawn**, N. Scott Momaday
- **Love Medicine: A Novel**, Louise Erdrich

### *Online Resources*

- <https://www.indigenoussaction.org/>
- <https://saymag.com/>
- <https://www.americanindianmagazine.org/>

## Suggested Watching

### *TV*

- **Basketball or Nothing** (Not Rated)
- **Bury My Heart at Wounded Knee** (TV-14)
- **Reservation Dogs** (TV-MA)
- **Rutherford Falls** (TV-14)

### *Movies*

- **Night Raiders** (Not Rated)
- **On the Ice** (R)
- **Shouting Secrets** (Not Rated)
- **Smoke Signals** (PG-13)
- **The Body Remembers When the World Broke Open** (TV-MA)
- **The Cherokee Word for Water** (PG)
- **Wild Indian** (Not Rated)



### **Suggested Listening**

- **Coffee With My Ma**
- **Let's Talk Native, With John Kane**
- **Return to Thunder Bay**
- **The Red Nation Podcast**
- **This Land**

### **Suggested Community Service**

- [Blackfeet Reservation](#)
- [Borderland Rainbow Center](#)
- [Hopi Relief](#)
- [Indigenous Roots](#)
- [Navajo Nation](#)
- [National Congress of American Indians: Tribal Organizations](#)

# Intersectionality Stories

*This section is designed to illuminate the stories of individuals who have navigated their intersectionality as well as related resources.*

## Suggested Reading

### *Personal Memoirs*

- **Eloquent Rage: A Black Feminist Discovers Her Superpower\***, Brittney Cooper
- **Exile and Pride: Disability, Queerness, and Liberation\***, Eli Clare
- **Fading Scars: My Queer Disability History\***, Corbett O'Toole
- **How We Fight For Our Lives\***, Saeed Jones
- **Redefining Realness: My Path to Womanhood, Identity, Love & So Much More\***, Janet Mock
- **Surpassing Certainty: What My Twenties Taught Me\***, Janet Mock

### *Non-Fiction*

- **ain't i a woman: black women and feminism\***, bell hooks
- **Getting Home Alive\***, Aurora Levins Morales and Rosario Morales
- **Hood Feminism: Notes From the Women That A Movement Forgot\***, Mikki Kendall
- **It's Not About The Burqa\***, Mariam Khan
- **On Intersectionality: The Essential Writings of Kimberlé Crenshaw\***, Kimberlé Crenshaw
- **Sister Outsider\***, Audre Lorde
- **This Bridge Called My Back: Writings by Radical Women of Color\***, Cherrie Moraga and Gloria E. Anzaldúa, eds.
- **This Will Be My Undoing: Living at the Intersection of Black, Female, and Feminist in (White) America\***, Morgan Jerkins
- **Women, Race & Class\***, Angela Y. Davis

### *Fiction*

- **Girl, Woman, Other\***, Bernadine Evaristo
- **Kim Ji-young, Born 1982\***, Cho Nam-joo

### *Online Resources*

- <https://www.ummagazine.online/>
- <https://www.unwomen.org/sites/default/files/2022-01/Intersectionality-resource-guide-and-toolkit-en.pdf>
- <https://www.iglyo.com/wp-content/uploads/2015/09/Inter-Toolkit.pdf>
- <https://www.racialequitytools.org/resources/fundamentals/core-concepts/intersectionality>

**Suggested Watching**

- **The Danger of the Single Story\***, Chimamanda Ngozi Adichie (Ted Talk video)

**Suggested Listening**

- **Electorette podcast\***
- **Intersectionality Matters! Podcast\***
- **Strange Fruit podcast\***

# Latine / Latinx / Hispanic Stories

*This section is designed to illuminate the stories of individuals who identify as Latine / Latinx / Hispanic including, but not limited to, the experiences of individuals who are Mexican American, Dominican American, Cuban American, Puerto Rican American, Argentinian American, Peruvian American and Salvadorian American.*

## Suggested Reading

### *Personal Memoirs*

- **Children of the Land**, Marcelo Hernandez Castillo
- **Finding Mañana**, Mirta Ojito
- **In the Country We Love: My Family Divided**, Diane Guerrero
- **Once I Was You: A Memoir of Love and Hate in a Torn America**, Maria Hinojosa
- **Memoirs of Bernardo Vega**, Bernardo Vega
- **My Beloved World**, Sonia Sotomayor
- **The Undocumented Americans**, Karla Cornejo Villavicencio
- **Undocumented**, Dan-el Padilla

### *Non-fiction*

- **An African American and Latinx History of the United States\***, Paul Ortiz
- **El Norte: The Epic and Forgotten Story of Hispanic North America**, Carrie Gibson
- **Finding Latinx**, Paola Ramos
- **Inventing Latinos: A New Story of American Racism**, Laura Gomez
- **Nuyorican Poetry: An Anthology of Puerto Rican Words and Feelings**, Miguel Algarín; Miguel Piñero, eds.
- **Our America**, Felipe Fernandez-Armesto
- **The Crusades of Cesar Chavez**, Miriam Pawel

### *Fiction*

- **Almost A Woman\***, Esmeralda Santiago
- **Family Installments**, Edward Rivera
- **Fat Chance, Charlie Vega\***, Crystal Maldonado
- **I Am Not Your Perfect Mexican Daughter**, Erika L. Sanchez
- **The Line of the Sun**, Judith Ortiz Cofer
- **Living Beyond Borders**, Margarita Longoria
- **Mexican Gothic**, Silvia Moreno-Garcia
- **Nilda**, Nicholasa Mohr
- **Speculative Fiction For Dreamers: A Latinx Anthology**, Alex Hernandez, Matthew David Goodwin, and Sarah Rafael García
- **When I Was Puerto Rican**, Esmeralda Santiago

### *Online Resources*

- <https://amplifylatinx.co/>

- <https://lpbp.org/>
- <https://latino.si.edu/>
- <https://hispanicheritage.org/>
- <https://hiplatina.com/>

## **Suggested Watching**

### *TV*

- **Devious Maids** (TV-PG)
- **Gentified** (TV-MA)
- **Jane the Virgin** (TV-PG)
- **Love, Victor\*** (TV-14)
- **One Day at a Time\*** (2017) (TV-PG)
- **On My Block** (TV-14)
- **Pose\*** (TV-MA)
- **Ugly Betty\*** (TV-PG)

### *Movie*

- **Coco** (PG)
- **Encanto** (PG)
- **Gotta Kick It Up** (TV-G)
- **In The Heights** (PG-13)
- **Real Women Have Curves** (PG-13)
- **Roma** (R)
- **Selena** (PG)
- **Tortilla Soup** (PG-13)
- **Under the Same Moon** (PG-13)
- **Underwater Dreams** (unrated)

## **Suggested Listening**

- **Bag Ladiez**
- **Basic Brown Nerds**
- **Futuro Media**
- **Radio Menea**
- **Yea No, I'm Not Okay**

## **Suggested Community Service and Donations**

- [The Center for Puerto Rican Studies \(el Centro\)](#)
- [Hispanic Federation](#)
- [Latinas in STEM](#)
- [Latino U College Access](#)

# LGBTQIIA+ Stories

*This section is designed to illuminate the stories of individuals with diverse gender identities and sexual and romantic orientations . This acronym broadly refers to people who do not identify as heterosexual and/or cisgender, and includes but is not limited to, the experiences of individuals who are lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, aromantic, greysexual, agender, genderqueer/non-binary, pansexual/omnisexual, gender fluid,, polyamorous and two-spirit.*

## Suggested Reading

### *Personal Memoirs*

- **All Boys Aren't Blue**, George Matthew Johnson
- **Being Jazz: My Life as a (transgender) Teen**, Jazz Jennings
- **Brave Face: A Memoir**, Shaun David Hutchinson (\*TW: Suicide, Self harm, and Sexual assault)
- **Fairest: A Memoir**, Meredith Talusan (\*TW: Gambling and drug addictions, suicide, transphobia, and homophobia)
- **Girlhood**, Melissa Febos
- **Heaven's Coast: A Memoir**, Mark Doty
- **Hola Papi: How to Come Out in a Walmart Parking Lot and Other Life Lessons**, John Paul Brammer
- **Many Love: A Memoir of Polyamory and Finding Love(s)**, Sophie Lucido Johnson
- **Not My Father's Son**, Alan Cumming
- **Sister Outsider**, Audre Lorde
- **Sissy: A Coming of Gender Story**, Jacob Tobia (\*TW: Gender dysphoria, homophobia, and bullying)
- **Tomorrow Will Be Different**, Sarah McBride
- **To My Trans Sisters**, Charlie Craggs
- **Untamed**, Glennon Doyle (\*TW: Addiction, Disordered eating, Homophobia, Infidelity, Police brutality, Rape, School shootings, Sexism and Suicide)
- **We Have Always Been Here**, Samra Habib
- **Would You Rather: A Memoir of Growing Up and Coming Out**, Katie Heaney

### *Non-Fiction*

- **And the Band Played On**, Randy Shilts
- **How To Survive A Plague - The Story Of How Activists and Scientists Tamed AIDS**, David France
- **Polysecure: Attachment, Trauma and Consensual Nonmonogamy**, Jessica Fern
- **Singled Out**, Andrew Maraniss
- **Stone Butch Blues**, Leslie Feinberg (\*TW: Sexual Assault)
- **The Right Side of History: 100 Years of LGBTQI Activism**, Adrian Brooks

### *Fiction*

- **Am I Blue: Coming Out From the Silence**, Marion Dane Bauer
- **Annie on my Mind**, Nancy Garden (\*TW: Homophobia)
- **Aristotle and Dante Discover the Secrets of the Universe\***, Benjamin Alire Sáenz (\*TW: Alcohol, Animal death, Broken bones, Car accident, Death (off-page), Depression (mild), Drug use, Gay bashing, Homophobia, Hospitalization, PTSD, Sexism (mild), Transphobic hate crime (past, mentioned), and Violence)
- **Black Flamingo**, Dean Atta (\*TW: Alcohol, Bullying, Drug use, Homophobia (internalized), Physical abuse (brief), Racism (internalized), Sex (mentioned, off-page), and Toxic masculinity)
- **Detransition Baby**, Torrey Peters (\*TW: Domestic abuse, transphobia, misogyny, self hatred, suicide)
- **Fat Angie**, E.E. Charlton-Trujillo (\*TW: Suicide/Suicidal Ideation and Problematic approaches to weight and relationships)
- **Giovanni's Room**, James Baldwin (\*TW: Abusive relationship, Emotional abuse, Homophobia, Misogyny, Murder, Violence)
- **I'll Be the One\***, Lyla Lee (\*TW: Fatphobia, Queerphobia, and Racism)
- **In At The Deep End**, Kate Davies (\*TW: Self harm, drug misuse, heavy sexual content, abusive relationships)
- **Juliet Takes a Breath\***, Gabby Rivera (\*TW: homophobia, racism, fatshaming, sexual harassment)
- **Last Night at the Telegraph Club\***, Malinda Lo (\*TW: Racism, Homophobia, Xenophobia, and Miscarriage)
- **Let's Talk About Love\***, Claire Kann (\*TW: Ableist language, Acephobia, Assault, Bullying, Racism, Sexual harassment)
- **Like a Love Story\***, Abdi Nazemian (\*TW: AIDS crisis, Alcoholism, Aphobia (unchallenged), Blood, Classism, Death (family), Emesis, Fatphobia, Homophobia (internalized), Illness (terminal, family), Islamophobia, Misogyny (internalized), Parental abuse, Racism, Self-harm, Suicide ideation, and Violence)
- **Love in the Big City**, Sang Young Park
- **One Last Stop\***, Casey McQuiston (\*TW: Drinking, light drug use (weed), semi-public sex, exploration of depression and anxiety, memory loss and cognitive issues, familial estrangement, familial death, grief, missing persons, and implied PTSD)
- **Oranges Are Not the Only Fruit**, Jeanette Winterson (\*TW: Homophobia and abuse)
- **Peaces**, Helen Oyeyemi
- **Real Life: A Novel\***, Brandon Taylor (\*TW: Child rape, Physical abuse during sex, Racism, and Homophobia)
- **Red, White and Royal Blue\***, Casey McQuiston (\*TW: Addiction, Alcohol, Anxiety, Blackmail, Forced outing, Homophobia, Invasion/violation of privacy, Neglect (parental), Panic attack, Politics, Racism, Sexual abuse, and Sexually explicit scenes)
- **Rubyfruit Jungle\***, Rita Mae Brown (\*TW: Emotional abuse, General sexism, Racism, and Homophobia)

- **Sea Foam and Silence**, Lynn E. O’Connacht (\*TW: Aphobia/Amisia (discussed in passing))
- **Stay Gold**, Tobly McSmith (\*TW: Abusive parents, Assault, Blood, Cheating, Deadnaming, Lesbophobia, Outing, Queerphobic, Suicidal ideation, and Transphobia)
- **Tales of the City: A Novel**, Armistead Maupin (\*TW: homophobia, adultery, drug use, cult leaders, rape, cannibals, AIDS)
- **The Great Believers**, Rebecca Makkai (\*TW: Child abuse)
- **The Vanished Birds**, Simon Jimenez (\*TW: Child abuse (mentioned))
- **With Teeth: A Novel**, Kristen Arnett
- **You Should See Me in a Crown\***, Leah Johnson (\*TW: Anxiety, Bullying, Death (parental), Disease, Cancer, Chronic illness (family), Forced outing, Homophobia, Hospital, Needles, Racism, Panic attacks)

#### *Online Resources*

- <https://www.advocate.com/>
- <https://pflag.org/>
- <https://www.lgbtqnation.com/>
- <https://www.hrc.org/>
- <https://www.iglyo.com/>
- [Pride in Your Words](#)

#### **Suggested Watching**

##### *TV*

- **Brooklyn Nine-Nine\*** (TV-14)
- **Good Trouble** (TV-14)
- **Pose\*** (TV-MA)
- **Schitts Creek** (TV-14)
- **Sense8** (TV-MA)
- **Sex Education** (TV-MA)
- **Special** (TV-MA)
- **The Bold Type** (TV-14)
- **The L Word** (TV-MA)
- **Visible: Out on Television** (Docuseries - TV-MA)
- **Heartstopper** (TV-14)
- **Young Royals** (TV-14)
- **Love, Victor\*** (TV-14)
- **Yuri on Ice!** (TV-14)
- **Hello Stranger** (unrated)
- **Feel Good** (TV-MA)

##### *Movies*

- **Brother to Brother** (unrated)
- **But I’m A Cheerleader** (R)
- **Carol** (R)
- **D.E.B.S** (PG-13)



- **Disobedience** (R)
- **Hedwig and the Angry Inch** (R)
- **Imagine Me and You** (R)
- **Kissing Jessica Stein** (R)
- **Moonlight** (R)
- **Pariah** (R)
- **Paris is Burning** (R)
- **Portrait of a Lady on Fire** (R)
- **Present Perfect** (unrated)
- **Pride** (PG)
- **Rafiki** (unrated)
- **Rent** (PG-13)
- **Rothaniel** (unrated)
- **Saving Face** (R)
- **The Half of It** (PG-13)
- **The Handmaiden** (unrated)
- **The Happiest Season** (PG-13)
- **The Miseducation of Cameron Post** (unrated)
- **The Normal Heart** (TV-MA)
- **Trevor** (unrated)
- **Weekend** (R)

#### **Suggested Listening**

- **Food 4 Thot**
- **Gender Reveal**
- **Las Culturistas\***
- **LGBTQ&A**
- **One from the Vaults**
- **Queery**
- **The Read\***

#### **Suggested Community Service and Donations**

- [Human Rights Campaign](#)
- [The Center](#)
- [The Trevor Project](#)

# Mental Health Stories

*This section is designed to illuminate the stories of individuals with varying experiences with mental health including, but not limited to anxiety, depression, addiction, and traumatic experiences.*

## Suggested Reading

### *Personal Memoirs*

- **A Series of Unfortunate Stereotypes: Naming and Shaming Mental Health Stigmas**, Lucy Nichol
- **Black Pain: It Just Looks Like We're Not Hurting\***, Terrie M. Williams
- **First, We Make the Beast Beautiful: A New Journey Through Anxiety**, Sarah Wilson
- **Girl, Interrupted**, Susanna Kaysen
- **It's All Absolutely Fine: Life is complicated, so I've drawn it instead**, Ruby Elliot
- **Prozac Nation**, Elizabeth Wurtzel
- **The Color of My Mind**, Dior Vargas
- **The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought**, David Adam
- **Willow Weep for Me: A Black Woman's Journey Through Depression\***, Meri Nana-Ama Danquah

### *Non-Fiction*

- **A Series of Unfortunate Stereotypes: Naming and Shaming Mental Health Stigmas**, Lucy Nichol
- **The Body Keeps Score: Brain, Mind, and Body in the Healing of Trauma**, Bessel van der Kolk

### *Fiction*

- **Anxious People**, Frederik Backman (\*TW: Suicide)
- **Darius The Great Is Not Okay**, Adib Khorram
- **Fangirl**, Rainbow Rowell
- **Girl in Pieces**, Kathleen Glasgow
- **It's Kind of a Funny Story**, Ned Vizzini
- **Malibu Rising**, Taylor Jenkins Reid
- **The House on Mango Street\***, Sandra Cisneros
- **The Perks of Being a Wallflower**, Stephen Chbosky
- **The Silver Linings Playbook**, Matthew Quick
- **The Upside of Unrequited**, Becky Albertalli
- **The Woman in the Window**, A.J. Finn
- **Turtles All the Way Down**, John Green
- **We Are The Ants**, Shaun David Hutchinson
- **Wintergirls**, Laurie Halse

### *Online Resources*

- <https://happiful.com/>
- <https://www.helpguide.org/>
- <https://www.mentalhealth.gov/>
- <https://www.nimh.nih.gov/>
- <https://www.thenationalcouncil.org/>

### **Suggested Watching**

#### *TV*

- **A Million Little Things\*** (TV-14)
- **BoJack Horseman** (TV-MA)
- **One Day at A Time\*** (TV-PG)
- **The Sopranos** (TV-MA)
- **You're The Worst** (TV-MA)

#### *Movies*

- **Inside Out** (PG)
- **It's Kind of A Funny Story** (PG-13)
- **Silver Linings Playbook** (R)
- **The Perks of Being a Wallflower** (PG-13)
- **The Skeleton Twins** (R)

### **Suggested Listening**

- **Feeling Good Podcast**
- **Into the Fold: Issues in Mental Health**
- **Latinx Therapy\***
- **Mental Illness Happy Hour**
- **Soberful The Podcast**
- **Terrible, Thanks for Asking**
- **The Anxiety Slayer**
- **The Hilarious World of Depression**
- **Therapy for Black Girls\***

### **Suggested Community Service**

- [Crisis Text Line](#)
- [Mental Health America](#)
- [National Alliance on Mental Illness](#)
- [Suicide Prevention Lifeline](#)

# Neurodiversity Stories

*This section is designed to illuminate the stories of individuals with varying neurotypes who think, learn, or process uniquely. This includes, but is not limited to autism spectrum disorders (ASD), attention-deficit hyperactivity disorder (ADHD), bipolar disorder, schizophrenia spectrum disorders, fetal alcohol spectrum disorder (FASD), tourette's syndrome, personality disorders and obsessive-compulsive disorder (OCD).*

## Suggested Reading

### *Personal Memoirs*

- **Autism in Heels: The Untold Story of a Female Life on the Spectrum\***, Jennifer Cook O'Toole
- **Born on a Blue Day: Inside the Extraordinary Mind of an Autistic Savant**, Daniel Tammet
- **Braided Cord**, Liz Culp
- **High School Dropout to Harvard: My Life with Dyslexia**, John Rodrigues
- **I'm Telling the Truth, but I'm Lying**, Bassey Ikpi
- **Look Me in the Eye: My Life with Asperger's**, John Elder Robinson
- **Loud in the House of Myself**, Stacy Pershall
- **Messing with My Head: The Shocking True Story of My Lobotomy**, Howard Dully and Charles Fleming
- **Odd Girl Out: An Autistic Woman in a Neurotypical World\***, Laura James
- **Ordinary Girls\***, Jaquira Diaz
- **Passing for Normal: A Memoir of Compulsion**, Amy S. Wilensky
- **The Mother of Black Hollywood: A Memoir\***, Jennifer Lewis
- **Thinking in Pictures, Expanded Edition: My Life with Autism**, Temple Grandin

### *Non-Fiction*

- **Divergent Mind: Thriving in a World that Wasn't Designed for You**, Jenara Nerenberg
- **NeuroTribes: The Legacy of Autism and the Future of Neurodiversity**, Steve Silberman
- **Nobody's Normal: How Culture Created the Stigma of Mental Illness**, Roy Richard Grinker
- **Rosemary: The Hidden Kennedy Daughter**, Kate Clifford Larson
- **The ADHD Advantage: What You Thought Was a Diagnosis May Be Your Greatest Strength**, Dale Archer
- **Typed Words, Loud Voices**, Amy Sequenzia (editor), Elizabeth Grade (editor)

### *Fiction*

- **Act Your Age**, Eve Brown, Talia Hibbert
- **Between the Bliss and Me**, Lizzy Mason
- **Flowers for Algernon**, Daniel Keyes
- **I Never Promised You a Rose Garden**, Joanne Greenberg

- **Percy Jackson and The Olympians**, Rick Riordan
- **Queens of Geek**, Jen Wilde
- **Second First Impressions**, Sally Thorne
- **The Curious Incident of the Dog in the Night-Time**, Mark Haddon
- **The Kiss Quotient**, Helen Hoang
- **The Nowhere Girls**, Amy Reed (\*TW - Sexual Assault)
- **Unbroken: 13 Stories Starring Disabled Teens**, Marieke Nijkamp

#### *Online Resources*

- <https://www.brainandlife.org/>
- <https://www.differentbrains.org/>
- <https://www.neurodiversityhub.org/>
- <https://www.neurodiversitynetwork.net/>
- <https://www.spectrumlife.org/>
- <https://www.autismempowerment.org/>

#### **Suggested Watching**

+Features neurodiverse actors or stars in the role of the neurodiverse character.

##### *TV*

- **Crazy Ex-Girlfriend**
- **Everything's Going to Be Okay**+
- **Lady Dynamite**+
- **Spinning Out**

##### *Movies*

- **A Beautiful Mind** (PG-13)
- **Canvas** (PG-13)
- **Infinitely Polar Bear** (R)
- **Loop** (PG)+\*
- **The Peanut Butter Falcon** (PG-13)+
- **Words on Bathroom Walls** (PG-13)

#### **Suggested Listening**

- **ADHDadultUK Podcast**
- **Noncompliant - the podcast**
- **Not Your Neuro-Typical Podcast**
- **St. Elsewhere >> Podcasts**
- **The Neurodiversity Podcast**
- **The Different Minds podcast series**

#### **Suggested Community Service**

- [Autistic Self Advocacy Network](#)
- [Autistic Women and Nonbinary Network \(AWN\)](#)
- [Best Buddies](#)
- [Children and Adults with Attention-Deficit/Hyperactivity Disorder \(CHADD\)](#)
- [Communication First](#)

- [National Alliance on Mental Illness](#)
- [Schizophrenia & Psychosis Action Alliance](#)
- [United Cerebral Palsy](#)

# Stories About Faith, Religion, and Secular Worldview

*This section is designed to illuminate the stories of individuals with varying faiths and religious beliefs including, but not limited to Jewish, Muslim, Hindu, Buddhist, and Sikh people.*

## Suggested Reading

### *Personal Memoirs*

- **Dancing in the Mosque: An Afghan Mother's Letter to Her Son**, Homeira Qaderi
- **Dreaming Me: Black, Baptist, and Buddhist — One Woman's Spiritual Journey**, Jan Willis
- **Go Back to Where You Came From**, Wajahat Ali
- **Letters to a Young Muslim**, Omar Saif Ghobash
- **Lily's Promise: Holding On to Hope Through Auschwitz and Beyond—A Story for All Generations**, Lily Ebert
- **Piccolo Is Black: A Memoir of Race, Religion, and Pop Culture\***, Jordan Calhoun
- **Zarifa: A Woman's Battle in a Man's World\***, Zarifa Ghafari

### *Non-Fiction*

- **America and The Challenges of Religious Diversity**, Robert Wuthnow
- **Atheism: The Basics**, Graham Oppy
- **Blacks and Whites in Christian America**, Jason E. Shelton and Michael O. Emerson
- **How to Fight Anti-Semitism**, Bari Weiss
- **It's Not What You Think: An American Woman in Saudi Arabia\***, Sabeeha Rehman
- **Muddy People: A Muslim Coming of Age**, Sara El Sayed
- **The Diary Of A Young Girl \***, Anne Frank
- **Threading My Prayer Rug**, Sabeeha Rehman

### *Fiction*

- **Surviving The Forest**, Adiva Geffen
- **My Mother's Secret: A Novel Based on a True Holocaust Story**, J.L. Witterick

### *Online Resources*

- <https://tltc.shu.edu/vml/links.html>
- <https://www.pbs.org/wnet/religionandethics/>
- <https://www.hinduismtoday.com/>
- <https://isna.net/islamic-horizons/>
- <https://www.jw.org/>
- <https://momentmag.com/>
- <https://tricycle.org/>

## Suggested Watching

### *TV*

- **Ms. Marvel\*** (TV-PG)
- **My Unorthodox Life** (TV-MA)
- **Never Have I Ever\*** (TV-14)
- **Ramy** (TV-MA)
- **The Nanny** (TV-PG)
- **The Night Of** (TV-MA)

### *Movies*

- **Kung Fu Panda\*** (PG)
- **Life of Pi\*** (PG)
- **tick, tick... BOOM!** (PG-13)
- **Turning Red\*** (PG)

## Suggested Listening

- **Binah podcast**
- **Me & My Muslim Friends podcast**
- **The Digital Sisterhood podcast**
- **The Religious Studies Project podcast**

**NOTE: This is not an exhaustive list of resources of religious groups or spiritual practices. Please submit any additional resources that you may be interested in sharing.**

## Hinduism

- <https://www.himalayanacademy.com/readlearn/basics/fourteen-questions/>
- <https://www.hinduamerican.org/>
- <https://www.history.com/topics/religion/hinduism>
- <https://www.britannica.com/topic/Hinduism>

## Buddhism

- <http://buddhanet.net/>
- <https://www.history.com/topics/religion/buddhism>
- <https://www.britannica.com/topic/Buddhism>

## Jainism

- <https://www.jaina.org/>
- <https://www.britannica.com/topic/Jainism>
- <https://education.nationalgeographic.org/resource/jainism>
- <https://www.bbc.co.uk/religion/religions/jainism/>

## Sikhism

- <https://unitedsikhs.org/>
- <https://www.sikhcoalition.org/about-sikhs/history/>
- <https://www.britannica.com/topic/Sikhism>
- <https://www.bbc.co.uk/religion/religions/sikhism/>



### **Animism**

- <https://www.britannica.com/topic/animism>
- <https://www.encyclopedia.com/philosophy-and-religion/other-religious-beliefs-and-general-terms/religion-general/animism>

### **Ba'hai**

- <https://www.bahai.org/>
- <https://klrn.pbslearningmedia.org/resource/awr09.socst.world.glob.bahai/bahai/>

### **Paganism**

- <https://www.bbc.co.uk/religion/religions/paganism/>
- <https://www.patheos.com/library/pagan>

### **Shintoism**

- <https://www.internationalshintofoundation.org/>
- <https://www.britannica.com/topic/Shinto>
- <https://www.jinjahoncho.or.jp/en/>
- <http://www.tsubakishrine.org/qanda/index.html>

### **Taoism**

- <https://tao.org/>
- <https://www.bbc.co.uk/religion/religions/taoism/>
- <https://education.nationalgeographic.org/resource/taoism>

### **Confucianism**

- <https://asiasociety.org/education/confucianism#>
- <https://education.nationalgeographic.org/resource/confucianism>
- <https://www.britannica.com/topic/Confucianism>

### **Indigenous religions** (including Santeria and other religions based on African traditions)

- <https://www.britannica.com/topic/Native-American-religion>
- <https://www.encyclopedia.com/religion/encyclopedias-almanacs-transcripts-and-maps/indigenous-religions>
- <https://www.britannica.com/topic/African-religions>
- <https://www.britannica.com/topic/Santeria>

### **Atheism**

- <https://www.atheists.org/>
- <https://www.bbc.co.uk/religion/religions/atheism/>
- <https://www.britannica.com/topic/atheism>

# Stories About Socioeconomic Status and Class

*This section is designed to illuminate the stories of individuals who have a socioeconomic status or class that have granted them less access to financial, educational, social and health resources.*

## Suggested Reading

### *Personal Memoirs*

- **Hillbilly Elegy: A Memoir of a Family and Culture in Crisis**, J.D. Vance
- **Heartland A Memoir of Working Hard and Being Broke in the Richest Country on Earth**, Sarah Smarsh

### *Non-Fiction*

- **\$2.00 A Day: Living on Almost Nothing in America**, H. Luke Shaefer and Kathryn Edin
- **Black Wealth/White Wealth: A New Perspective on Racial Inequality\***, Melvin L. Oliver and Thomas Shapiro
- **Coming of Age in the Other America**, Kathryn Edin, Stefanie DeLuca, and Susan Clampet-Lundquist
- **Evicted: Poverty and Profit in the American City**, Matthew Desmond
- **Limbo: Blue Collar Roots, White-Collar Dreams**, Alfred Lubrano
- **Restoring Opportunity: The Crisis of Inequality and the Challenge for American Education\***, Greg J Duncan and Richard Murnane
- **The Moral Demands of Affluence**, Garrett Cullity
- **The New Black Middle Class in The Twenty-First Century\***, Bart Landry
- **The Unwinding: An Inner History of the New America**, George Packer
- **Toxic Inequality: How America's Wealth Gap Destroys Mobility, Deepens the Racial Divide & Threatens Our Future\***, Thomas Shapiro

### *Fiction*

- **Growing Up Poor: A Literary Anthology**, Robert Coles (edited)
- **If Beale Street Could Talk**, James Baldwin
- **Mama**, Terry McMillan
- **Salvage the Bones**, Jesmyn Ward
- **Sister Mine: A Novel**, Tawni O'Dell
- **Tomato Red**, Daniel Woodrell
- **Undocumented: A Worker's Fight**, Duncan Tonatiuh

### *Online Resources*

- <https://www.apa.org/pi/ses/resources/publications/education>
- <https://spssi.onlinelibrary.wiley.com/doi/10.1111/josi.12202>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5388137/>
- <https://www.povertyusa.org/learn>
- <https://www.povertysimulation.net/about/>

## **Suggested Watching**

### *TV*

- **American Rust** (TV-MA)
- **Good Girls\*** (TV-14)
- **Maid** (TV-MA)
- **Pose\*** (TV-MA)
- **Shameless** (TV-MA)
- **Superstore\*** (TV-14)
- **Queen Sugar\*** (TV-MA)

### *Movies*

- **A Raisin in the Sun\*** (PG-13)
- **A Tree Grows in Brooklyn** (PG)
- **Blue Collar** (R)
- **Blindspotting\*** (R)
- **Good Will Hunting** (R)
- **Gimme Shelter** (PG-13)
- **Love Story** (PG)
- **Office Space** (PG)
- **Precious** (R)
- **Titanic** (PG-13)
- **The Florida Project\*** (R)
- **The Glass Castle** (PG-13)
- **The Pursuit of Happyness\*** (PG-13)
- **Sorry to Bother You\*** (R)
- **Winter's Bone** (R)

## **Suggested Listening**

- **Economic Update with Richard D. Wolff**
- **Pod Save the People**
- **The Next System Project**
- **The Uncertain Hour**
- **Upstream**

## **Suggested Community Service**

- [Family Promise](#)
- [Feeding America](#)
- [Habitat For Humanity](#)
- [Homeless Solutions](#)
- [The Salvation Army](#)

# Women's Stories

*This section is designed to illuminate the stories of women and other nonmen.*

## Suggested Reading

### *Personal Memoirs*

- **Know My Name**, Chanel Miller (\*TW: Sexual Assault)
- **My Name is Malala: The Story of the Girl Who Stood Up for Education and was Shot by the Taliban\***, Malala Yousafzai, co-written with Christina Lamb
- **My Own Words\***, Ruth Bader Ginsburg
- **The Woman Warrior\***, Maxine Hong Kingston
- **What We Carry: A Memoir\***, Maya Shanbhag Lang

### *Non-fiction*

- **Bad Feminist\***, Roxane Gay
- **Diving into the Wreck**, Adrienne Rich
- **Feminism Is for Everybody**, bell hooks
- **Gender Trouble: Feminism and the Subversion of Identity\***, Judith Butler
- **Gender Outlaw\***, Kate Bornstein
- **Her Body and Other Parties: Stories**, Carmen Maria Machado
- **Hood Feminism: The Notes From The Women a Movement Forgot\***, Mikki Kendall
- **Men Explain Things to Me**, Rebecca Solnit
- **The Pain Gap: How Sexism and Racism in Healthcare Kill Women\***, Anushay Hossain
- **Women, Culture & Politics\***, Angela Y. Davis
- **Women Who Run with the Wolves\***, Clarissa Pinkola Estés

### *Fiction*

- **Little Women**, Louisa May Alcott
- **The Handmaid's Tale**, Margaret Atwood (\*TW: Sexual Assault)
- **The Power\***, Naomi Alderman
- **The Vegetarian\***, Han Kang

### *Online Resources*

- <https://womensenews.org/>
- <https://womensmediacenter.com/>
- <https://www.aauw.org/>
- <https://www.catalyst.org/>
- <https://forwomen.org/>
- <https://www.unwomen.org/en>

### **Suggested Listening**

- **Unladylike podcast**
- **Our Body Politic podcast**
- **Woman's Hour podcast**
- **Encyclopedia Womannica podcast**

# **Additional Resources**



# Allyship and Anti-Racism

## Suggested Reading

### *Personal Memoir*

- **I'm Still Here: Black Dignity in a World Made for Whiteness, Austin Channing Brown**

### *Non-Fiction*

- **Anti-Racist Ally, Sophie Williams**
- **Between the World and Me, Ta-Nehisi Coates**
- **Color of Law, Richard Rothstein**
- **#HashtagActivism, Sarah J. Jackson**
- **How To Be An Antiracist, Ibram X. Kendi**
- **Killing Rage: Ending Racism, bell hooks**
- **Refusing racism : white allies and the struggle for civil rights, Cynthia Stokes Brown**
- **So You Want to Talk About Race, Ijeoma Oluo**
- **Tears We Cannot Stop: A Sermon to White America, Michael Eric Dyson**
- **The Person You are Meant to Be: How Good People Fight Bias, Dolly Chugh**
- **Me and White Supremacy, Layla F. Saad**
- **Mediocre: The Dangerous Legacy of White Male America, Ijeoma Oluo**
- **Race Matters, Cornel West**
- **Stay Woke: A People's Guide to Making All Black Lives Matter, Tehama Lopez Bunyasi and Candis Watts Smith**
- **The Talk, Wade Hudson**
- **Uprooting Racism, Paul Kivel**
- **White Fragility: Why It's So Hard for White People to Talk About Racism, Robin DiAngelo**
- **White Rage: The Unspoken Truth of Our Racial Divide, Carol Anderson**
- **Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race, Beverly Tatum**

### *Online Resources*

- <https://allyship.org/>
- <https://guidetoallyship.com/>
- <https://pflag.org/publication/guidetobeingastraightally>
- <https://www.heforshe.org/>
- <https://straightforequality.org/>
- <https://the-ard.com/>
- <https://www.antiracistguide.org/>
- <https://www.antiracismproject.org/>
- <https://nmaahc.si.edu/learn/talking-about-race>

### **Suggested Listening**

- **Allyship is a Verb podcast**
- **Leading with Empathy & Allyship podcast**
- **Pause on the Play podcast**
- **Pod for the Cause podcast**
- **1619 podcast**
- **Code Switch podcast\***
- **Momentum podcast**
- **The Diversity Gap podcast**



# Cultural Competence

## Suggested Reading

### *Non-Fiction*

- **Cross Cultural Competence: A Field Guide Developing Global Leaders and Managers,**
- **Cultural Competence: Elements, Developments and Emerging Trends**
- **Cultural Competence in America's Schools: Leadership, Engagement and Understanding,**
- **Native Cultural Competency in Mainstream Schooling**

### *Online Resources*

- <https://acl.gov/programs/strengthening-aging-and-disability-networks/diversity-and-cultural-competency>
- <https://nccc.georgetown.edu/index.php>

## Suggested Listening

- **Cultural Competence**