



We at NARN are saddened by, and grieving recent events: the lynching of Ahmaud Arbery while jogging, the murder of George Floyd at the hands of the Minneapolis Police Department, the murder of Breonna Taylor at the hands of the Louisville Police Department and the threats received by birdwatcher Christian Cooper in NYC's Central Park - not just because these are incidents of racialized violence, but because these events are all too familiar. All too often, the perpetrators of racially-motivated violence are not held accountable. These incidents repeat themselves time and again, while a corresponding lack of understanding or action from those who don't experience racism further entrenches systemic white supremacy.

NARN is an anti-racist organization that recognizes the existing link between all forms of oppression. We have a responsibility to show our solidarity and provide the animal rights community with tools to understand white privilege, institutional racism and ways to get involved. We are not free until all of us, human and non-human, are free. How can we expect people to fight for non-human animals when Black, Indigenous, and People of Color are fighting for their very lives? When we are fighting for the rights of animals, we need to fight against all oppressions and violence. The same forces that drive the exploitation of non-human animals- and the othering behind it- make it acceptable in our society to turn a blind eye towards racism. When we ignore racial violence against our neighbors - whether they be in the same city or across the country - we are sending the message that our circle of compassion has limits.

We need to work to root out the source of oppression and violence in this country so that it's safe for everyone to work to make this world a better place. At a time like this, we need to look inwardly and revisit our mission of "advocating for the rights inherent to all sentient beings to live a full life, to be free, and to not be used and exploited." As people of conscience, we cannot stay silent while members of marginalized communities suffer.

We ask ourselves what we at NARN can do in a situation like this. We are first and foremost a community. We as a community and friends to one another drive our Network. We re-commit ourselves to this community by reaching out to one another, listening deeply and providing support. In addition to encouraging conversation and support, we also need to ensure that we as a community and ourselves as individuals provide an environment that is fully inclusive and supportive of diverse backgrounds and ethnicities. Please read [NARN's Equity Statement](#) here.

NARN recognizes that we have a responsibility to our community to work to address systematic oppression, and towards that goal we want to provide the animal rights community with tools to understand white privilege, institutional racism, and what we can do about it. Please spend some time with these resources, and please feel free to reach out if you have questions or want to talk it out.

**Here are some ways you can help as an anti racist animal activist:**

- Recognize and challenge racism in the animal rights movement and communities
- Follow and amplify the voices of activists of color
- Support local businesses owned/run by people of color
- Do your personal work - for example, "Me and White Supremacy" is a guided exploration by Layla F. Saad to help white people understand how we benefit from white supremacy and raise awareness

of unconscious biases that may drive behaviors that run counter to our anti-racist values (see below for some additional reading suggestions)

- Recognize that animal activist of color are doing double duty - fighting their own oppression as well as that of non-human animals - don't add to their burden by erasing them or create emotional labor for them by expecting them to teach you; do your own research (we list some excellent resources below)
- Allow race-centered conversations to stay centered on race, rather than co-opting the conversation to center animal rights in that moment - there's a time and a place
- Educate other white people and help them connect the dots about how the animal exploitation industries also disproportionately exploit and oppress people of color

### **Articles and Resources:**

- [Anti-Racist Resource Compilations](#)
- [AR / Vegan Groups Silence on Anti-Racism/Anti-White Supremacy Statement and Action Plans](#)
- [Racism, Whiteness and burnout in anti racist movements: how white racial justice activists elevate burnout in racial justice activists of color in the United States](#)
- [An Essential Anti-Racist Reading List](#)
- [75 Things White People Can Do for Racial Justice](#)
- [Alternatives to Calling the Police](#)
- [Why you should stop saying “all lives matter,” explained in 9 different ways](#)
- [15 Things Your City Can Do Right Now to End Police Brutality](#)
- [“How Am I Going to Be Perceived as a Black Man With Binoculars?”: J. Drew Lanham on Christian Cooper and Rules for the Black Birdwatcher](#)

### **Reading Recommendations:**

- Layla F. Saad's workbook "Me and White Supremacy"
- Robin DiAngelo "White Fragility"
- Aph Ko "Racism as Zoological Witchcraft: A Guide to Getting Out"
- Ibram X. Kendi - "How to be an Anti-Racist"
- Michelle Alexander "The New Jim Crow: Mass Incarceration in the Age of Colorblindness"
- Melanie Joy - "Powerarchy: The psychology of oppression"
- Dr. A Breeze Harper - "Cultivating Food Justice: Race, Class, and Sustainability"

### **FB Pages to follow:**

- [Vegan Voices of Color](#)
- [Brown Feminist Vegan](#)
- [Christopher Sebastian](#)
- [A. Breeze Harper: Critical Race, Decolonial, & Black Feminist Theorist](#)
- [Sistah Vegan Project](#) (group)

### **Webinars and Videos:**

- [Racial Inequality & Injustice](#)
- [“Powerarchy: The psychology of oppression”](#) by Melanie Joy
- [Ibram X. Kendi on How to be an Antiracist at UC Berkeley](#)

- [A commitment to AntiRacism in animal rights](#)

**Share Resources (\$\$):**

[Plant-Based Food Share](#)

[Black Lives Matter Seattle-King County](#)