



## Day 21: Take Action in the Capital Region

**Congratulations on completing the United Way of the Greater Capital Region Equity Challenge.**

We are incredibly thankful you have come along this journey with us and made time to learn and reflect on topics of equity within the Capital Region.

We know these conversations and the feelings they evoke are not always easy but making more space for brave and vulnerable dialogue is one of many steps we can take toward achieving equity in our community and across the world.

I challenge each of you to share a reflection on your experience with a family member, friend or co-worker to continue the momentum from this challenge.

**Share on social media how you will remain committed to advancing equity in the Capital Region**  
Use the hashtags **#unitedforequity**, **#equitychampions**, and **#CRequitychallenge** when sharing!

# Day 21: Take Action in the Capital Region

**Option 1:** Sign up to volunteer in our community at [UnitedtoVolunteer.org](https://UnitedtoVolunteer.org). Find a volunteer opportunity that fits your schedule or interests or browse agencies that need support.

**Option 2:** Next time you are running errands or heading to the grocery store, if you typically travel by car, challenge yourself by taking the CDTA bus. [Click here to find a route to your destination.](#)

**Option 3: Shift the way you talk about others.**

Creating equitable outcomes requires that we change the way we talk about members of our community, focusing on their aspirations rather than their challenges- this is called asset-framing. [Watch videos from Trabian Shorters, founder and CEO of BMe Community, discuss how to put asset-framing into practice.](#)

**Option 4: Do better.**

Many white people do not get involved in the work of racial justice because they do not know where to begin or how to use their voices to promote equity.

Read and challenge yourself to take a few of the actions in this article from Medium, ["Things White People Can Do for Racial Justice."](#)

**It is going to take all of us to dismantle racism.**

Today, choose to use your voice in support of those who are rarely heard.

**Option 5: Start with the Children.**

Starting the conversations early can make a significant difference. If you are a parent, grandparent, aunt, uncle, or an individual who works with children, you can begin their antiracist journey by using the right language and opening up conversations about race.

This brief video details what researchers have discovered - [racial bias begins in infancy](#) (1:10).

Listen to this 20-minute podcast ["Talking Race with Young Children"](#) from Sesame Workshop, and Beverly Daniel Tatum, author of *Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race*.

Lastly, watch this podcast by Ms. Tatum ["Is My Skin Brown because I drank chocolate milk?"](#) (13:24).

