



Dear Kinesiology Undergraduates,

As student government representatives tasked with supporting and advocating for all kinesiology students, the Kinesiology Undergraduate Society must be vocal when the lives and freedoms of Black communities around the world are being threatened. We recognize that the racial violence and oppression against individuals who are Black is systemic, deeply rooted, and by no means a newborn issue. We raise our voices alongside members of the Black community to end the inhumane acts against, and the murdering of Black individuals stemming from prevailing racial inequalities.

To all Black students and members of the Black community at UBC and around the world; we see you and stand with you in solidarity. **Black Lives Matter.**

While many of us look to the United States and feel grateful that Canada is a better place, we ask you to move past this ignorance and complacency. Canada is not innocent to racial violence and this must not be ignored. Being actively anti-racist is necessary in order to precipitate change of the systems that oppress and dehumanize individuals of Black communities. We all have the responsibility to educate ourselves on anti-Black racism, systemic racial inequalities and their colonial origins, as well as our own privilege and internalized biases. We must also remember to let the voices of Black individuals prevail as they have been silenced for too long.

On behalf of all Kinesiology Undergraduate Students, the KUS will be making a donation to the Pimento Relief Fund to aid Black businesses in Minnesota without insurance that have been damaged during protests. We want to emphasize that there are numerous avenues for taking the initiative to support the Black community aside from monetary donations. Below we have included a list of educational resources and calls to action to aid in your capacity to support the Black community. Keep in mind that after media coverage dies down, we all must continue to act and promote anti-racist practices and support the rights of Black individuals, otherwise, we as a society will never effectuate systemic change.

In solidarity,

The Kinesiology Undergraduate Society Executives

RESOURCES

Educational Resources and Articles

“How to be Actively Anti-Racist” via @goodgoodgoodco

https://www.instagram.com/p/CAvbZyVh1xc/?utm_source=ig_web_copy_link

“On Racist Killings and Legality” via Chimedum Ohaegbu

<https://medium.com/@chimedum/on-racist-killings-and-legality-759e9a9d428b>

“Guide to Allyship” via guidetoallyship.com

<https://guidetoallyship.com>

“Ways You Can Help” via blacklivesmatters.carrd.co/#

<https://blacklivesmatters.carrd.co/#>

“Anti-Racism Resources for White People” via Sarah Sophie Flicker and Alyssa Klein

bit.ly/ANTIRACISMRESOURCES

“Resources & Tools Regarding Racism & Anti-Blackness” via Tatum Dorrell, Matthew Herndon, and Jourdan Dorrell

<https://docs.google.com/spreadsheets/d/1bUJrgX8vspyy7YttiEC2vD0DawrpPYiZs94V0ov7qZQ/htmlview>

“Anti-Racism for Beginners” via antiracismforbeginners.com

<http://antiracismforbeginners.com/>

Films available on Netflix:

- 13th
- American Son
- Dear White People
- See You Yesterday
- When They See Us

For Support

1. AMS Sexual Assault Support Centre

- a. **Call** for support at 604 827 5180
- b. **Email** for information at sasc@ams.ubc.ca
- c. **Visit in person** at Room 3127 in the AMS Nest.
- d. **Online** at <https://amssasc.ca/>

2. Empower Me

- a. **Call the 24/7 helpline** at 1-844-741-6389 (toll-free) from anywhere in North America for immediate crisis support.
- b. Empower Me **allows students to connect with qualified counsellors, consultants, and life coaches** for a variety of issues. As an eligible student at UBC Vancouver, you're entitled to sessions delivered in person, by telephone, by video-counselling, or by e-counselling.

- c. http://www.studentcare.ca/rte/en/UniversityofBritishColumbiaAMSGSS_EmpowerMe_EmpowerMe
- 3. Crisis Line Association of BC (CLABC)**
- a. **The Crisis Line Association of BC (CLABC)** is the provincial association representing member crisis lines from across British Columbia. Members of CLABC provide emotional support, crisis and suicide assessment and intervention, and resource information.
 - b. **1-800-SUICIDE (1-800-784-2433)**: for individuals who are or know someone who is having thoughts of suicide. The service is available 24 hours a day, 7 days a week and in up to 140 languages.
 - c. **310-Mental Health** (310-6789 - no need to dial an area code): for individuals who would like emotional support, information and resources specific to mental health in British Columbia. The service is available 24 hours a day, 7 days a week and is toll-free anywhere in British Columbia (no need to dial an area code).
 - d. **Map of Crisis Lines**: provides an interactive map to search for the direct number to local crisis line services in British Columbia.
- 4. UBC Equity and Inclusion**
- a. **Call** at 604 827 1773
 - b. **Email** for more information at info@equity.ubc.ca
 - c. **Visit in person** 2306 – 1874 East Mall, Vancouver, BC Canada V6T 1Z1
 - d. **Online** at <https://equity.ubc.ca/resources/students/>
- 5. Colour Connected Against Racism UBC**
- a. An AMS resource group that provides support and information to students who feel alienated and disempowered due to discrimination.
 - b. **Email** for more information at colourconnectedubc@gmail.com
 - c. **Online** at <https://www.facebook.com/ubc.ccar/>

Calls to Action

- By **contributing to the Black in BC Community Support Fund for COVID-19**. “This Black community support initiative is a fundraiser for a low-barrier, emergency, micro-grant program for Black people in British Columbia, Canada, who are experiencing financial hardship due to the COVID-19 pandemic.” <https://ca.gofundme.com/f/covid19-black-community-support-vancouver>
- By **contributing to the George Floyd Memorial Fund**: https://www.gofundme.com/f/georgefloyd?link_id=0&can_id=428d7f9a8370f9fb78b924041f2fb8d&a&source=email-stand-in-solidarity-against-police-violence&email_referrer=email_817616&email_subject=stand-in-solidarity-against-police-violence
- By **contributing to the Justice for Regis fund**: <https://ca.gofundme.com/f/cggys2-justice-for-regis>

- By **contributing to the fund in support of Ahmaud Arbery's family**: <https://www.crowdpac.com/campaigns/395160/supporting-ahmaud-arberys-family>
- By **contributing to the Minnesota Freedom Fund**. The fund will directly support paying bail and immigration bonds. As Black communities face harsher sentencing, disparities in bail settlements, and higher rates of arrest than their non-Black counterparts, supporting the Minnesota Freedom Fund will directly address the inequalities faced by Black communities in the criminal justice system. <https://minnesotafreedomfund.org/donate>
- By **contributing to any bail funds on this crowd-sourced Google doc**: https://docs.google.com/document/d/1X4-YS3vFn5CLL9QtJSU0xqmTh_h8XilXgOqGAjZISBl/previe
[w?fbclid=IwAR2trHe9Uh9WA6R1I_KagmyNVnpG0m157YKe9gwWFesRwOoHUlr6GKhlFxQ&pru=A_AABcopMPQU*K_puEnU-cBUGKdR1iGi4tA](https://docs.google.com/document/d/1X4-YS3vFn5CLL9QtJSU0xqmTh_h8XilXgOqGAjZISBl/previe?fbclid=IwAR2trHe9Uh9WA6R1I_KagmyNVnpG0m157YKe9gwWFesRwOoHUlr6GKhlFxQ&pru=A_AABcopMPQU*K_puEnU-cBUGKdR1iGi4tA)
- By **contributing to Black Lives Matter Vancouver**: <https://www.gofundme.com/blmvan>

If donating is not an option, here are other actionable ways to uplift the voices that are demanding justice and inquiry into police violence against George Floyd, Regis Korchinski-Paquet, and Breonna Taylor.

- **Sign the petition** for Justice for Regis Korchisnski-Paquet: https://www.change.org/p/justice-for-regis-korchinski-paquet?recruiter=1052678673&recruited_by_id=3379c9b0-67c1-11ea-ada4-a51ce4e18367
- **Sign the petition** or call to demand justice for George Floyd: <https://www.justiceforbigfloyd.com/>
- **Sign this petition**: Civil rights group Color of Change launched a petition asking that all the officers involved in Floyd's death are brought to justice: https://act.colorofchange.org/sign/justiceforfloyd_george_floyd_minneapolis
- **Call Toronto officials** and demand an independent investigation into the death of Regis Korchisnski-Paquet, including
 - Gord Perks, City councillor for High Park: 416-392-7919
 - Bhutilla Karpoche, MPP for High Park: 416-763-5630
 - Arif Virani, MP for High Park: 613-992-2936
 - Police station (11th division) which polices High Park: 416-808-1100
 - Attorney General of Ontario, Doug Downey: 416-326-2220
- **Visit** <https://justiceforbreonna.org/> and support their efforts, which include contacting representatives and petitioning for policy change and police accountability.