



10 Key Principles of Everyday Anti-Racism

The founders of the organization, the Anti-Racist Table, suggest tools to work against prejudice and inequality. For the full article, visit the [Greater Good Science Center](#). Here are the 10 core principles to bring mindful anti-racist practice into daily life:

1. **Education** – Learn! One cannot change what one doesn't know or see
2. **Intention** – Make a conscious decision to dismantle racism
3. **Courage** – Face facts about racism; put vulnerability over comfort
4. **Individuality** – Thwart stereotyping by seeing individuals as individuals
5. **Humanity** – Approach others with empathy and the goal of connection
6. **Anti-Racist Work** – Take action
7. **Equality** – Fight for equity
8. **Empathy** – Share, think about, and care about other people's feelings
9. **Allyship** – Take on the struggle as if it's your own
10. **Love** – Choose love and healing over fear and oppression

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For the full article, visit the Greater Good Science Center at: <https://greatergood.berkeley.edu>