

THE PATH TO PROGRESS

Challenge yourself by completing our Black History Month “bingo card,” filled with micro-actions that allow you to support the community in simple yet impactful ways.



SUPPORT AND AMPLIFY THE WORK OF BLACK ARTISTS AND DESIGNERS	EXPLORE SIGNIFICANT MILESTONES THAT HAVE AFFECTED BLACK HISTORY	FOLLOW BLACK CONTENT CREATORS ON SOCIAL MEDIA	ATTEND A LOCAL/VIRTUAL EVENT HOSTED IN HONOR OF BLACK HISTORY MONTH	EXPLORE THE CONTRIBUTIONS OF BLACK PIONEERS IN MEDICINE
DONATE TO A CHARITY SUPPORTING BLACK COMMUNITIES	LISTEN TO THE 1619 PODCAST BY THE NEW YORK TIMES	ENGAGE IN DISCUSSIONS ABOUT IMPLICIT BIAS, SYSTEMIC RACISM, AND SOCIAL INJUSTICE	SIGN THE PETITION TO END HAIR DISCRIMINATION	LISTEN TO THE PERSPECTIVES OF YOUR BLACK FRIENDS OR CO-WORKERS
ADD BLACK VOICES TO YOUR BOOKSHELF	WATCH A TED TALK ABOUT BLACK HISTORY OR IDENTITY	BE AN ACTIVE BYSTANDER WHEN YOU WITNESS RACISM	LEARN A RECIPE CREATED BY BLACK CHEFS	UNDERSTAND RACIAL BIAS AND DISPARITIES IN MEDICINE
WATCH FILMS/SHOWS MADE BY BLACK DIRECTORS OR WITH AN ALL-BLACK CAST	EDUCATE YOURSELF ABOUT THE BLACK LIVES MATTER MOVEMENT	REFLECT ON HOW YOU CAN TACKLE RACIAL INJUSTICE AT YOUR WORKPLACE	SPREAD THE WORD AND ENCOURAGE OTHERS TO TAKE ACTION IN SUPPORT OF THE BLACK COMMUNITY	LEARN HOW TO ADVOCATE FOR THE HEALTH OF PEOPLE OF COLOR
SHOP AT A BLACK-OWNED BUSINESS	ASK YOUR BLACK FRIENDS AND COWORKERS HOW YOU CAN BEST SUPPORT THEM	LISTEN AND UPLIFT THE PERSPECTIVES OF BLACK FRIENDS & COWORKERS	VISIT AN ONLINE EXHIBIT SHOWCASING BLACK CULTURE OR HISTORY	UNPACK THE HISTORY OF MEDICAL MISTRUST AMONGST BLACK AMERICANS

We believe that true and meaningful change requires more than reflection—it demands action. By collectively taking small steps in support of the Black community, we have the power to create impact, in the workplace and in our society as a whole.