

# Racism in Education: Physiological Consequences

## CSHS Racial Equity Training Session 2 Resources

### Readings

#### Position Statements

- [Statement on Racism in America | National Association of State School Nurse Consultants \(NASSNC\)](#)
- [Our Racial Reckoning Statement | American Nurses Association \(ANA\)](#)
  - **See also:** [A Black Nurse's Reaction to the ANA Apology](#) by Lucinda Canty

#### Articles, Reports, and News

- *Report:* [Structural Racism and Rigorous Models of Social Inequity: Proceedings of a Workshop | National Academies of Sciences, Engineering, and Medicine](#)
- *Article:* [250 preschool kids get suspended or expelled each day - 5 questions answered](#) by Kate Zinsser
- *Report:* [Girlhood Interrupted: The Erasure of Black Girls' Childhood](#) by Rebecca Epstein, Jamilia J. Blake, & Thalia González
- *News:* [10 Challenges Facing Public Education Today](#) by Brenda Álvarez, Tim Walker, Cindy Long, Amanda Litvinov, & NEA staff writers
- *Article:* [Shoddy conditions persist at schools serving poor and minority students, civil rights panel says](#) by the Associated Press
- *Journal Article:* [Allostatic load predicts racial disparities in intracerebral hemorrhage cognitive outcomes](#) by Jennifer Harris, Amelia Boehme, Luisa Chan, Harmon Moats, Rachelle Dugue, Chigozirim Izeogu, Marykay A. Pavol, Imama A. Naqvi, Olajide Williams, & Randolph S. Marshall
- *Journal Article:* ["Weathering" and Age Patterns of Allostatic Load Scores Among Blacks and Whites in the United States](#) by Arline T. Geronimus, Margaret Hicken, Danya Keene, & John Bound
- *Article:* [Unequal Opportunity: Race and Education](#) by Linda Darling-Hammond
- *Reports:* Civil Rights Data Collection from the U.S. Department of Education Office for Civil Rights (March 2014)
  - [Data Snapshot: School Discipline \(PDF\)](#)
  - [Data Snapshot: Early Childhood Education \(PDF\)](#)
  - [Data Snapshot: College and Career Readiness \(PDF\)](#)
  - [Data Snapshot: Teacher Equity \(PDF\)](#)
- *Article:* [Police in schools: Keeping kids safe, or arresting them for no good reason?](#) by Emma Brown
- *Article:* [What It's Like to Be Black in the Criminal Justice System](#) by Andrew Kahn & Chris Kirk
- *Journal Article:* [A Nurse Educator's Perspective About Institutional Racism and White Supremacy in Nursing Education](#) by Amy Harding
- *Journal Article:* [Real-time racial discrimination, affective states, salivary cortisol and alpha-amylase in Black adults](#) by Soohyun Nam, Sangchoon Jeon, Soo-Jeong Lee, Garrett Ash, LaRon E. Nelson, & Douglas A. Granger
- *Editorial:* [Tackling systemic racism requires the system of science to change | Nature](#)
- *Journal Issue:* [Racism: Overcoming science's toxic legacy – A Nature special issue \(20 October 2022\)](#)

#### Webpages and Websites

- *Webpage:* [Framework for 21st Century Nursing Practice | NASN](#)

- *Website:* [Racial Justice Competency Model – For Public Health](#)
- *Webpage:* [The Preschool Exclusionary Discipline Study \(PEDS\)](#) by R.A. Fabes, M. Quick, A. Musgrave, S. Meek, & E. Catherine
- *Webpage:* [School-to-Prison Pipeline \(Infographic\)](#) by the American Civil Liberties Union (ACLU)

### Books

- [Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race](#) by Beverly Daniel Tatum
- [The Impacts of Racism and Bias on Black People Pursuing Careers in Science, Engineering, and Medicine: Proceedings of a Workshop | National Academies of Sciences, Engineering, and Medicine](#)
- [Teaching White Supremacy](#) by Donald Yacovone

### Videos

- [End Adultification Bias](#) by the Georgetown Law Center
- [Weathering – Arline T. Geronimus](#)
  - Additional videos are included within the shared slides.

### Additional Resources

- *Article:* [BU School of Social Work Offers Free Online Course for Understanding Structural Racism](#) by Joel Brown
  - *Free online course mentioned:* [Understanding Structural & Institutional Racism](#)
- *Article:* [Recognizing and Responding to Microaggressions at Work](#) by Ella F. Washington
- *Article:* [The Feedback Fallacy](#) by Marcus Buckingham & Ashley Goodall
- *Article:* [What Is Contrition Without Reparation?](#) by Isabel Fattal
  - **See also:** [Monuments to the Unthinkable](#) by Clint Smith (*Cover story re: above article*)
- *Article:* [Why BMI is a flawed health standard, especially for people of color](#) by Carly Stern
- *Article:* [The Racist and Problematic History of the Body Mass Index](#) by Adele Jackson-Gibson
- *Journal Article:* [Levels of Racism: A Theoretic Framework and a Gardener’s Tale](#) by Camara Phyllis Jones
- *Journal Article:* [Stress and the Mental Health of Populations of Color: Advancing Our Understanding of Race-related Stressors](#) by David R. Williams
- *Journal Article:* [The weathering hypothesis as an explanation for racial disparities in health: a systematic review](#) by Allana T. Forde, Danielle M. Crookes, Shakira F. Suglia, & Ryan T. Demmer
- *Report:* [The Future of Nursing 2020-2030: Charting a Path to Achieve Health Equity](#) from the National Academies of Sciences, Engineering, and Medicine (NASEM)
  - **See:** *Chapter 9: Nurses Leading Change* (pgs. 275-300) which is particularly relevant to the CSHS Racial Equity training series.
- *News:* [Scientists Start To Tease Out The Subtler Ways Racism Hurts Health](#) by Rae Ellen Bichell
- *News:* [In Pursuit of “A Better Education” for Black Deaf Students](#)
- *News:* [Leading an Antiracist Classroom: How to teach for transformation and liberation amid battles over critical race theory](#) by Steve Holt
- *Webpage:* [White Privilege: Unpacking the Invisible Knapsack](#) by Peggy McIntosh
- *Book:* [Nursing a Radical Imagination: Moving from Theory and History to Action and Alternate Futures](#) edited by Jess Dillard-Wright, Jane Hopkins-Walsh, & Brandon Brown