

BOOK CLUB GUIDE

The FamU Book Club connects to all three of our project objectives:

Build Competence by learning about the history of race in the U.S. and racial disparities in healthcare.

Foster Connectedness by creating opportunities to connect and engage in raw, honest, uncomfortable conversations necessary to bring about change.

Encourage Confidence to act with the creation of materials and guidance to equip network members to start, lead and sustain conversations to dismantle racism in healthcare of CYSHCN.

Why an anti-racism book club?

A book club is a great way to educate and/or do team bonding when doing anti-racism work. Building an anti-racism book club allows for teams to learn about systemic racism and build competence within community, to ask questions and have difficult conversations in a safe space.

The goals of the book club should be:

- To identify and work through our own biases,
- Have conversations about race and justice
- Use our knowledge and privilege to create radical change within our workspaces, our communities and most importantly within ourselves.

Connect lessons to lived experiences

It is not just enough to build a book club, teams must use lessons learned to create dialogue, to connect to lived experiences and to connect to the work that you do. Make it intentional, make it accessible, make it inclusive. It will not be easy, anti-racism work never is. Revealing the truth about systemic racism can be very uncomfortable especially for privileged groups who have no lived experience, so it is important to create a safe space, create a structure that works for everyone and stick to it.

FOR TEAMS**Steps to creating an anti-racism book club****1. Convene your team**

Bring your team together and have a group discussion about creating a team book club as an activity that is part of your anti-racism education or your Diversity, Equity, Inclusion and Belonging (DEIB) work. Every book club needs a theme. What will be your theme? A great 1st activity and an icebreaker can be to name the book club. Be creative, have everyone participate and sign off on the name!

2. Decide how and where your book club will meet.

Whether you are working in-person at the office, working virtually or a hybrid of both, it will be important to set structure for your book club. Be inclusive. Consider your teams availability and ask for input when scheduling meetings. Set a consistent date and time.

3. Decide how you will choose books*

This is the time to let your team help you make decisions, because book clubs work better as democracies not dictatorships. Some book clubs use a formal voting or nomination process while others simply discuss each choice as a group.

4. Set Up the Discussion*

You've figured out all the details, everyone is happy with the book you've chosen, and you're excited to host your first book club meeting. Now what are you going to talk about

Even if you've read the book, guiding a book club discussion can be a little daunting. Thankfully, there are wonderful resources available to help you guide your book club:

- LitLovers contains over 3,000 book discussion guides, generic questions and information about how to talk about books.
- Reading Group Guides has over 4,000 discussion guides with reviews and questions.
- GoodReads is an invaluable source of book reviews and book discussions.
- Check out the authors and publishers' websites for news about the books, discussion guides and even author answers to book club questions.
- Check the back of the book for discussion questions printed at the end of the actual book.

5. Don't Forget the Logistics*

In the fun of starting a book club, it can be easy to forget some of the little details, but they can make or break it. Things like how often your book club will meet, what time you'll meet and how you'll communicate all of that and more with your book club members between meetings are all important considerations.

Email, social media, texting and even a phone chain are all valid options. Just make sure to choose one or you might find yourself hosting a book club that no one knows about, and that's no fun at all.

**Adapted from Edmonton Public Library: "How to Start a Book Club: www.epl.ca*

Things to consider

Difficult conversations

As you embark on this journey it is important to remember that this work will not be easy. The subject matter of racism, being anti-racist and dismantling racism can be triggering and can make some feel defensive and uncomfortable. This is part of the process, but it is important to talk openly, honestly, and respectfully about any issues that might arise. The point of an anti-racism book club is to educate and open dialogue to help dismantle racism. Discuss these head on. Do not gloss over issues because you risk losing credibility with your audience. This is important to establish at the onset when you develop the structure and any ground rules.

To get a head start and learn about how to facilitate difficult conversations, check out this great book:

***RACE TALK AND THE CONSPIRACY OF SILENCE: UNDERSTANDING AND FACILITATING
DIFFICULT DIALOGUES ON RACE BY DERALD WING SUE***

Using the link below, find this in the **Explore More** section of the toolkit

<https://familyvoices.org/famu/explore/#cat-select>

Click on the **Tools to Get you Started** Block

Discussion Guides

To maintain structure for your book club, consider utilizing a discussion guide. This is not only a good way to keep you on track but also helps team members who are different/visual learners and require additional multi-media resources to follow along.

Check out an example of a [discussion guide](#) created for Family Voices' book club

Resources

- Provide information and resources for team members to obtain suggested books. This could be library resources, information for online bookstores, apps for free audio books.
- Ensure that the whole team has everything they need to participate fully.
- Check in with your team. Give them ways to offer feedback on the process, listen, discuss, and work through any issues that may be brought forth.
- Need recommendations? Look no further, the FamU project team has provided a list of book suggestions right here, for your convenience.