

# 21 DAY RACIAL EQUITY & SOCIAL JUSTICE CHALLENGE

eliminating racism  
empowering women

**ywca**

southeastern massachusetts

## Accept the Challenge!

### Q: WHAT EXACTLY IS THE 21-DAY CHALLENGE EVENT?

A. THE CHALLENGE CONSISTS OF ARTICLES, VIDEOS, AND PODCASTS THAT TAKE A DEEP DIVE INTO CORE CONCEPTS AND TOPICS.

### Q. HOW DOES THE EVENT WORK? WHAT IS THE STRUCTURE OF IT? WHAT IS THE GOAL?

A. EACH WEEKDAY OF THE CHALLENGE, PARTICIPANTS WILL RECEIVE AN EMAIL PROMPTING THEM TO COMPLETE 2-3 "CHALLENGES." THEY WILL HAVE THE OPTION OF ARTICLES, VIDEOS OR PODCASTS AROUND A PARTICULAR TOPIC. **THEY SAY IT TAKES 21 DAYS TO FORM A HABIT** AND THAT IS THE GOAL HERE. AFTER 21 DAYS, PARTICIPANTS WILL KNOW WHERE THEY CAN FIND INFORMATION LIKE WHAT WE CURATED IN THE CHALLENGE AND HAVE DEVELOPED THE STAMINA NEEDED TO CONTINUE THEIR RACIAL EQUITY JOURNEY, ENCOURAGE OTHERS TO DO THE SAME, AND TAKE ACTION.

FOR QUESTIONS, EMAIL JORDAN AT [JLATHAM@YWCASEMA.ORG](mailto:JLATHAM@YWCASEMA.ORG)

## DAILY ANTIRACIST CONTENT

