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Ways to help the combat racism: 'your apology is not enough'



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SAN DIEGO, Calif. (KGTV) - As protesters gather across the country to spread the message that black lives matter and there is a problem of police brutality against black people, not everyone is ready to join in the marches, but there are other ways to help the combat racism.

"To make change, to build a movement, it takes all sorts of action. Everyone doesn't need to go in the streets," said Dayo Gore, UCSD Associate Professor in Ethnic Studies and Critical Gender Studies.

While many have said they want change both verbally and through social media, she said people of color want that support to be taken to the next level.

"This is not enough, your apology is not enough, feeling sorry is not enough, feeling my pain is not enough, I need some actual real change," she said.

To get that real change, people can use their voting powers to elect officials who will be an advocate, which is a point President Obama made in a publication addressing how people can make a difference in combating racism. He also noted that when making demands for officials, be specific with what you're asking so it's harder to ignore.

Gore emphasized that point, citing specific examples of room for change in the San Diego community. She suggested a community review board that's independent of the police department to review activity and oversee actions taken by police. She also said funding within the police



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department could be reevaluated.

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“Funding other things that will make communities more viable and able to survive, instead of simply policing communities,” said Gore.

She also said in order to help get rid of racism, it’s important to first acknowledge there is an issue and educate yourself.

“It starts with understanding what the problem is, and then figuring out where you best can raise your voice,” she said.

She said another active step to take is speaking up among peers if someone says something racist, even if it’s uncomfortable.

“When you’re hanging out with friends, do you say something when people say things racist or make assumptions based off the color of their skin?” she questioned.

Gore also suggested people find groups in the community to both follow and support financially. Below is a list of suggestions of groups to research and support provided by Gore, which she said was created by another UCSD faculty member.

National organizations:

- George Floyd’s family has started a [GoFundMe \[gofundme.com\]](https://gofundme.com) to cover funeral and burial costs; counseling services; legal fees; and continued care for his children. There’s also a [GoFundMe \[gofundme.com\]](https://gofundme.com) raising money for Ahmaud Arbery’s mother, donations to which will similarly fund the family’s legal battle.
- The Movement for Black Lives - supports Black-led rapid response efforts and long-term strategy, policy and infrastructure investments in the movement ecosystem. <https://secure.actblue.com/donate/movement-4-black-lives-1> [secure.actblue.com]
- Organization founded by Colin Kaepernick founded this organization that holds education seminars across the country for black and brown youth. <https://www.knowyourrightscamp.com> [[knowyourrightscamp.com](https://www.knowyourrightscamp.com)]

San Diego organizations:

- [Dede McClure Community Bail Fund \[facebook.com\]](https://facebook.com) - Fighting the devastating effects of the cash bail system - donate here: <https://www.gofundme.com/f/help-us-raise-funds-to-support-our-community> [[gofundme.com](https://www.gofundme.com)]
- [San Diego Black Nurses Association \[sdblacknurses.org\]](https://sdblacknurses.org)- Decreasing health disparities; Scholarships for Black nurses - donate here: <https://sdblacknurses.org/catalog.php?cat=1>

[sdblacknurses.org]

- **Family Health Centers of San Diego [fhcsd.org]** - Response efforts for COVID-19 with a special commitment to uninsured, low-income and medically underserved persons. Donate here: <https://www.fhcsd.org/ways-to-help-covid-19-response/> [fhcsd.org]
- **March for Black Womxn San Diego [m4bwsd.com]** - Mutual aid fund. Donate here: <https://www.m4bwsd.com/home> [m4bwsd.com]

Minneapolis organizations:

- **Black Visions Collective [blackvisionsmn.org]** — donate here: <https://secure.everyaction.com/4omQDARooUiUagTuoEG-Ig2> [secure.everyaction.com]
- **Minnesota Freedom Fund [minnesotafreedomfund.org]** (c3 & bail funds)
- **Reclaim the Block [reclaimtheblock.org]** — donate here: <https://secure.everyaction.com/zae4prEeKESHByoMKXTIcQ2> [secure.everyaction.com]
- **North Star Health Collective [northstarhealthcollective.org]** — donate here: <https://www.northstarhealthcollective.org/donate> [northstarhealthcollective.org]
- **Black Immigrant Collective [facebook.com]**
- **Racial Justice Network [facebook.com]** — donate here: <https://www.paypal.me/racialjusticenetwork> [paypal.me]
- **Black Lives Matter Minneapolis [facebook.com]**
- **Black Lives Matter Twin Cities [facebook.com]**
- **Communities United Against Police Brutality [cuapb.org]**

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