Racism is lethal to humanity. More specifically, minority identifying humans experience racism that shorten their lives. Racism effects the entire human through transgenerational trauma, and modern racist practices. Realities such as chattel slavery, erasure of entire peoples, legalization of dehumanizing practices, and erroneous education have done a tremendous amount of damage to the world. Through the Effects of racism training, learners will investigate the institution of racism and its effects through a bio-psycho-socio-cultural framework. Learners will have the opportunity to adopt anti-racist practices.