RAISING ANTI RACIST KIDS

WHAT CAN I DO?

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- **First**, do your own work and education on racism, bias, and privilege.
- Understand that racism isn't just about oppression from one individual to another; it is systemic and historic.
- Know that children learn from watching your behavior. (In fact, they learn about racism before you begin to talk about it.)
- Consider your own biases and work to match your beliefs to your actions
- Uplift and celebrate BIPOC (Black, Indigenous, and people of color) musicians, artists, actors, scientists, business-owners, etc.

Find ways your child can engage in activism.

Also consider:

- What do the characters in their books and movies look like?
- What music do your children hear?
- What race is their doctor and teacher?
- What news do you discuss at home and how?



CONVERSATION STARTERS

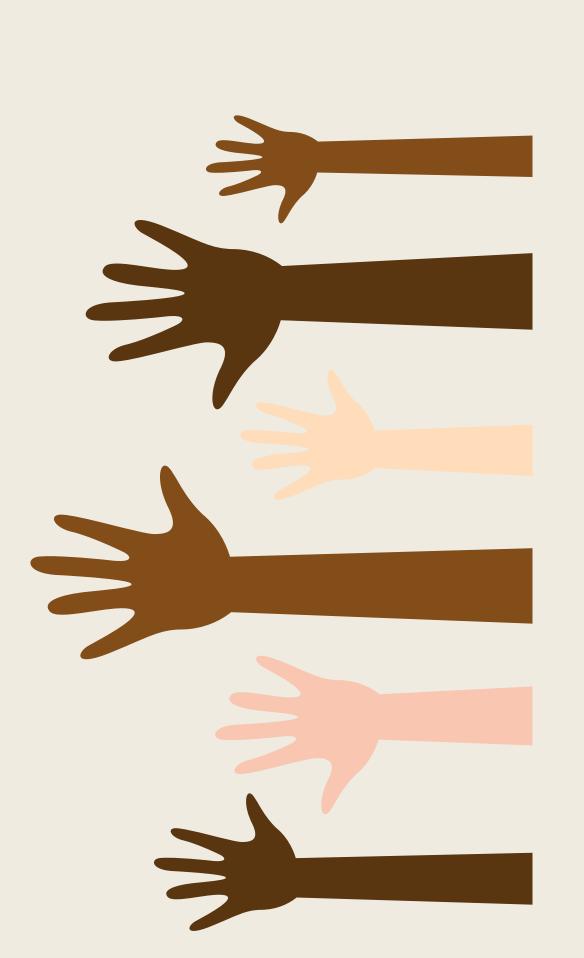
-Current events*
-Examples from your or your child's everyday life
-A movie you watch together

*The Anti Defamation League has Table Talk conversation starters

WHAT CAN I SAY?

- Think about what you want to say beforehand.
- Ask your child about their thoughts and feelings. (This helps gauge what their understanding already is.)
- Use open-ended questions and listen non-judgementally.
- Choose familiar words that your family already uses together.
- For white families, name whiteness. We often only racialize those who aren't white, and don't consider our own race, culture, and what it means to us.
- Be explicit and honest.

TIPS AND TECHNIQUES



- Use books and other resources.
- Seek out sources by Black academics and activists.
- Be imperfect. There is no ideal way to discuss systemic racism. We will make mistakes.

Model:

- "I don't know the answer, let's find out together,"
- "Oops, I misspoke, I'm sorry,"
- "I'm not sure how to talk about this, but I'm going to try..."



