

# RAISING ANTI RACIST KIDS

## WHAT CAN I DO?

- 1
  - **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

- 3
  - **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.

## 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.



## 2 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

## 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..."