



Talking to Children About Racism: A Guide for Parents

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Outline

- ▶ When Children Learn Racial Bias
- ▶ Introduce the Topic
- ▶ Look for Changes in Behavior
- ▶ Limit Exposure to Media
- ▶ Check Yourself
- ▶ Teachable Moments
- ▶ Resources

When Children Learn Racial Bias

6 Months Old

Baby's brain can notice race-based differences

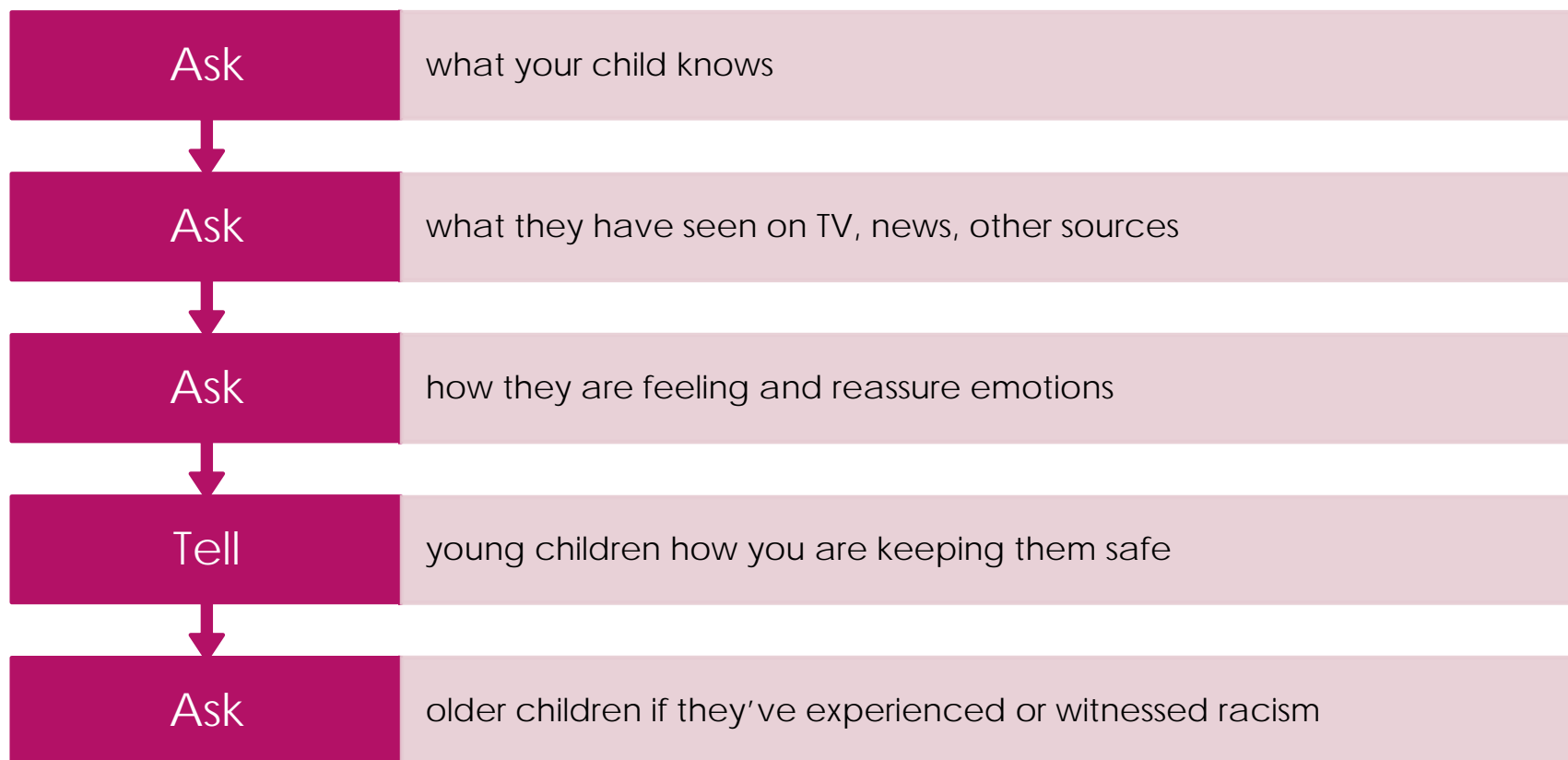
2-4 Years Old

Children can internalize racial bias

12 Years Old

Many children become set in their beliefs

Introducing the Topic



Look for Changes in Behavior

- ▶ Some children may become more aggressive
- ▶ Some may become withdrawn or scared
- ▶ Some may shows signs of anxiety

Limit Exposure to Media

- ▶ Do not leave TV on in the background
- ▶ Talk to older children about what they see on the news
- ▶ Debrief during commercial breaks
- ▶ Limit smartphone or tablet use or supervise if possible



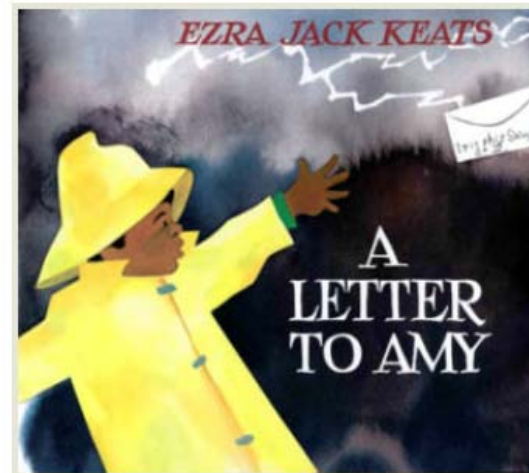
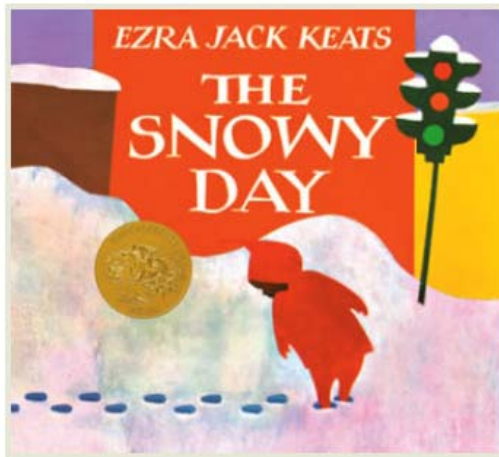
Check Yourself

- ▶ Be aware of your own emotions or bias
- ▶ Seek help for processing your own trauma
- ▶ Make a list of coping strategies to use
- ▶ Be a role model
- ▶ Have a culturally diverse social network
- ▶ Travel and expose children to other communities

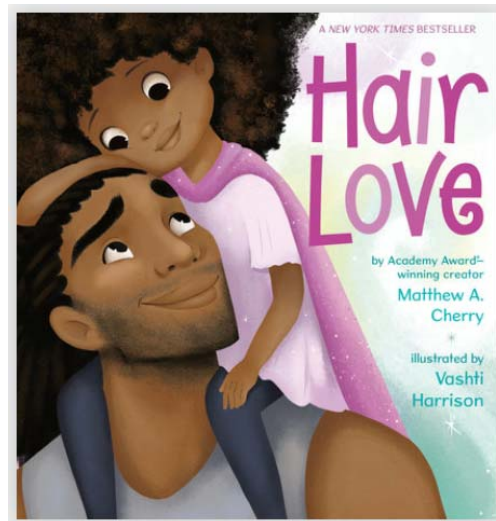
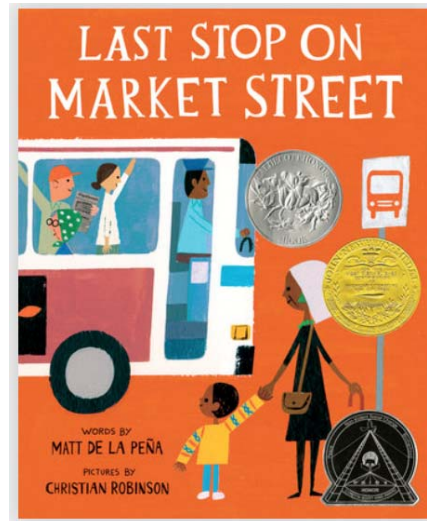
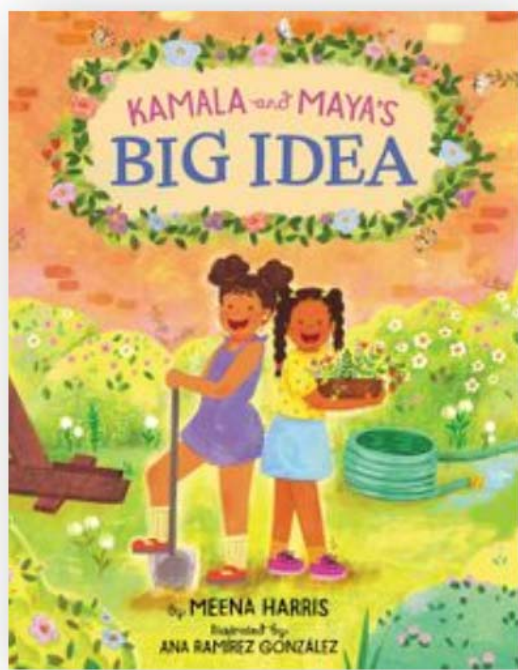


Teachable Moments

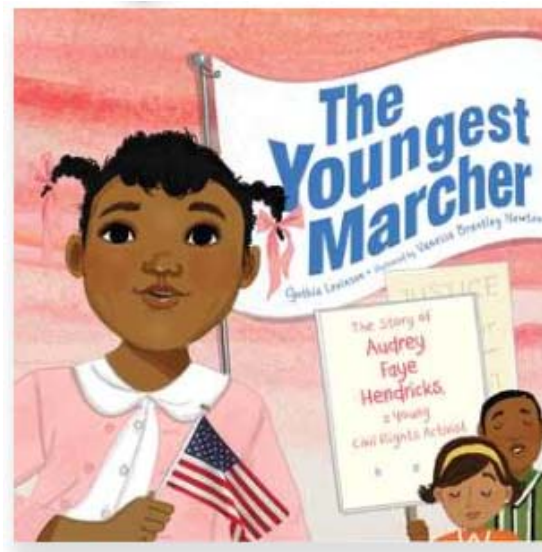
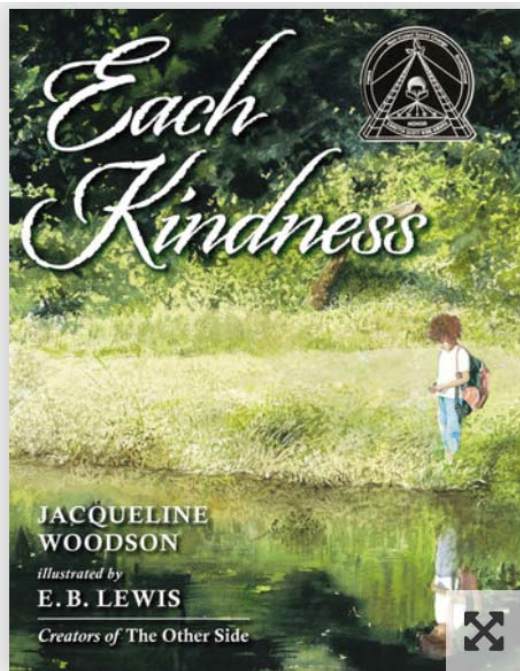
- ▶ Preschoolers
 - ▶ May notice differences in the people around them
 - ▶ embrace and praise diversity
- ▶ Gradeschoolers
 - ▶ Have open talks about race, diversity, and racism, including history of racism and discrimination in the US
 - ▶ Encourage questions
 - ▶ Point of stereotypes and racial bias in media/books
- ▶ Help your children find ways to make change



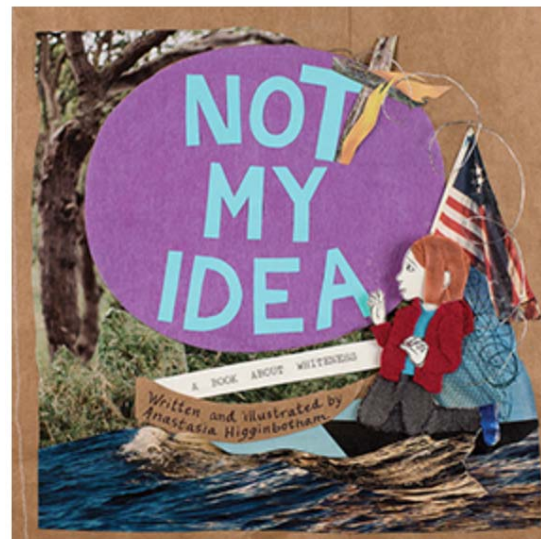
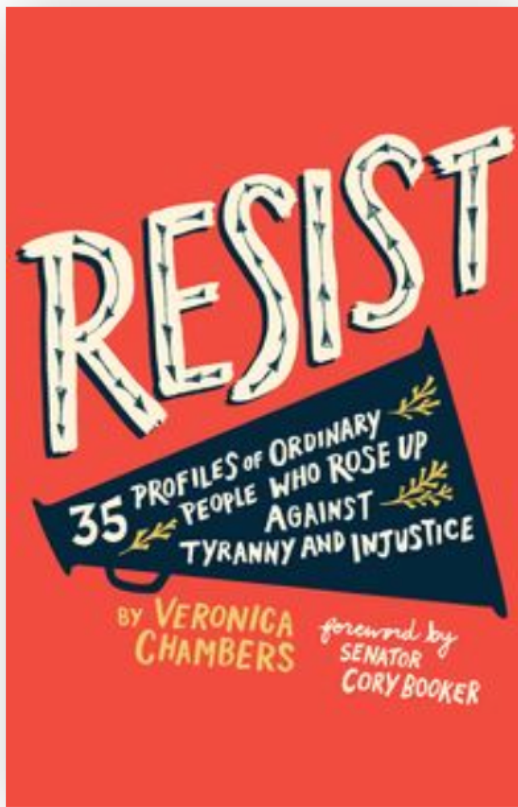
Resources,
Ages 0-3



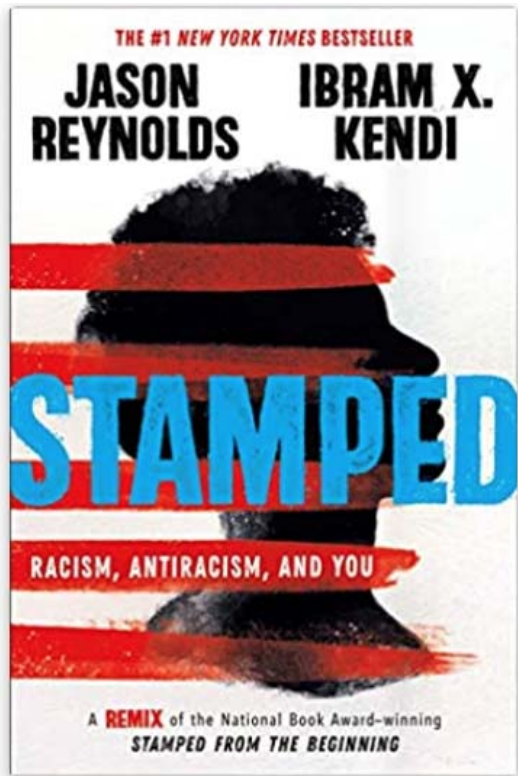
Resources,
Ages 3-5



Resources,
Ages 5-8



Resources,
Ages 9-12



Resources,
Ages 12+

References

- ▶ <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-About-Racial-Bias.aspx>
- ▶ <https://healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Talking-to-Children-about-Racism.aspx>
- ▶ <https://www.nytimes.com/2020/06/02/parenting/kids-books-racism-protest.html>