



How to talk to kids about Racism, Discrimination, and the Current Events in Our Country

Below are excerpts and links to help parents to talk with their children about the current state of our country with respect to discrimination and racism.

For Parents

[Talking to kids about discrimination](#) (APA.org)

“How can you talk to your children about diversity and discrimination? Here are some guidelines to keep in mind.

- Don’t expect to have “the talk” about discrimination. It shouldn’t be one conversation. Rather, let the discussion be open and ongoing.
- Parents often avoid talking about hard subjects (including sex, underage drinking and discrimination) because they’re personally uncomfortable. Keep talking anyway. The discussions get easier over time.
- Use age-appropriate language children can understand, and don’t give kids too much information at once. The conversation will get deeper and more nuanced as they get older.
- Learn to respond to children’s questions about differences and bias as they come up naturally. Help children feel that their questions are welcome, or they might come to believe that discussing differences is taboo.”

[How parents can talk to their kids about racism, George Floyd protests](#) (Good Morning America)

“1. Tell the truth...2. Celebrate the differences...3. Set the example as parents...”

For Teachers

[Why conversations about racism belong in the classroom](#) (Rossier Online)

1. Be honest--“Talking about racial identity and bias with children means acknowledging what children already know: people are different, and the world is not colorblind.”
2. Brace for impact--“The best thing educators who are experiencing pushback can do, Reed said, is remind themselves that this is for the good of the children and keep moving forward.”
3. Walk the line--“Understand your role. Educators aren’t there to tell children what to think, but to help them learn how to think.”
4. Engage in self-reflection--“You need to know where you are beginning before charting a path for students.”

[Op-Ed: White teachers need to check their racism before teaching it](#) (Rossier Online)

1. Reflect your students in your curriculum
2. Admit and acknowledge--don’t ignore
3. Encourage advocacy
4. Practice reflection
5. Center other people’s truths

For More Information

Websites/Articles

Pretty Good Design Website

- Offers a number of books, articles, podcasts and blogs to further discussions and utilize materials that are age appropriate for children of any age.

[George Floyd. Ahmaud Arbery. Breonna Taylor. What do we tell our children?](#)

RESOURCES FOR TALKING ABOUT RACE, RACISM AND RACIALIZED VIOLENCE WITH KIDS

Booklists & Books

Multiple Ages

[60 Resources for talking to kids about racism](#)
[Guide for selecting anti-bias children's books](#)

Elementary Children

Let's Talk About Race [\(YouTube Read Aloud\)](#) or [\(Amazon\)](#)
A is for Activist [\(YouTube Read Aloud\)](#) or [\(Amazon\)](#)
One Crazy Summer by Rita Williams Garcia [\(YouTube Read Aloud\)](#) or [\(Amazon\)](#)
Swimmy [\(YouTube Read Aloud\)](#) or [\(Amazon\)](#)
Something Happened in Our Town [\(YouTube Read Aloud\)](#) or [\(Amazon\)](#)
We March [\(YouTube Read Aloud\)](#) or [\(Amazon\)](#)
Brave Girl [\(YouTube Read Aloud\)](#) or [\(Amazon\)](#)
Daddy Why Am I Brown? [\(Amazon\)](#)

For Middle to High School Children

[March Book 1 a Graphic Novel](#)
[Stamped: Racism, Antiracism, and You: A Remix of the National Book Award-winning Stamped from the Beginning by Jason Reynolds](#) (Amazon)
[The Hate u Give by Angie Thomas](#) (Amazon)
[My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem](#) (Amazon)
[The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism, and Engage in Collective Healing by Anneliese A. Singh PhD LPC](#) (Amazon)