

*Resource Packet**

ROOTS CONNECTED



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*Talking about Race and
Racism with Your Kids*

**These are a few select points and slides pulled
from a longer training workshop on this topic.*

Defining Race & Racism with Kids

Race

We are all part of the human race but over time, a new idea on race was created. People began grouping others as part of a certain race based on where they were born, what they look like, skin color, cultural practices they had.

Racism

Racism is not just the expression of prejudice (judgements we make based on generalizations) or hateful words/actions, it is a system of advantages and disadvantages based on race. A system that operates to the advantage of white people and the disadvantage of people of color.



If Your Child Experiences or Witnesses Prejudice or Racism

Possible Sentence Starters to Address and Validate their Feelings

“What that person said was racist and wrong.”

“How are you feeling about what happened/what they said?”

“It can hurt our heart so badly when someone says or does something racist.”

“There is no right or wrong way to feel when someone treats you like that. However you are feeling is ok.”



If Your Child Experiences or Witnesses Prejudice or Racism

Possible Questions to Evaluate their Response

- Did they say something to the person?
- Did they tell an adult?
- Did they get or still need support in addressing what happened, even though the moment has passed?
- Should they do something differently if this happens again?

If Your Child Says or Does Something Racist

Possible Questions To Ask To Find Out More

What do you mean when you say that?

Why do you feel that way?

How would you feel if someone said that about you?

How do you think that makes that person feel?

Where have you heard that before?

If Your Child Says or Does Something Racist

Possible Sentence Starters for Moving the Conversation Forward...

“What you said is hurtful. If you hear something like that, now you know...”

“Don’t repeat stuff when you do not know what it means, but you can always come to ask me. I will never be mad if you come to ask me.”

“Words can be very powerful! Sometimes people use them to make people feel bad about themselves, and sometimes they are used to build people up! We always want to use words to build people up.”

“We don’t use language like that because for a long, long time people have used language like that to put people down. You have a chance to change history by not using language like that.”

In these cases, the appropriate response is to **foster awareness without shaming.**



If Your Child Says or Does Something Racist

Possible Action to Support Undoing the Racism

Learning & Self Growth

Take responsibility for their actions and impact.

Learn more about the history of the racist words that they used.

Be careful to not put the responsibility on the person that was harmed to teach or educate.

Restoring Care

Ways of addressing / approaching another child:

Listen! Ask what the person needs and honor what they say.

Own your part.

Apologize for the action.

Commit to change and share that with the person so they can help hold you accountable.

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