

“How can we help our kids take a stand against **racism**?”

**Start** by helping them understand the history and persistence of racism in America.

## Share your understanding and experiences of racism.

**Most white adults have few substantive relationships with BIPOC peers.** If this is true for you, this is a limitation when it comes to raising your kids. Consider joining a local, BIPOC-led (Black, Indigenous, and People of Color) effort to address racism to unlearn racism, develop authentic relationships, and better impact your community.\*

**Support racial justice thinking and action while also providing context for the larger culture’s possible racist reception.** It’s crucial for our children to know about white supremacy and the possible ways people in authority may perceive and respond to them when they attempt to address racism. This is not their fault.

**BIPOC mentors are crucial to your child’s development.** Find BIPOC-led social, arts, afterschool, and athletic programs. Immerse them in vibrant programs that are living out strong racial justice values and vision.

**White mentors can play an important role in fighting racism.** Finding white mentors who are knowledgeable and vocal about fighting racism can provide critical support to teens as they consider how to build constructive interracial friendships.

**Trace your ancestry so you can locate your own family’s story within this larger story, even if it was not a racial justice story.** Understanding one’s place in this history can help kids chart their own racial justice trajectory.

### Racial Equity Communication DOs and DON'Ts<sup>†</sup>

**Do** review your child’s curriculum with an eye for racism. **Don’t** ignore racism or create a “color blind” environment that reinforces racism and confuses your child.

<sup>†</sup> For more communication DOs and DON'Ts, visit [pastart.org/racial-equity](http://pastart.org/racial-equity)



### Now That You Know, Where Do You Start?

Learning these facts is important. But it’s just as crucial to create a plan for an open dialogue and to be mindful of engaging kids with respect. Positive role modeling, compassion and the truth will go a long way to help you start communicating effectively.

**Use the following steps and resources to start your own Communication Action Plan.** ►



### Fast Facts

- Children who enjoy cross-racial relationships learn about racism firsthand and develop racial justice values more easily than those who don’t.\*
- Children who learn in multi-racial environments have higher test scores, better critical thinking skills, and pursue multi-racial peers and projects over throughout their lives.\*

# Start Here:



## Tips For Success

- Listen. Listen better. Listen more.
- Name racism as the problem. Not interventions against racism.
- Find a community of parents who are on the same page with you.
- Protect your child from backlash among peers and authorities.
- Solve issues with resources and support, not fear and shutting down conversation.
- Challenge the racist structures that impact all children. Pick your battles, but be sure your children observe and experience your resistance.
- Expect brilliance, new ways of thinking about racism, and innovative strategies and visions of the future from your child.

## 1 If You Can't Figure Out How to Talk with Your Child About Racism and Racial Justice: Educate Yourself

- There are so many resources online, you can educate yourself privately.
- There are racial justice projects and learning groups you can join.
- You can find multi-racial, anti-racist support groups online and in your area.

## 2 If You Think Your Child is Struggling with Their Role in Addressing Racism: Look for Your Moment.

- Find local efforts to join.
- Provide books and movies that demonstrate the power of racial justice movements.
- Invite friends to dinner and have fun conversation about their racial justice efforts.

## 3 You've Set the Stage: Now What?

- Share a story about a new commitment you have made or new learning you are pursuing to challenge yourself and fight racial injustice.
- Create opportunities for your kids to consider how they fit into the fight for racial justice.

## 4 Moving Forward: Don't Stop!

- Get ready to dig into the long history of racial justice work and wins with your kids.



Taking a stand against racism isn't always as cut and dried as it seems, but help is out there and available to you. Resources and more are available on the [PAStart.org/Racial-Equity](https://PAStart.org/Racial-Equity). Use our collection of links, videos and tools to create a strategy that will engage and empower you. They're all designed to help you get started.



\* For an expanded set of additional resources, all data citations and bonus interactive materials, click on the QR code above or visit [pastart.org/racial-equity](https://pastart.org/racial-equity)

## Learn More. PAStart.org

 Commonwealth Prevention Alliance

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