

“How can we protect our kids from the harm that **racism** causes?”

**Start** by helping them to understand anti-Latinx bias.

## Work with them to develop strategies to protect themselves.

**Family disintegration and policing are tools of white supremacy.** Threats of deportation and family separation have long terrorized Latinx children. Help them know their rights.\*

**Your child has a right to language access at school.** Latinx children who are native or heritage Spanish speakers have a right to education. Let your child know you will fight for language access.\*

**Support expressiveness while also providing context for the larger culture’s possible racist reception.** It’s crucial for our children to know about the specificity of anti-Latinx bias and the possible ways people in authority will perceive and respond to them due to racism. This is not their fault.

**Make sure your child understands high stakes interactions around racism.** Latinx children in white majority contexts will encounter anti-immigrant bias and racism. Latinx children interacting with police and social workers may encounter surveillance or deportation threats. Equip your child for the scenarios they will likely experience.

**Latinx mentors are crucial to your child’s development.** Find Latinx-led and Latinx-organized social, arts, afterschool, and athletic programs. Find programs that are trauma-informed and embrace expression.

### 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 [pamstart.org/racial-equity](http://pamstart.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

- Latinx parents benefit greatly from extended family parenting supports, often in the home.\*
- Close, intergenerational Latinx families provide strength and resilience as Latinx youth draw on family history and culture in their self-development.\*
- Latinx centering of the family unit can support Latinx teens in navigating peer pressure and school stress as they develop. \*

# Start Here:

## 1 If You Can't Figure Out How to Talk with Your Child About Racism and Immigration 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 Latinx-led and Latinx-centric support groups online and in your area.

## 2 If You Think Your Child is Struggling with Racial Identity Due to Racism or Exposure to Racist Violence, Create Openings for the Conversation: Look for Your Moment.

- Refer to Latinx-led justice activism or high-achieving role models.
- Provide books that feature Latinx characters or leaders.
- Invite friends to dinner and have fun conversation about their amazing lives.

## 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 immigration justice and racial justice.

## 4 Moving Forward: Don't Stop!

- Get ready to dig into Latinx history, culture and community 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.



### Tips For Success

- Listen. Listen better. Listen more.
- Your child needs your attention, not your surveillance.
- Your child needs your belief in them, not your fear.
- If your fears about racism and policing is causing you to be negative with your child – seek help from Latinx and Latinx-centric providers and healers.
- Name racism as the problem. Not your child's actions or behavior.
- Protect your child from state interventions and authorities.
- Solve issues with resources and support, not punishment and isolation.
- Find a community of parents who are also struggling.



\* 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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