



Talking with Young Kids about Racism, Police Brutality, and Protests

Raising a brave generation of children requires open, honest, and age appropriate exploration of race, racism, justice, equality, and anti-racism. It is an emotional time right now, marked by challenge, pain, and grief. This eBlast shares some ideas, tools, and resources organized by types of action we can take along with our children: **listening and empathizing; acknowledging and talking; and activism.** Engaging in some of these actions may help towards turning pain and grief into hope!

LISTEN and EMPATHIZE

- Podcast for kids and the whole family: [Talking Race with Young Children, from NPR and Sesame Street](#)
- TedX talk by Jeanette Betancourt, senior vice president for Social Impact at Sesame Workshop, entitled [“Is my skin brown because I drank chocolate milk?”](#) in which she explores why so many of us have early racial experiences/memories without conversations about them.

Stories are worth a thousand words and they are the way we connect to and relate with other. Books are particularly important ways to begin conversations and share information with kids. Here are just a few links to the many amazing books that tell the stories that must be heard, to which we must listen, and that serve to connect us to each other as equal human beings.

- [Read aloud books for raising a brave generation.](#) Use them as conversation starters or just enjoy together!
- [Book resources from Raising Race Conscious Children](#)
- [Books about Racism and Protests](#)

ACKNOWLEDGE and TALK

Many are asking “Are my kids too young to talk about race?” and along with that question many are indicating “I don’t know what to say or where to start.”

Children are never too young to learn about race--the messaging need only be appropriate for their developmental age/stage. Indeed, the world around them does not wait for our children to be able to process the messages being sent out, nor does it always take care to ensure that the messages are anti-racist.

Start with the following guidance as a framework to answer the question about age and how to discuss: [They are not too young to learn about race—a developmental infographic](#)

Without specific guidance and conversation, children are likely to pay more attention to the negative imagery and messages of stereotypes, segregation, and violence that surround and bombard them on screens, on the streets, and all around.

- [8 Tips for Talking to Your Child About Racial Justice](#)
- [Talking about Race: Resources for Families, from the National Museum of African American History and Culture](#)
- [Guidance from pediatricians for families](#)
- [Talking and teaching tips from Save the Children](#)
- [Talking with your kids about race and protests](#)

TAKE ACTION

- [Teaching Tolerance resources and tools for talking and teaching about racism, police violence, Back Lives Matter, and more.](#) Although these are created for educators, consider your home a classroom and explore a lesson plan next week!
- [Protest Facts for Kids](#) from Kiddle Kids Encyclopedia Facts
- [5 Tips for Protesting with your kids](#)
- [100 race conscious things you can say to your child to advance racial justice](#)
- [Beyond the Golden Rule: A Guide to Preventing and Responding to Prejudice](#)

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