

Anti-Racism Resource Directory for Families

LEARNING HEROES



Age-based tips, advice, and activities

With all of the current conversations regarding racial and ethnic diversity throughout this country, it can be hard to find a starting point when discussing race-related topics with your child. Discussions can include conversations about race, racism, and racial justice with your children. This Learning Heroes directory is meant to help navigate various free, online resources. While this is by no means exhaustive, we hope you will find it useful to accompany family talks about racial equality and equity.

IN THE NEWS

All Ages

[How Parents Can Raise and Teach Their Kids to be Anti-Racist:](#) Following the direction of educators and activists of different races, this article from CNBC shines light on where you can start with resources to teach your kids to be anti-racist.

[How To Talk To Your Kids About Race, Racism And Police Violence:](#) This article from WBUR discusses how you should talk with your children about what they're seeing and experiencing right now in regard to race relations.

CONVERSATION STARTERS

Early Childhood and Elementary

[Talking to Young Children about Race and Racism:](#) PBS KIDS for Parents provides insights for your family on discussing race and racism. This page also suggests books and episodes of PBS series that highlight the topic, along with links to other resources.

Middle School and Up

[George Floyd, Racism, and Law Enforcement:](#) This guide provides background information and questions to inspire critical thinking and determine ways that your child can get further involved. Also available in Spanish.

All Ages

[Anti-Racism for Kids: An Age-by-Age Guide to Fighting Hate:](#) Parents magazine provides tips for addressing racism and hate with children of any age.

[Talking to your Kids About Racism:](#) UNICEF created this resource to help you start discussions around racism with your child (and how to keep the important conversations going.).

[Talking with Children about Racism, Police Brutality and Protests:](#) Aha! Parenting's guidance is tailored by age group. This piece also includes suggestions for helping older children get involved and provides links to further resources.

[Ten Tips for Teaching and Talking to Kids About Race:](#) This resource, a collaboration between EmbraceRace and MomsRising, is available in English and Spanish.

[Resources to Support Children's Emotional Well-Being Amid Anti-Black Racism, Racial Violence, and Trauma:](#) This resource from Child Trends outlines several steps your family can take to support your children, in particular those who have experienced direct or secondary racial trauma.

Visit belearninghero.org to learn more!

ACTIVITIES

Early Childhood and Elementary

[9 Anti-Racism Videos to Watch with Your Kids:](#) This list of videos from Chicago Parent showcases nine child-friendly videos from PBS, including Sesame Street, to aid the conversation about race and racism with your children.

[Thinking About Social Justice through Crafts and Conversation:](#) The ADL provides ideas for your family that couple important conversations with hands-on activities.

Middle School and Up

[10 Ways Youth Can Engage in Activism:](#) While this guide from ADL is intended for educators, your family can use it to provide guidance on getting more actively involved in the anti-racist movement.

All Ages

[Help Your Kids Take Action Against Racism:](#) This tip sheet from Girl Scouts helps you have regular conversations about race and racism with your child. It also helps you have discussions about your child's emotions in response to what they're seeing.

[How White Parents Can Use Media to Raise Anti-Racist Kids:](#) Common Sense Media's guide highlights ways your family can use media to improve children's awareness of race, racism, and the history of racial oppression in the United States.

[I \[STILL\] Can't Breathe": Supporting Kids of Color Amid Radicalized Violence:](#) EmbraceRace's conversation with Allison Briscoe-Smith, a clinical child psychologist specializing in trauma and issues of race, provides your family guidance for supporting children of color.

BOOK LISTS & RESOURCES

Early Childhood and Elementary

[10 Tips for Reading Picture Books with Children through a Race-Conscious Lens:](#) EmbraceRace provides tips for using children's books as the foundation for meaningful conversations with your children about race.

[Black Lives Matter Instructional Library:](#) This slideshow provides links to read-alouds of books categorized by theme, including Activism and Advocacy, Self-Love and Empowerment, and Libros en Español.

[Guide for Selecting Anti-Bias Children's Books:](#) SocialJusticeBooks.org, a project of Teaching for Change, created this guide to help you look for visual and verbal messages in books for your young children.

[Looking for Excellent "Diverse" Books for Kids? Start Here!:](#) This EmbraceRace resource provides tips for finding anti-bias books and those that showcase diversity. It also suggests sites where your family can access these titles digitally.



All Ages

[Black Lives Matter: A Message from City Librarian John F Szabo:](#) From the Los Angeles Public Library, this message is followed by a list of relevant titles for children, teens/adults, and in Spanish. Look for these titles at your local library.

[Books about Racism and Social Justice:](#) Common Sense Media has created a list of titles that tell the story of individuals' experiences with racism and their actions in pursuit of social justice. The list can be filtered by age, from preschool through teenager.

[GreatSchools Book Lists:](#) GreatSchools suggests titles on a number of themes, including celebrating diversity. You can filter the list for any grade from Pre-K through 8th.

DIRECTORIES

Early Childhood and Elementary

[Anti-Racism Resources for Parents & Families:](#) Nickelodeon Parents created this tip sheet with resources to help your family talk about racism and bias. It also includes ways for your family to take action.

[Anti-Racist Resources for Parents:](#) The Program for Early Parent Support created this list of resources to create generational change by raising anti-racist children.

[Resources for Young Children on Race, Racism, and More:](#) This document provides links to resources from PBS, NPR, and other platforms on topics such as cultural awareness and diversity, resilience, and talking about the news.

All Ages

[Resources for Talking About Race, Racism and Racialized Violence with Kids:](#) This document from the Center for Racial Justice in Education provides a list of resources that includes interviews and advice from experts.

[How to Raise Anti-Racist Kids: 20 Resources for Parents:](#) This guide from Motherly, divided by age range, will help you be proactive in raising your children to understand racism and discrimination.