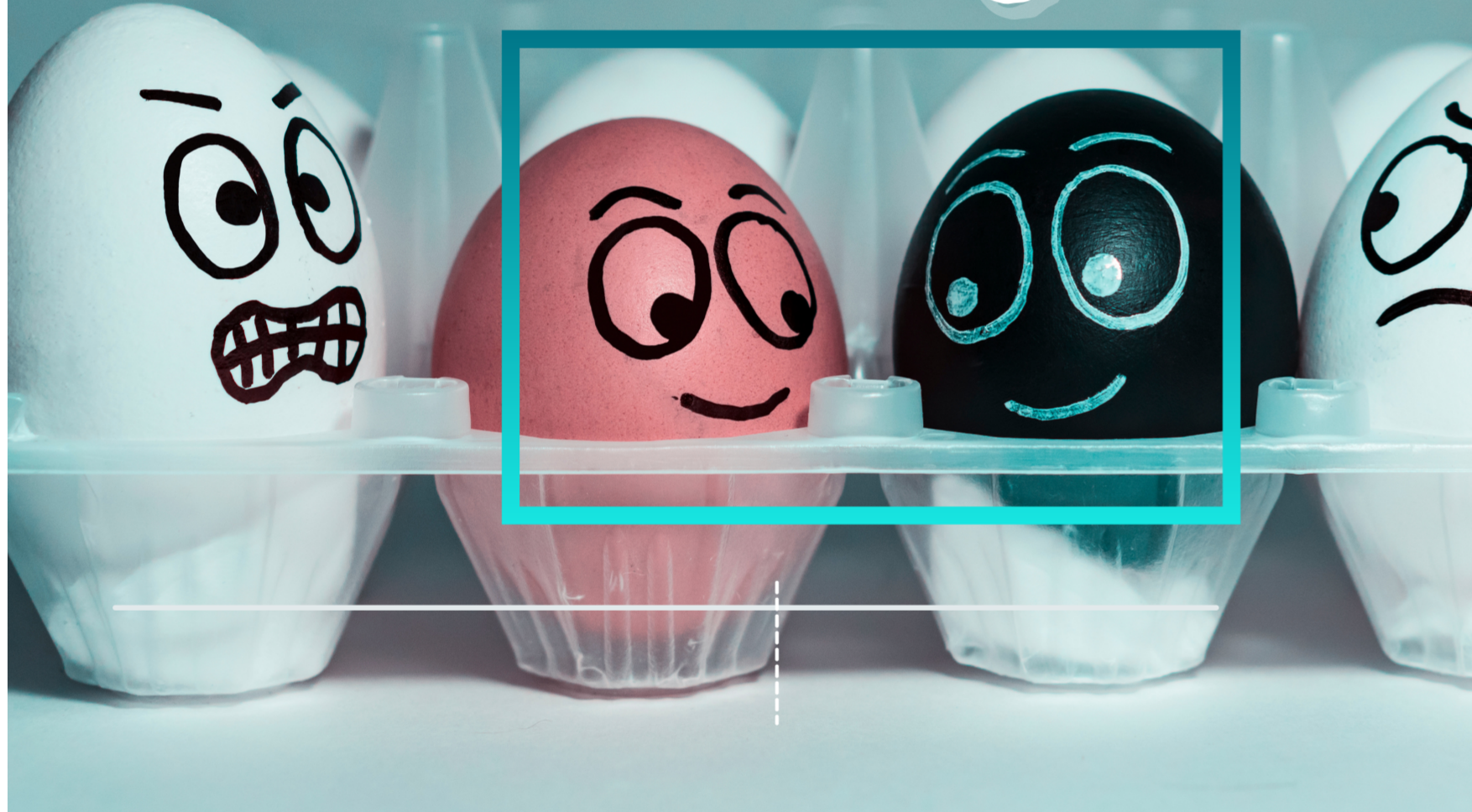


Identity



A positive sense of identity is crucial to the development of self-esteem and confidence. A healthy sense of identity also helps individuals to be more open to people from other backgrounds because they are less likely to fear differences or put other people down to feel better about themselves.

add to your toolkit! flip for more on

- Individualism
- Celebrating Identities of Others
- Outside Influences on Identity
- Supporting a Child Experiencing Identity Dissonance



Individualism

- Explanation of what individualism is and why it is important for everyone to experience it.
<https://www.thefreemanonline.org/why-is-individualism-important/>
- This article focuses on helping your child develop a stronger sense of identity.
<https://www.americanadoptions.com/blog/5-ways-to-help-your-adopted-child-develop-a-strong-sense-of-identity/>

Celebrating Identities of Others

- Article about cultural awareness and the importance of understanding different cultures.
<https://au.reachout.com/articles/understanding-a-different-culture>
- Helping your child learn how to respect others with differing identities from them
<https://www.kidspot.com.au/parenting/child/child-development/5-ways-to-encourage-your-child-to-respect-individuality-in-others/news-story/2f9efcb04e0020304fbcad9939609393>

Outside Influences on Identity

- Various influences (family, peers, school) that can affect the development on a child's identity.
<https://journals.sagepub.com/doi/full/10.1177/0022146517750637>
- This article is about the psychological effects of the media on a child's identity.
<https://www.psychologytoday.com/us/blog/the-power-prime/201210/media-s-externalization-kids-self-identity>

How to Support a Child Experiencing Identity Dissonance

- Understanding how changes in the environment may be affecting the change in your child's identity.
<https://www.ncbi.nlm.nih.gov/books/NBK53409/>
- This article is specifically for transracial adoptees and their families to better understand trauma and its effects on a child and their identity in a transracial family. <https://www.zerotothree.org/resources/3097-when-i-go-to-heaven-i-ll-be-white-the-ethics-of-transracial-adoption-within-the-context-of-childhood-trauma-and-racial-identity-development>

also available digitally on [AFFCNY.ORG/identity/](https://www.affcny.org/identity/)