

*Talking to
Your Children about*
Race & Racism



It can be hard to talk to your children about racism. Some parents worry about exposing their children to issues like racism and discrimination at an early age. Others shy away from talking about something they themselves might not fully understand or don't feel comfortable discussing. Yet others, especially those who have experienced racism, simply do not have such choices.

add to your toolkit! flip for more on

- Why it's important to discuss race with your children
- 10 tips for teaching and talking to your kids
- Resources for younger preschool aged children
- Resources for all parents and/or caregivers



Conversations about racism and discrimination will look different for each family.

The way children understand the world evolves as they grow, but it's never too early or too late to talk to them about equality and racism.

Being silent cannot be an option.

- It is hard to discuss race, but it is important to acknowledge and celebrate the diversity of all: [Why it's important to discuss race with your children, by Varsha Bajaj, https://www.readbrightly.com/important-talk-child-racism-hate/](https://www.readbrightly.com/important-talk-child-racism-hate/)
- 10 Tips for Teaching and Talking to your kids about Race: <https://www.embracerace.org/resources/teaching-and-talking-to-kids>
- For younger children, PBS KIDS Talk About Race & Racism: https://www.youtube.com/watch?v=_fbQBKwdWPg
- A resource for all parents and/or caregivers: Talking about Race, from the National Museum of African America History and Culture: <https://nmaahc.si.edu/learn/talking-about-race/audiences/parent-caregiver>

also available digitally on AFFCNY.ORG/talkaboutrace/