**Supportive Resources for Children and Families Addressing Race**

compiled by the Trauma Response Program and Psychotherapy Clinic

Talking to children about race

**Video on how to talk to kids about race**

* <https://www.youtube.com/watch?time_continue=176&v=QNEKbVq_ou4&feature=emb_logo>

**100 race-conscious things you can say to your child to advance racial justice**

* <http://www.raceconscious.org/2016/06/100-race-conscious-things-to-say-to-your-child-to-advance-racial-justice/>

**Webinars, articles, children’s books, and stories about how to embrace race and value difference**

* <https://www.embracerace.org/resources>

**How to talk to your kids about racism**

* <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/06/how-to-talk-to-your-kids-about-racism>

**Lessons on teaching tolerance and engage students in discussions about diversity**

* <https://www.tolerance.org/classroom-resources/lessons>

**Video about privilege**

* <https://www.youtube.com/watch?time_continue=1&v=2KlmvmuxzYE&feature=emb_logo>

Talking to young children about race

**Article on how to talk honestly with children about racism**

* <https://www.pbs.org/parents/thrive/how-to-talk-honestly-with-children-about-racism?fbclid=IwAR1lcCMNye_bfq_bArBJnIX2GW-s1MY--2KLnGHu5lvGTyfO9O7woDvgSMU>

**How children take in racial differences from young ages**

* <http://www.childrenscommunityschool.org/wp-content/uploads/2018/02/theyre-not-too-young-1.pdf>

**Summary on how to talk to young children about race**

* <https://cdn.vanderbilt.edu/vu-web/lab-wpcontent/sites/96/2020/06/05133841/Talking-About-Race.jpg?fbclid=IwAR02s6_4-1vZDWzYGPCD2EuI7q2cmpfAKzZVTI1BHPl_RIEQxZUNHod5YNs>

Talking to children about protests

**How to talk to your children about protests and racism**

* <https://www.cnn.com/2020/06/01/health/protests-racism-talk-to-children-wellness/index.html>

**Guidelines for talking about racism and equality with children ages 2-5**

* <https://www.zerotothree.org/resources/1598-racism-and-violence-using-your-power-as-a-parent-to-support-children-aged-two-to-five>

**How to talk to young kids about protests for racial justice**

* <https://www.mother.ly/news/phrases-for-young-children-about-protests-for-racial-justice>

**How to talk to your kids about injustice, racism, and protests**

* <https://www.healthline.com/health-news/how-to-talk-to-kids-about-racism#How-to-start-conversations-about-race-and-racism-with-kids>

Education and self-care for parents

**Self-care tips for black people who are struggling with this very painful week**

* <https://www.vice.com/en_us/article/g5pgmq/self-care-tips-for-black-people-struggling-from-painfulweek>

**Strategies to deal with racial stress and practice self-care**

* <https://www.apa.org/res/parent-resources/racial-stress>

**Video on how to resolve racially stressful situations**

* <https://www.youtube.com/watch?v=EV3OmxrowWE>

**Tips for self-care: when police brutality has you questioning humanity and social media is enough**

* <https://www.theroot.com/tips-for-self-care-when-police-brutality-has-you-quest-1790855952>

**Building your resilience in the face of trauma, adversity, and other stresses**

* <https://www.apa.org/topics/resilience>

Inclusive mental health resources for people of color

**Find a therapist that celebrates and understands your identity**

* <https://www.inclusivetherapists.com/>

**The Safe Place: a minority mental health app with tips and resources related to mental illness**

* <https://blackgirlnerds.com/minority-mental-health-app-the-safe-place/>

**National Alliance on Mental Illness: Black Mental Health Resources**

* <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American>

**An online space dedicated to encouraging the mental wellness of Black women and girls**

* <https://therapyforblackgirls.com/>