

Resource Guide: Conversations with Kids About Race and Racism

Vocabulary (Preschool)

- **Protests:** An event in which people gather to show disapproval of something and try to make change.
- **Culture:** A pattern of behavior shared by a society, or group of people. Many different things make up a society's culture. These things include food, language, clothing, tools, music, arts, customs, beliefs, and religion.
- **Ethnicity:** Cultural characteristics that connect certain groups.
- **Equality:** Everyone is treated, measured, esteemed, and valued the same.
- **Equity:** Giving everyone what they need to be successful, even if those things are not the same.
- **Inclusion:** The state of being included, valued, and respected for who you are, no matter what abilities you may or may not have.
- **Justice:** Upholding what is moral, equitable, and fair for all people even if it is not the same for everyone.
- **Race:** Different skin colors, all beautiful, does not impact how smart you are, what you are interested in, or anything like that. A group of people who have common physical traits such as skin color, hair texture, and facial features.
 - Best done with examples
- **Melanin:** What gives your skin its special hue or color. The darker your skin, the more melanin you have
- **Prejudice:** Not liking someone because of something about them before even knowing them. Example: not liking someone because they are a girl, not liking someone because of the color of their skin (racism).
- **Racism:** Being mean to someone or afraid of someone because they look different. People who do racist things are usually afraid of the other person, or confused.
- **Bias:** Being prejudice and sometimes not even really knowing it- we all do this, but it does not make us bad people. We all need to work on it!
- **Fair:** Everyone gets the same opportunities
- **Justice:** Making things fair; everyone gets treated the same

Vocabulary (Elementary)

- **Protests:** An event in which people gather to show disapproval of something and try to make change.
- **Culture:** A pattern of behavior shared by a society, or group of people. Many different things make up a society's culture. These things include food, language, clothing, tools, music, arts, customs, beliefs, and religion.
- **Ethnicity:** Cultural characteristics that connect certain groups.
- **Inclusion:** The state of being included, valued, and respected for who you are, no matter what abilities you may or may not have.
- **Equality:** Everyone is treated, measured, esteemed, and valued the same.
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- **Justice:** Upholding what is moral, equitable, and fair for all people even if it is not the same for everyone.
- **Implicit/Explicit Bias:** When a person prefers one thing over another without giving an equal chance to different ideas. Implicit bias is bias people do not know they have, whereas explicit bias is bias they know they have.
- **Privilege:** A right, advantage, or immunity only granted or available to a particular person or group.
- **Racism:** A belief that certain races of people are, by birth and nature, superior to—or better than—others. *Later explain:* This is often connected to who has the power in a society.
- **Stereotype:** An idea or belief that many people have about a particular group of people (or thing), often rooted in prejudice.
- **Colorism:** Prejudice or discrimination against individuals with a dark skin tone, typically among people of the same ethnic or racial group. **Example:** A preference for lighter skin among black people.
- **Hate Words:** Teach them what hate words are, that they are more than “curse words”

<http://www.racialequityresourceguide.org/about/glossary>

Activities That Explore Diversity

<https://www.chicagoparent.com/learn/education-workshops/activities-to-discuss-race-with-kids/>

Apps That Have Diverse Characters

<https://www.commonensemedia.org/lists/apps-and-games-with-diverse-characters>

Books

<https://www.commonensemedia.org/lists/books-about-racism-and-social-justice>

<https://www.google.com/amp/s/mashable.com/article/new-books-black-authors-you-should-read.amp>

<https://www.google.com/amp/s/ideas.ted.com/62-great-books-by-black-authors-recommended-by-ted-speakers/amp/>

<https://www.teachthought.com/pedagogy/20-books-teach-diversity-elementary-middle-school-students/>

Preschool/Elementary Books:

Sulwe by Lupita Nyong'o

The Skin I'm In by Pat Thomas

Let's Talk About Race by Julius Lester

It's Ok to Be Different - Todd Parr

Lulu is a Rhinoceros - by Jason Flom with Allison Flom, Illustrated by Sophie Corrigan

Be Who You Are - Todd Parr

The Family Book - Todd Parr

I Love My Hair- Natasha Anastasia Tarpley, illustrated by E.B. Lewis

The Peace Book - Todd Parr

Happy in Our Skin - Fran Manushkin, illustrated by Lauren Tobia

Different Differenters: An Activity Book About Skin Color by Jyoti Gupta

High School

Between the World and Me by Ta-Nehisi Coates

Race Matters by Cornel West

How to be Antiracist and *Stamped* both by Ibrahim Kendi

This Book is Anti-Racist: 20 Lessons on How to Wake Up, Take Action, and Do the Work by Tiffany Jewell

What Doesn't Kill You Makes You Blacker: A Memoir in Essays by Damon Young

TV Shows

<https://theeverymom.com/kids-tv-shows-that-celebrate-diversity/>

Other Resources

<https://www.pbs.org/parents/talking-about-racism>

<https://teachpeacenow.com/all-colors-we-are/>

<https://www.thedinnertabledoc.com/blog/why-speaking-to-children-about-colorism-is-important>

<https://www.kuder.com/blog/social-emotional-learning/resources-for-discussing-race-and-racism-with-middle-school-and-high-school-students/>

Discussion Questions: Target of Racism/Colorism

1. Start by pointing out the inaccuracy and showing them that that person is wrong
2. **Discuss:** What was the person's purpose with that remark?
 - a. To be mean? To be ignorant?
3. Focus on the feeling: Listen to the child and help them put words to the feeling
4. **Corrective Action:** Some kind of corrective action needs to happen.
 - a. Often too late have a direct response to that incident, but can focus on correcting the ignorance as a whole
 - b. **Examples:** Create a sign, facebook post, etc.
 - c. Best when the idea comes from the kid, helps them take initiative

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