



TALKING TO YOUR CHILD ABOUT RACE AND RACISM

The Black Lives Matter movement have shone a spotlight on the need to talk about race and racism. It's never too early to talk to your child about race, acceptance and equality and to introduce diversity in to their lives. To help start these conversations, please see below a list of resources you may find helpful. If you know of something else you think we should include, please do let us know.

Read

- [National Literacy Trust](#) has published book lists for children and young people of all ages to share black stories and promote black voices.
- National Geographic have published a great article called '[Talking to kids about race](#)' which helps parents have an initial discussion with their children about empathy and compassion.
- The [Embrace Race reading list](#) provides a selection of children's books to help have a discussion about diversity, justice and activism.
- The [Childline website](#) has some information about racism and racial bullying with some more useful resources

Watch and listen

- [Podcast – Talking race with young children](#)– some helpful tips on how to initiate conversations and be proactive with discussions.
- [BBC Woman's Hour – How to talk to your children about race and racism](#)– some starting points for discussions and how to empower children.
- [All Bugbears – a girl explains how she is sad when she sees people being racist](#)– thoughts about how everyone is the same on the inside
- [Horrible Histories – Rosa Parks](#)– a short YouTube video all about Rosa Parks.

Follow

- [The Conscious Kid](#) – ‘parenting and education through a critical race lens.’
- [The Black curriculum](#) – a social enterprise founded by young people in 2019 to help address the lack of black history in the curriculum.
- [Inclusive Story Time](#)– an introduction to black history for children.
- [The Tiny Activist](#)– introducing children to social justice.