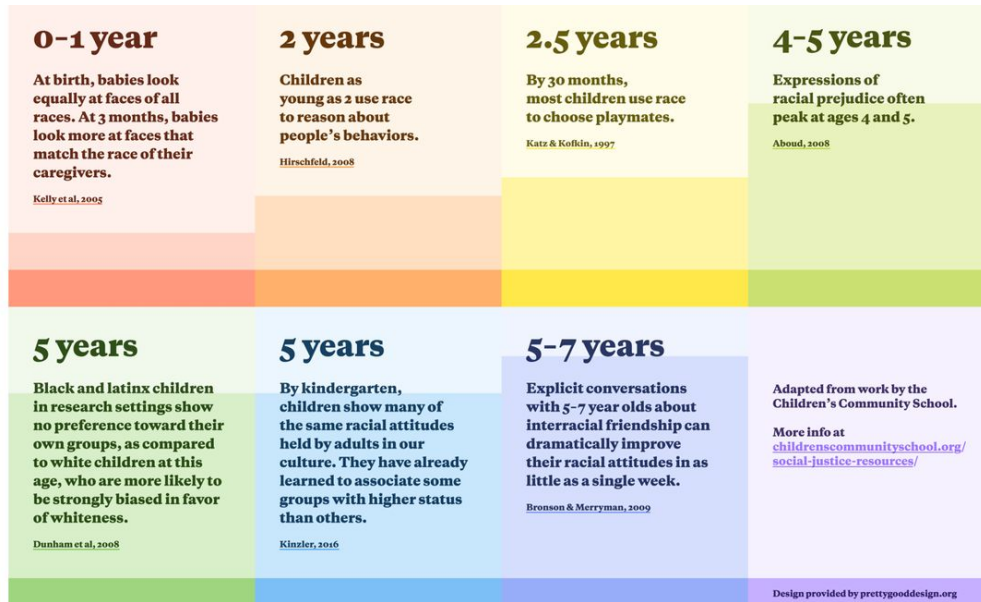




Resources for Talking to Young Children about Racial Injustice

Are your kids too young to talk about race?

Nope. Silence about race can reinforce racism by letting children draw their own conclusions.



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Remember that these links are starting points for conversations rather than final destinations.

Step 1. Help children process their feelings in this moment

- [Once I was very very scared](#) by Piplo Productions is a free online book that helps kids talk about scary feelings, what they feel like in your body and things that help them feel better.
- [Supporting Kids Of Color in The Wake of Racialized Violence](#) - an interview to help caregivers get an understanding on the impacts of radicalized violence on young children and how they can help them.
- From [PBS](#) you can find more information on how to help children process information that comes forth in the news around tragic events
- [The National Child Traumatic Stress Network](#) (NCTSN) has developed a simple table that can help caregivers respond and help young children dealing with traumatic grief.
- [Zero to Three's article](#) applies a child development lens to guidance for talking to young children about racism and violence.



Step 2. Talk about race and racism consistently and take action

- [Wee the People](#) is a Boston based social justice project for children age 4 to 12 launched by two black mothers and offers workshops that explore activism, resistance, and social action through the visual and performing arts for both kids and caregivers.
- [Embrace Race](#) is a great source of helpful information. In this article find out 8 ways to talk to young kids about racial injustice.
- [HealthyChildren.org](#) also has tips around talking to young children about racial bias.
- [Books for Littles](#) is a website with diverse book recommendations on how to talk to children about race.
- For educators, the [NCTSN](#) has also developed materials on how to address race and trauma in classrooms.



For more information:

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