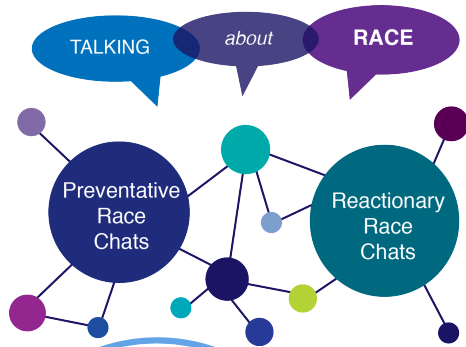


## "Racing" Towards Equality: Why Talking to Your Kids About Race is Good for Everyone



We do not need to have all the answers to have effective 'race chats' with children. We just need to be open, and be able to offer a safe space to talk.



### The Take-Home

- Having open and honest conversations about race with your child helps them understand race. It is also one of the best ways to counteract racism. If we teach children to ignore race, we also teach them to ignore injustice and inequality.
- Start a dialogue! Your conversations will be ongoing and will keep changing as your child grows. Talking about race with your child won't be a one-time event.

Want to  
Learn  
More?



### Science Says

- Race is meaningful in our social world and racism still exists today.
- Our actions matter - what parents do – or don't do – is a strong indicator of children's attitudes about race.
- Our words matter too! Research suggests that not talking about race with children increases racist thinking and racism. Talking about race can be one of the best ways to counteract racism.
- We do not need to have all the answers to have effective race chats with children. We just need to be open, and be able to offer a safe space to talk.



### Try it at Home

- Ask your child to think about what race means to them. Encourage them to ask questions. Keep the focus on learning, not right or wrong answers.
- Preventative and reactionary 'race chats' are an effective way to discuss race and racism with children. These conversations will evolve and change over time, as a child grows.
- Take a trip to the library. Find an age-appropriate book about Civil Rights leaders. Read the book together. Use the book to talk about how people of different races are treated differently.
- With older children, you could watch a documentary or discuss events in the news to talk about race.