

# Race: What Kids Know as They Grow

Children form racial identities. They use these ideas to inform how they should treat and perceive themselves and others.



## CHALLENGE YOUR THINKING

Racism is still a prevalent part of our society. Racism is a social experience referring to the beliefs, attitudes, and practices that reinforce inequalities based on race.



### TRY THIS!

Take time to reflect on your own views. How do you feel when you hear or think about race? Are you comfortable or uncomfortable? Why? What experiences have you had with race and racism? How have they affected you?



## CONFRONT BIAS

Racism occurs between individuals and is built into systems, like schools. It can also be explicit or implicit. Explicit racism is obvious. Implicit racism is hidden.



### TRY THIS!

Children look to their caregivers to make meaning out of issues like race and racism. Be a role model and consider how you respond to racial stereotypes. Be intentional about confronting your biases and broadening your perspective.



## GLAD YOU ASKED

Children are aware of race, absorbing ideas about themselves and others from those around them. They reflect these ideas about race in their own attitudes and behaviors.



### TRY THIS!

Talk to your child about their racial identity. Ask open-ended questions: What do they like about being part of their racial group? What do they find hard? How do they think things would change if they were a different race?

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