

Talking Racism with White Kids

Racism in 6 Steps

How White Parents Can Talk to Their Kids about Racism

My Black Friends Matter

Racism: Prejudice, discrimination on the basis of racial, ethnic group and or colour of skins.

Parents can take to help their children think about racial injustice, implicit bias and how to be an ally

Speaking openly about racial issues may make parents feel uncomfortable, black people can't solve or eradicate the inequality of racism alone if white parents don't talk about it with their children it will take year another generation and another until White parents do fine away to talk racism. There's no better time that has presented itself in the light of George Floyd's murder, not did it only traumatise black people it traumatised black, brown and white children as well as white people, there was no option to confront the issue as we witnessed it and now we need to talk about the issue to solve the injustices what black people have had to live almost in silences with for hundreds of years. Silence is no longer an option for Black people to live by as it is no longer for White people to live by either, if we want an just and fair society.

Racism thrives in silence and silently breeds onwards and outwards in society. Here are some steps white parents can take to start the conversation with their children, and help them learn how to fight racist practices and learn how to stand up for every person's right to be treated with dignity and respect.

1. Talk about fairness

You may be surprised to know how much pre-schoolers understand the concept of fairness. They are old enough to understand Racism is a system of unfairness, in which Black people are treated worse than White people. Old enough to understand that's wrong and we all need to work hard to fix it. In fact teaching kids as young as possible is the way to wipe out racism.

If your kids have seen reports of police brutality, many have seen the death of George Floyd and others in the news or other racial attacks against Black people they may ask you questions, and take you by surprise when you thought they hadn't noticed or were aware, don't ignore the questions on racism, talk about how upsetting it is to see people treated unfairly, and how mistreatment of Black people is part of a bigger picture. Explain that there is a multiracial coalition of people working and you are part of creating change together and some protest racism to highlight the injustices to make the world a kinder and safer place for all of us. We can all be helpers even at a very young age and be part of creating change.

2. Encourage children to ask questions

All children have questions about race, skin colour and other differences and that's ok and natural. But when parents are uneasy talking about race, children learn early on to avoid bringing it up and learn to be silent even when they know it's not right. When people say their kids are "colour blind," what they really mean is that their kids have been trained not to talk about difference, not to talk about racism.

3. Celebrate differences

Parents can help children learn about differences in a positive way from a very early age. Give your kids the vocabulary words they need to talk about what they see.

Hair, skin and eye colour depend on how much and what type of melanin a person has. Some people have more melanin in their skin than others. But all

people are equals and should be treated as such, to judge on character, kindness and alike and not by a person's skin colour, the skin is our protective body wrapping that we all have and come in different shades.

4. Build a library together

Read books together about racism and protest. Choose stories with Black heroes and heroines. Further your own knowledge by reading books on anti-racism and recommended by Black booksellers and publishers. Take an interest and do your own research to educate yourself so you can help educate your children. Black people cannot continuously take responsibility to teach and educate white people on racism.

5. Teach kids how to be an ally

Being an ally means making it clear that you care about black and brown people and you're willing to stand with them. Teach your kids to be witnesses: if they see a Black classmate being treated unfairly, for example, they should say that's not okay. If they hear someone make a racist joke or comment, they should speak up and say that's wrong. Explain that what make actions harmful are the impact and not the intent.

6. Keep the conversation alive

The legacy of slavery is very much a part of life in the UK as it is in the UE. It's important to acknowledge that all of us have internalised the rules of a society that is separate and unequal by race, separation by 'races' rather than the one race we are was designed hundreds of years ago to categorise, divide and dominate over others for white power. Interrupting the cycle of racism requires vigilance in our daily lives — we need to be on the lookout for ways that we perpetuate the bias embedded in white culture.

Standing up against injustice is part of being a good citizen. All children deserve to grow up in a world where they are safe and protected.

BLACKLIVESMATTER.UK are aligned with UNICEF advice on tackling Racism and has to a great extent used extracts and then enlarged on its pointers on talking Racism with Kids.

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