

# Actively Anti-Racist

Barton Lab VU

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## Break It Down

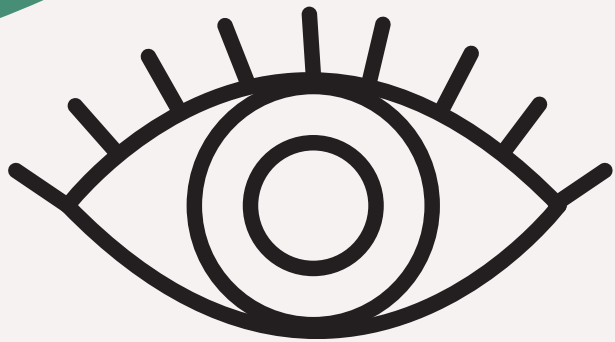
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How to have  
conversations about  
race with young  
children



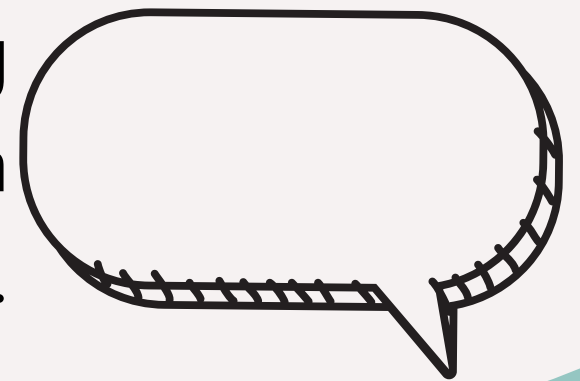
# Actively Anti-Racist

## Break It Down



Children learn to recognize race and categorize people based on race whether we teach it or not.

By being proactive and having conversations about race, we can raise an anti-racist generation.



Teach your child to think critically so that they can begin to understand the world around them, including race and social norms.

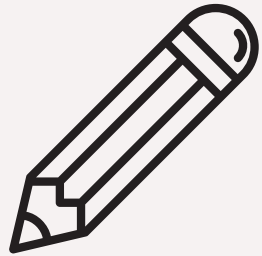
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# Break It Down

## Same and Different



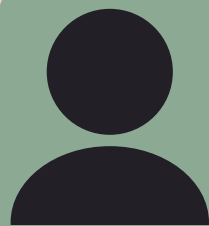
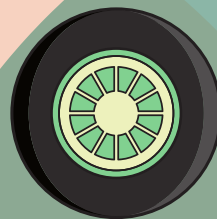
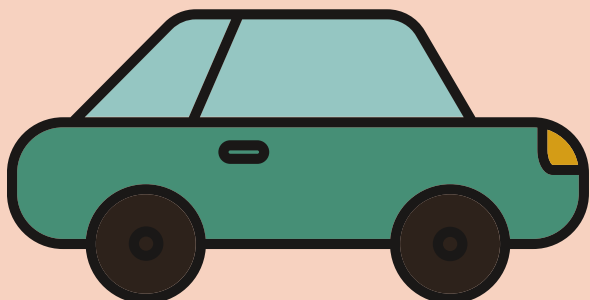
What makes things the same?  
What makes them different?



Highlight both similarities and differences.



Avoid "othering." Different does not mean worse or not normal.



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# Break It Down

## Same and Different

Drawing attention to multiple attributes of people helps children to think critically about others and decrease bias.

"He is dark."

"Yes, he is Black, and you are White. You have different colored skin, and he is taller than you. You both like playing with blocks and both go to school together."

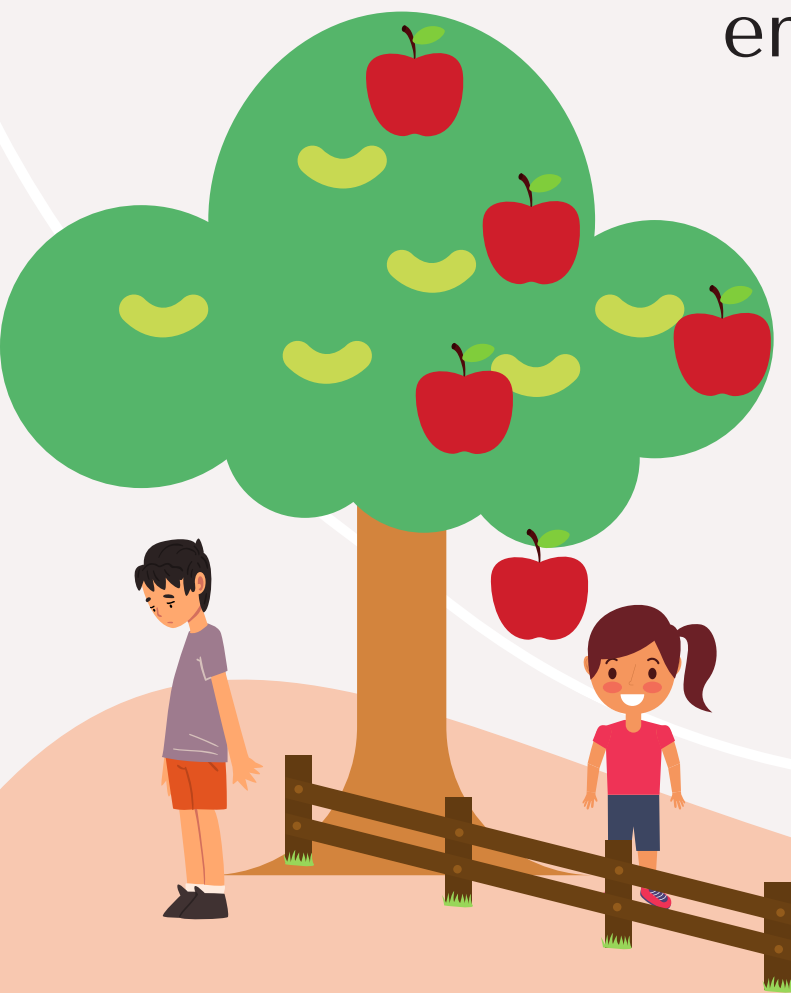
"Cool!"

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## Break It Down

### Fair and Unfair

We can teach children empathy towards others by labeling and discussing their emotions and the emotions of others.



Fair means free from bias, dishonesty, or injustice.

When something is unfair, you may feel upset, sad, or angry.

How would you feel in that situation?

How do you think that person feels?

What would make you feel better?

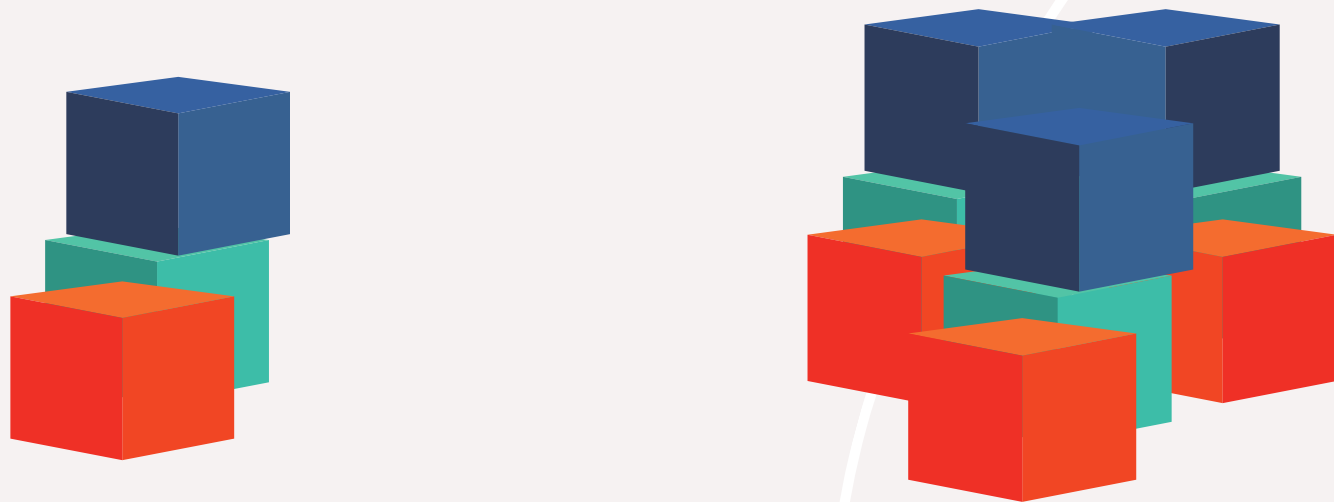
What can we do to help them feel better?



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# Break It Down

Fair and Unfair



1

Recognize the problem. What is unfair? How does it feel?



2

What can we do to make it fair\*\*?  
What will make you/your friend  
feel better?

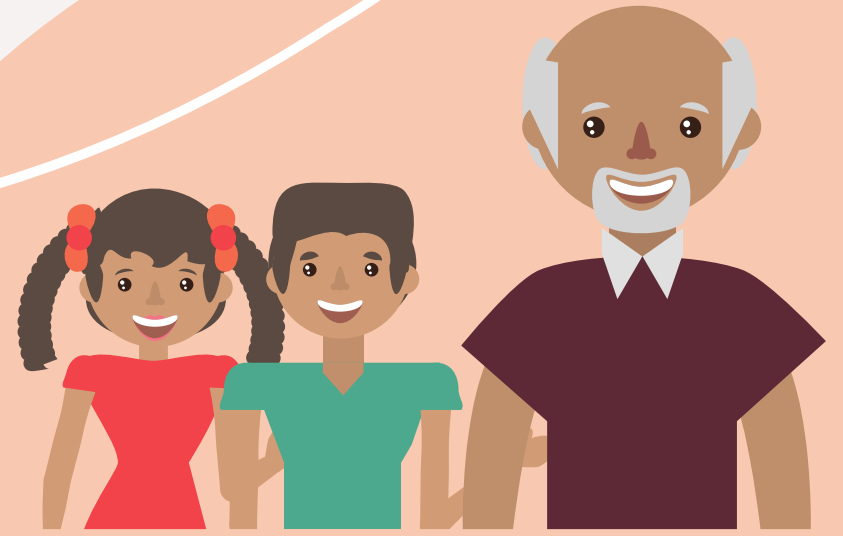
\*\*Look for a follow-up post on  
equity vs equality.

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## Break It Down

Remember...

♡ You do not have to be perfect!



It is okay to say "I do not know." Take a breath and be honest. You can come back to the conversation later.

You and your child are learning and growing together.



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## References

Derman-Sparks, L. & Edwards, J. N. (2015). Teaching young children about race: A guide for parents and teachers. Retrieved from <https://www.teachingforchange.org/teaching-about-race>

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