**Talking to your children about race, racism and activism**

Over the last week, newspaper, television, radio and social media outlets have been dominated by heartbreaking news of racial injustice in America, and the anger and activism that has followed.

It is likely some children will have seen images on the news, had conversations with their peers or overheard adult conversations and they have some idea about what is going on. However, for children to begin to understand why and what is happening, not only in America but around the world they will need to have an understanding of the broader context of racism in order for them understand the anger and violence seen in cities across America.

Parents can involve children in discussions about what they have seen on TV or heard in conversations, asking them how they are feeling. Discussing the people in the images they have seen, asking questions such as: Why do you think those people are angry? What do you do when you feel something is unfair? Children can also watch videos of peaceful protests of people collectively marching for fairness, justice and change.

The following books (available on Amazon) are great stimuli for discussions and can become part of open, life long discussions about the realities of racism and modelling how we can be part of the movement to work towards a better future.

**Ages 4 to 7**[***The Skin I’m In: A First Look At Racism* by Pat Thomas**](https://www.amazon.com/Skin-Im-First-Look-Racism-ebook/dp/B082LYTH2M)[***Let’s Talk About Race* by Julius Lester**](https://www.amazon.com/Lets-Talk-About-Julius-Lester/dp/0064462269)**Ages 8- 13**[***The Wedding Portrait: The Story Of A Photograph and Why We Sometimes Break The Rule* by Innosanto Nagara**](https://www.amazon.com/Wedding-Portrait-Innosanto-Nagara/dp/1609808029)[***A Kids Book About Racism* by Jelani Memory**](https://www.amazon.com/Kids-Book-About-Racism-ebook/dp/B088GYYHJX)[***A Child’s Introduction To African American History* by Jabari Asim**](https://www.amazon.com/Childs-Introduction-African-American-History/dp/0316436429)

I hope you find this useful should you wish to explore this topic at home.

Kind regards,

**Mrs Douglas**