

Talking to Your Little About Race and Racism

1. Before having any conversations:

- Since every family addresses race and racism differently, it's important to speak to your Little's Guardian when possible before talking to Littles about race to gauge Guardian comfort levels. It's OK if Guardians don't want you to have these conversations with their child.
- Take some time to reflect on your own emotions around the racial tension before having a conversation with your Little or their Guardian.

2. Let your Little know you are an ally and a safe space to share ANY thoughts, feelings, questions about things that are going on

- Keep in mind that these conversations can be re-traumatizing to those who have firsthand experience with racism, police brutality and racial injustice. Your Little may not want to talk about it right away, they may not want to talk about it ever, but you did your part in telling them you are open and safe for them always.
- Start off with simple questions: What have you heard about the current Black Lives Matter movement? What have you seen in the news recently or what are you talking about at home or in class?
 - Then you can probe into more abstract questions if your Little seems engaged OR is more responsive to emotional thinking: How do you feel about things in the news right now? What things do you want to learn more about?
 - Offer a space for your Little to ask questions and to share, let them primarily lead the conversation unless they specifically ask for your opinion. If you feel it would be helpful, ask your Little for permission to share your own thoughts and feelings to help role model sharing.
 - Ask all questions as neutrally as possible and when answering questions (unless about your opinion) try to be neutral

3. Give your Little space to process, they may not have reflections or questions right away and may want to bring it up again later, reassure them that you are available anytime they want to talk about anything, especially things in the news or people being treated unfairly

4. If they ask personal questions, honesty and vulnerability is important to role model

- This may be uncomfortable, but if you are not proud enough of your actions or beliefs to share them with your Little, you may want to reconsider them entirely. It is okay for you two to have differing opinions and thoughts on things going on.

5. Research ways to positively impact the situation together

- Find a way to do activities together that continue the conversation around this topic
 - Write letters, read books, watch movies

Scale-based questions for Bigs to ask younger/less talkative Littles

On a scale from 1-5:

- How much do you feel like you have been listening to what is going on in the news?
- How much do you want to talk about it?
 - What makes you want to talk about it/not want to?
- How much do you feel affected by what is happening?
 - Ask what emotions kids are feeling- Bigs can list some emotions for kids to choose from

Open ended questions/conversation starters:

- What have you heard about the protests and what they are about? Is this something you would like to talk about? How does this make you feel?
- What else would you like to know about racism and systemic racism?
- What do you think are some solutions to healing?

Resources:

Article: [Talking to Kids About Protests and Racism](#)

Video: [Systemic Racism Explained](#)

Books: [Books on Race and Racism by Age](#)

Movies: [Black History Movies That Tackle Racism](#)

Article: [A Clinical Perspective on Talking to Kids About Racism](#)

Social Media: @TheConsciousKid