



**TALK  
ABOUT**

**Race**

**&**

**Racism**

## Talking to Young Children About Race and Racism

There is no perfect way to talk to children about race and racism. These topics are complex issues that can be hard for younger children to grasp.

Use the suggested questions to guide discussion. Refer to the Glossary for help explaining common terms.

### Discussion Questions

It's natural to notice race and recognize differences in race. What makes us different? What makes us the same?

Think about your family. What are three things that are the same or different about you and them?

Who are the heroes who have fought against racism in history and today?

Do you think racism might make it harder for Black people to become important leaders? Is that fair?

Share a story with your children about a time when you had to stand up for yourself because you were being treated unfairly. How did you feel?

When we see something unfair what are ways we can stand up for others?

What can we do to be an advocate? Talk with your students/child about speaking up, speaking out, and supporting others.

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## **Glossary**

An **advocate** is someone who speaks out in support or defense of something or someone, especially someone who fights for the rights of others.

**Anti-racism** is talking about race and racism, and understanding that all the racial groups are equals. It is seeing that there are different colors and different cultures and we should value them all equally.

**Black Lives Matter** is a movement that advocates for non-violent civil disobedience to protest police brutality and other racially motivated violence against Black people.

**Desegregation** is the ending of the policy of racial segregation.

**Discrimination** is the unjust treatment of people and groups based on characteristics such as race, age, religion, gender, ability, or sexual orientation.

**Microaggressions** are subtle gestures, comments, and biased behaviors towards marginalized groups. For example, telling a child of another race that their hair is beautiful and asking to touch it may leave the child feeling like they are not “normal” (even if you intended to compliment).

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## **Glossary—continued**

**Race** is the human-made idea that people can be divided into groups based on physical differences.

**Racism** is discriminating against someone because of their race, and is the belief that one race is better than another.

**Segregation** is the enforced separation of different racial groups. This used to be allowed in the United States and different races would have to use different facilities, such as water fountains, bathrooms, and schools.

**White privilege** means that white people do not struggle with being treated unfairly because of their race or skin color. It doesn't mean white families do not experience struggles in life.

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