

# STRATEGIES FOR RAISING ANTI-RACIST WHITE YOUTH

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BEAR IN MIND	IN THE MOMENT	PROACTIVE
<p><b><u>AVOID:</u></b></p> <p>Silence</p> <p>Changing the topic</p> <p>Shaming</p> <p>Guilt</p> <p>Running away</p> <p>Losing your temper</p> <p>Rushing to comfort</p> <p><b><u>REMEMBER:</u></b></p> <p>Kids need help naming and making meaning of the differences they see.</p> <p>You are going to mess up...a lot.</p> <p>Making a mistake doesn't mean you are causing irreparable damage.</p> <p>You don't have all the answers and never will.</p> <p>Your children can teach you, too.</p> <p>You're not aware of all of your ignorance, and you never will be.</p>	<p><b>Reflect back the question or comment:</b></p> <ul style="list-style-type: none"> <li>• "What I think I hear you asking is _____. Am I right?"</li> <li>• "I see you're noticing that..."</li> </ul> <p><b>Consider the environment, and delay if needed:</b></p> <ul style="list-style-type: none"> <li>• "That's a great question! I want to answer that, but let's talk about it when we get back to the car."</li> <li>• "When we get _____, let's figure out together what we can do about..."</li> </ul> <p><b>Seek more information (and buy yourself time):</b></p> <ul style="list-style-type: none"> <li>• "Tell me more about _____ (thought or feeling)..."</li> <li>• "What do you already know about _____?"</li> </ul> <p><b>Model empathy by finding something to validate:</b></p> <ul style="list-style-type: none"> <li>• "You're right that..."</li> </ul> <p><b>Name and challenge racism when it's happening:</b></p> <ul style="list-style-type: none"> <li>• "I think racism is tricking your brain by..."</li> <li>• "You're noticing a pattern not a rule..." (from M. Marshall)</li> <li>• "When I see/hear _____, I feel..."</li> </ul> <p><b>Shift the context -- relate it to their lives:</b></p> <ul style="list-style-type: none"> <li>• "It reminds me of adults' assumptions about kids..."</li> <li>• "Do you remember that time when _____?"</li> </ul> <p><b>Change your voice to regulate your feelings/body:</b> Speak more softly, slow your pace, lower your pitch.</p> <p><b>Plant a seed:</b> Give a relevant piece of accurate info.</p> <p><b>Acknowledge gaps in your own understanding:</b></p> <ul style="list-style-type: none"> <li>• "I'm not sure. Let's investigate that together."</li> </ul> <p><b>Take corrective action if you made a mistake:</b></p> <ul style="list-style-type: none"> <li>• "I shouldn't have scolded you. You were just curious about _____. If I could do it over again, I'd..."</li> <li>• "I've been thinking about _____ and want to discuss it."</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Increase awareness of your own racism.</b></li> <li>• <b>Practice</b> talking about race/racism with your peers.</li> <li>• Talk about <b>melanin</b> and its connection to geography.</li> <li>• If you see racism, say racism. <b>Do something</b> about it.</li> <li>• Name <u>your</u> prejudiced thoughts and their corrections, as well as <u>your</u> racist mistakes and what they teach you.</li> <li>• Talk about racism in history and now. Include <b>examples of resistance</b> by both people of color <u>and white people</u>.</li> <li>• <b>Emphasize joy:</b> communities of color's distinct, rich cultures, strengths, histories, beauty, and achievements.</li> <li>• <b>Tell your children they're white</b>, note how no one's skin is truly the color white or black, and give them language to describe the actual color of their skin.</li> <li>• <b>Normalize noticing and naming whiteness.</b> <i>Ex. See that white person over there in the red tie? or Do you see that person wearing the blue shirt who has about the same amount of melanin as we do?</i></li> <li>• <b>Name your own and your kids' white privileges.</b> Model using those privileges to challenge racism.</li> <li>• Take stock of how <u>racially diverse</u> your own and your children's <b>social circles</b> are.</li> <li>• Externalize your thoughts to <b>model critical literacy</b>. <i>Ex. I wish the illustrator had... or I'm glad the movie...</i></li> <li>• Teach kids how to <b>apologize</b> (focus on <u>impact &amp; repair</u>).</li> <li>• Fill your <b>home library</b> with authors and characters of color <u>whose stories aren't always about racist history</u>.</li> <li>• Learn about "white supremacy culture" and <b>how it harms you</b>. Challenge it explicitly (ex. reclaim your European culture(s) that whiteness erased).</li> <li>• Learn/teach about <b>different ways to make change</b>. Support your children's activism. Do activism together.</li> </ul>