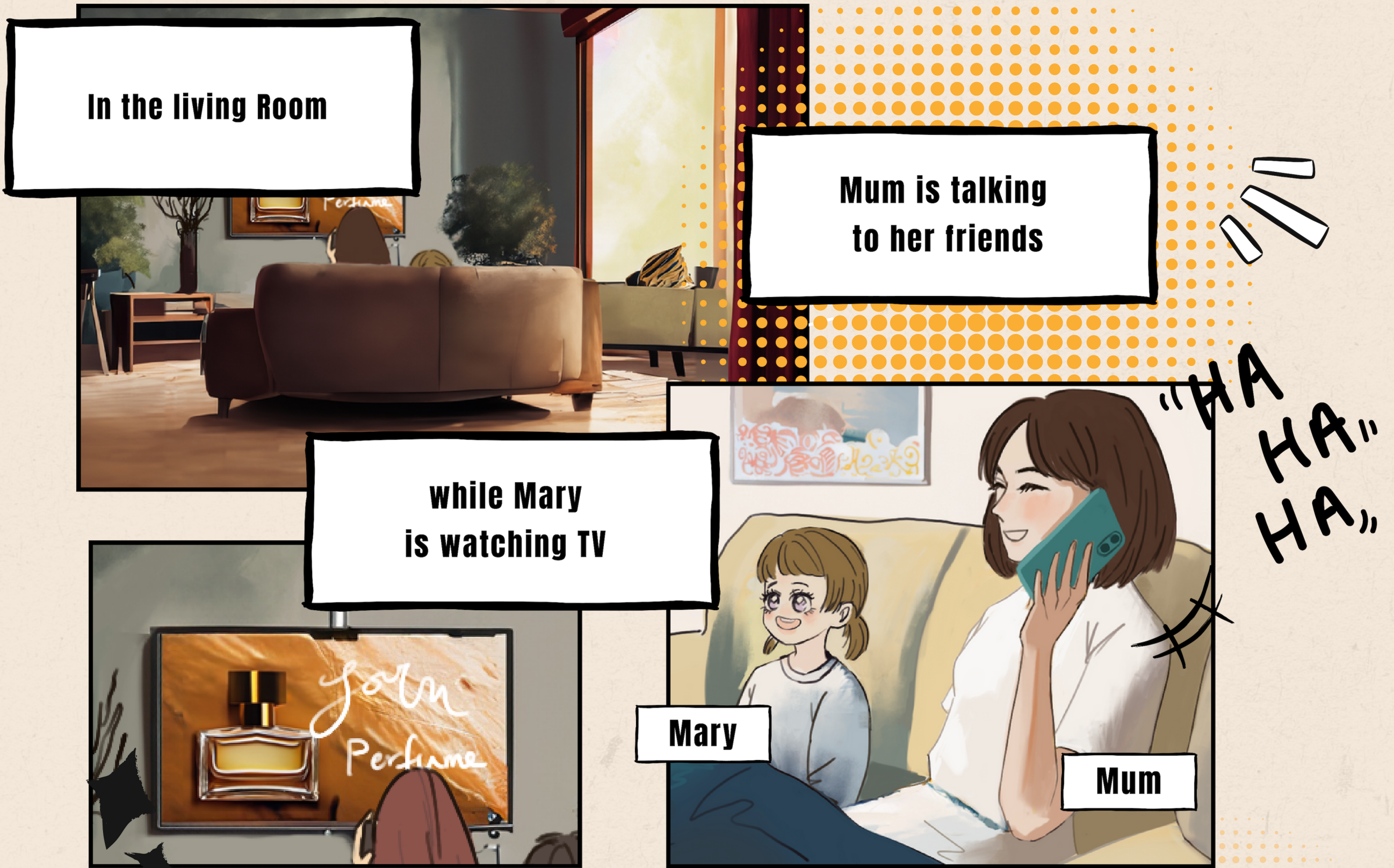
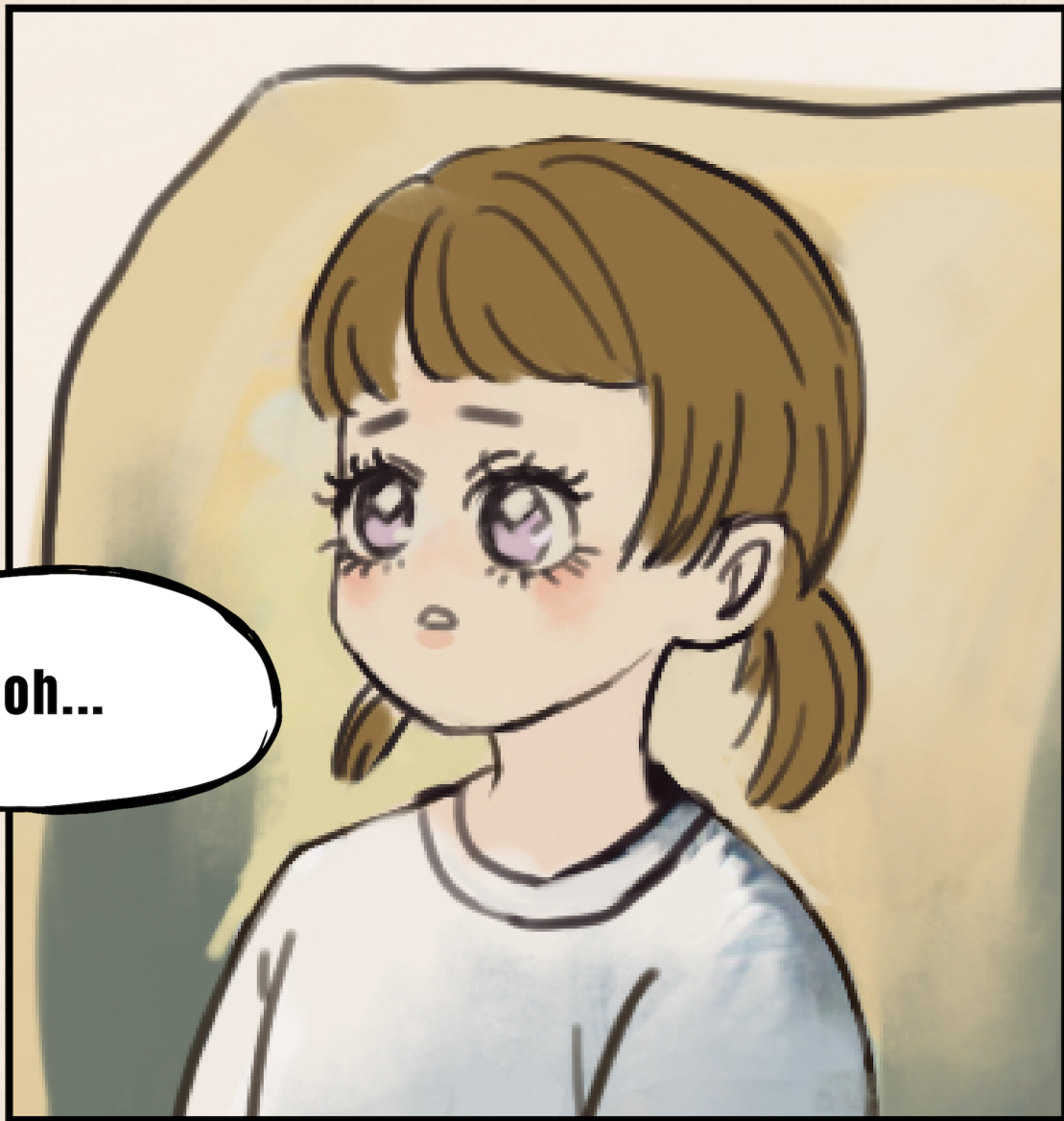


parents & Youth:

Having Difficult Conversations





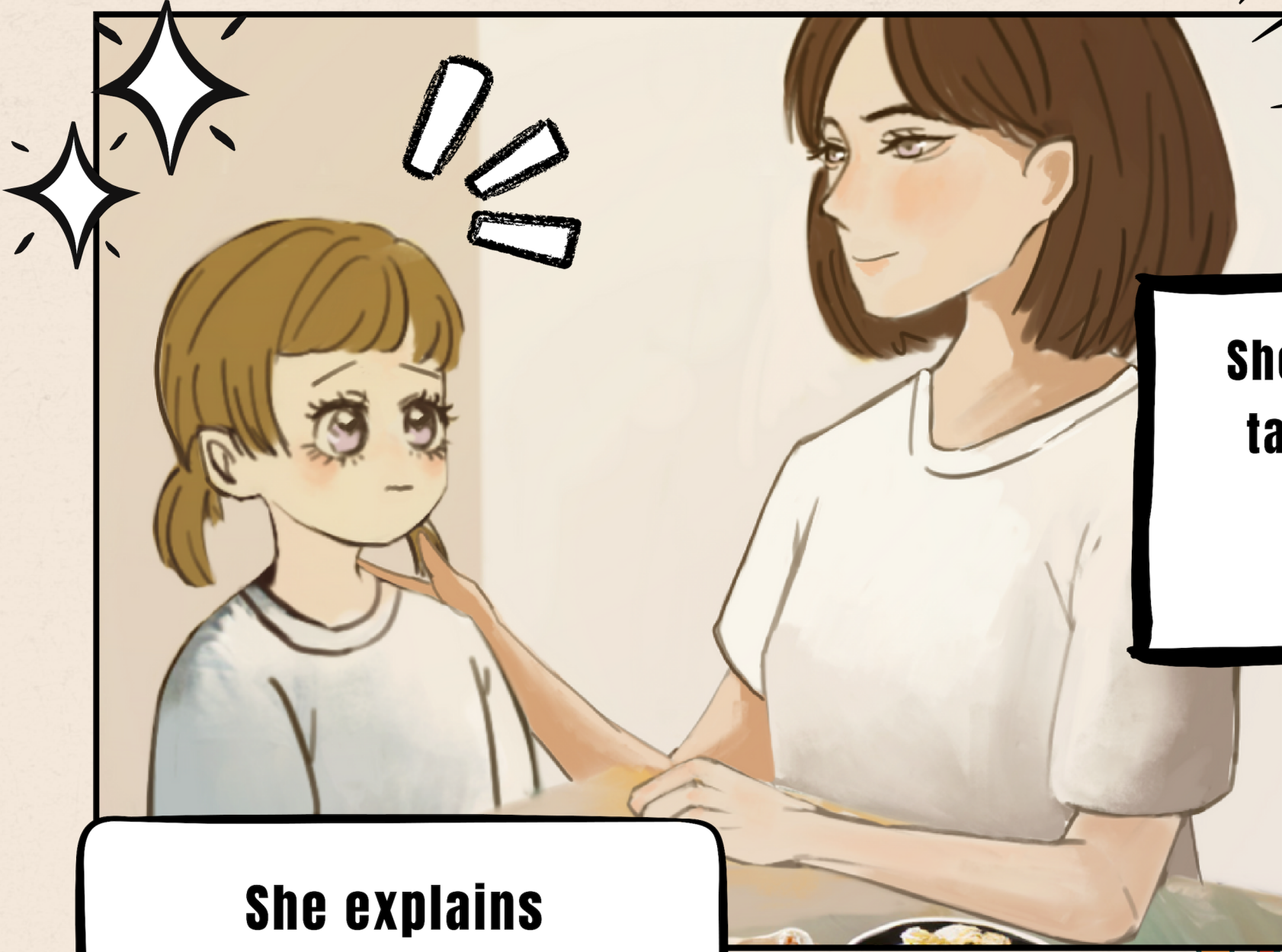
Few hours Later

Mum and mary are having afternoon snacks

Mum, What happened to that lady on TV?

Mary's mum is unsure of how to talk with Mary about racism, but she knows it is important to have this difficult conversation.





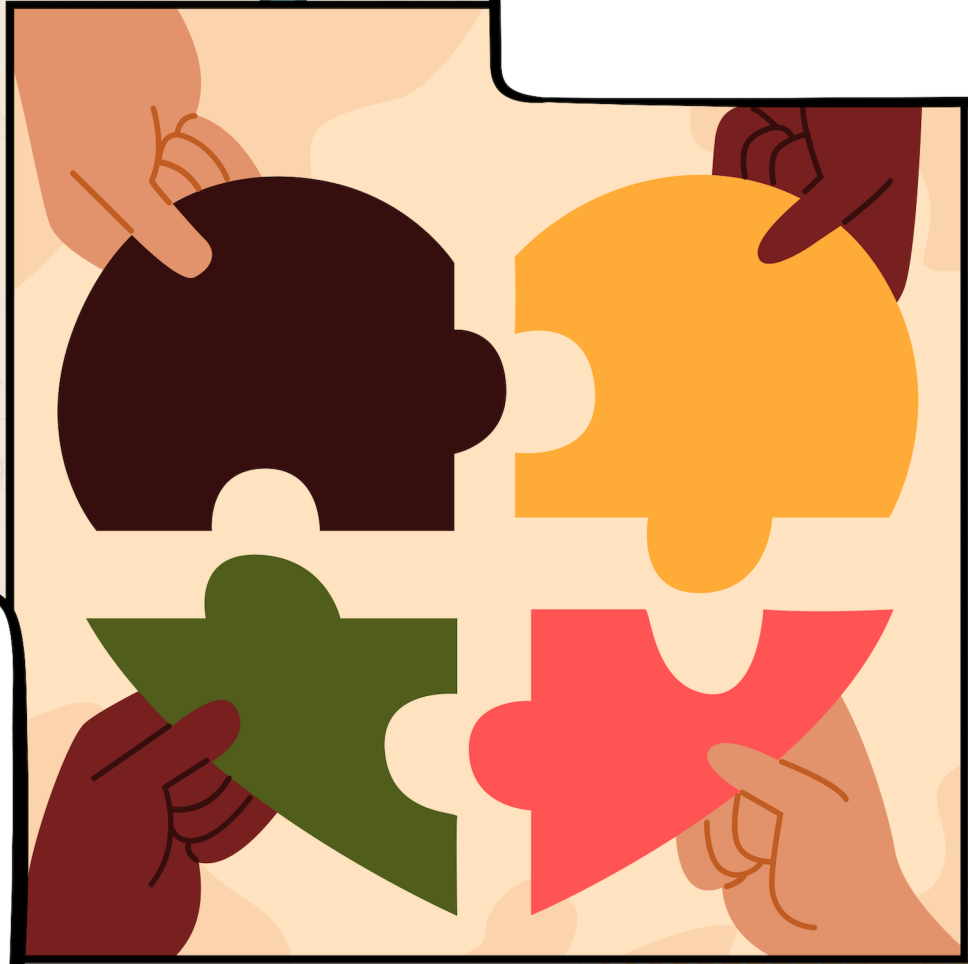
She decides that the best way to talk about it is opening herself to comfort Mary, and have an honest conversation.

She explains what racism is,



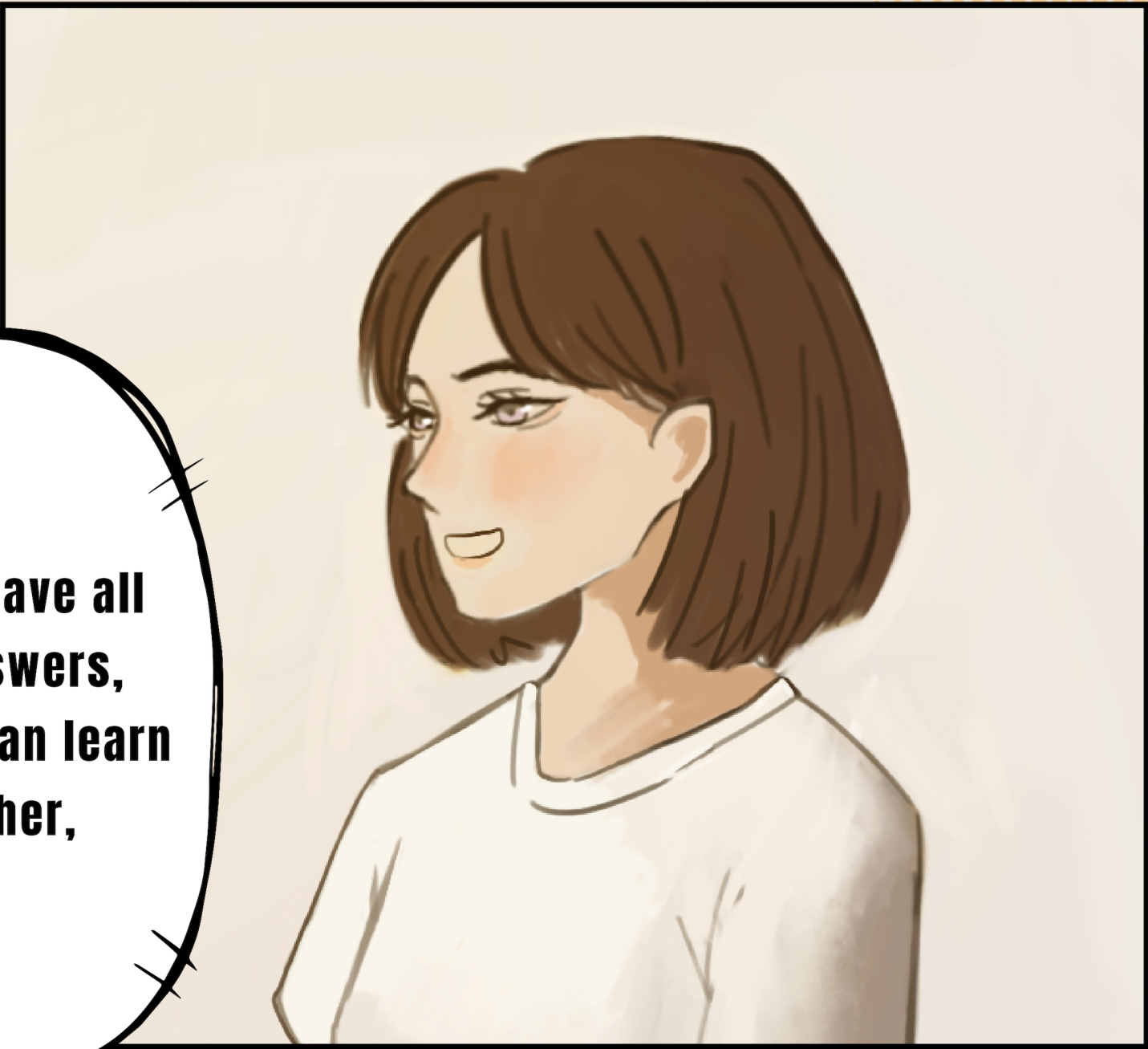
how it affects people, why it is important to talk about race and racism, and to stand against racism.

why it is unfair



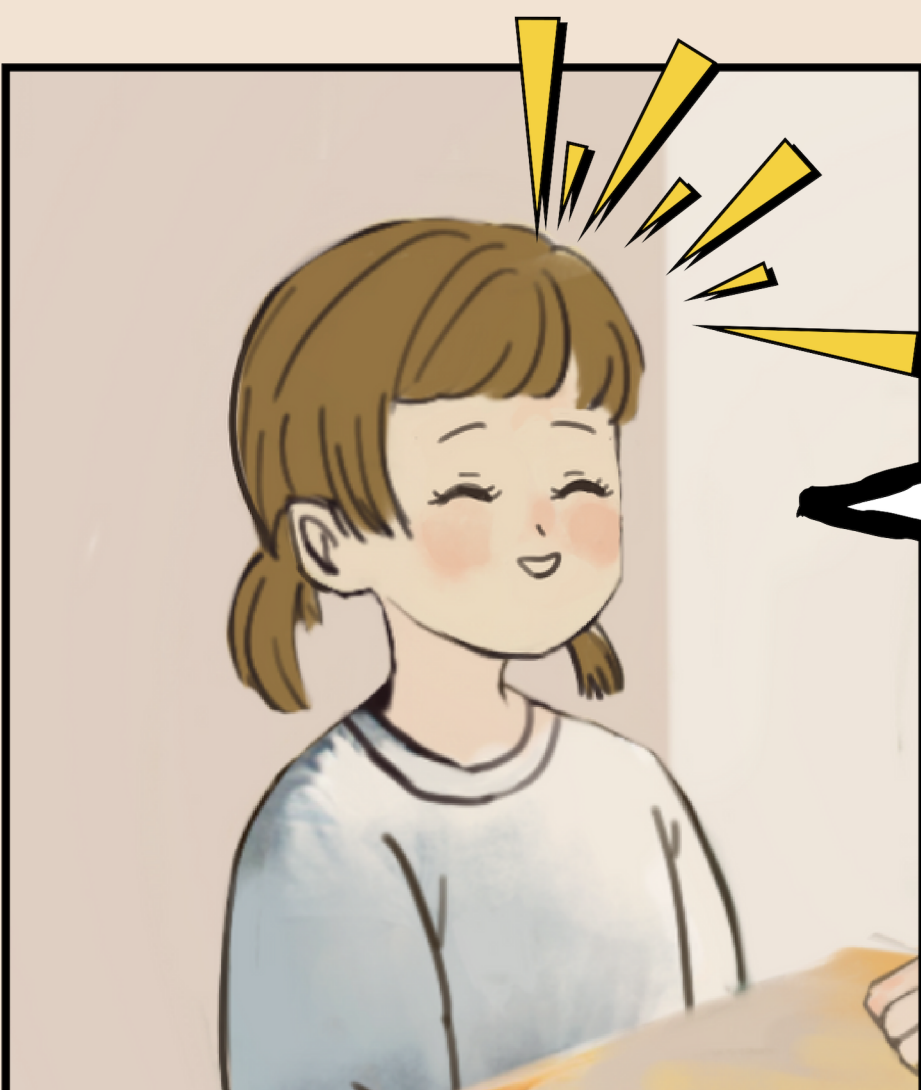
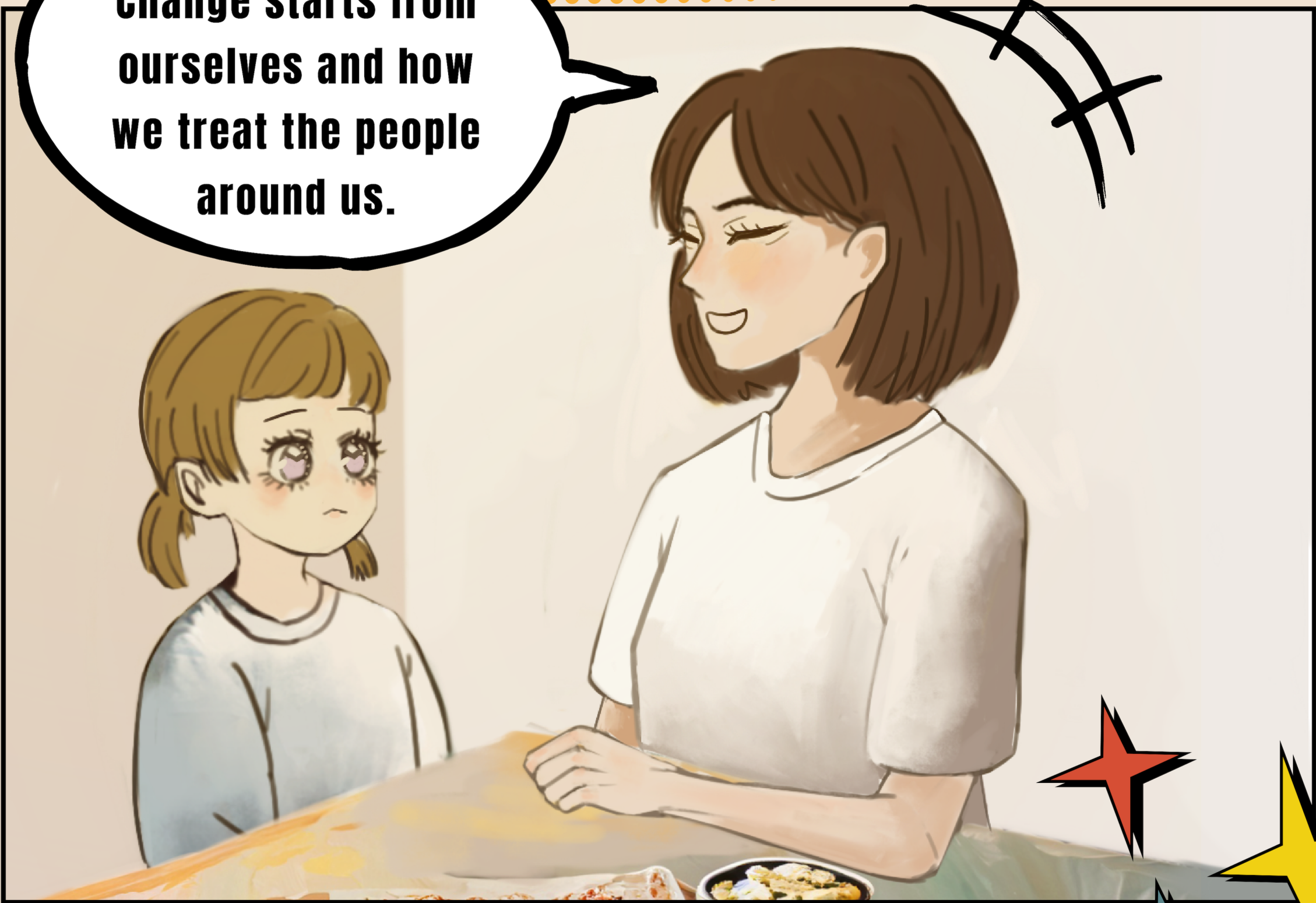
You can always come to me when you're sad or have questions.

I don't have all the answers, but we can learn together,





The most important thing is to always be open to learning and listening.



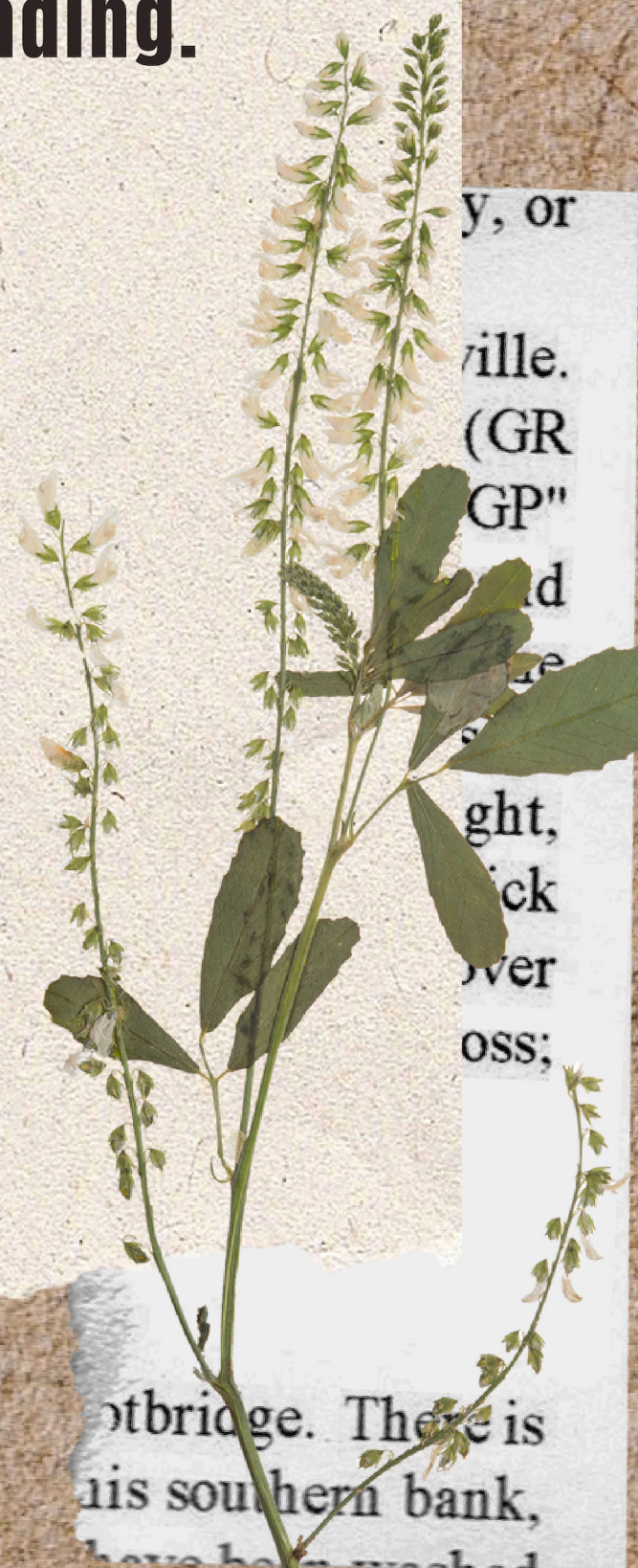
**Thank you mum!
Love you!**



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Why it is important to have difficult conversations on race at home:

- **Starting the conversation about race and racism will help your child learn about what is happening around them, promote tolerance and respect from an early age, and encourage open dialogue.**
- **Recognize and celebrate racial similarities and differences.**
- **Promote diversity, curiosity, and understanding.**
- **Prevents the perpetuation of stereotypes.**





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Where to seek additional resources:

UNICEF: Talking to your kids about racism
(<https://www.unicef.org/parenting/talking-to-your-kids-about-racism>)

Act2EndRacism: www.act2endracism.ca

“How to Raise an Anti-Racist” by Ibram X. Kendi

“Raising Multiracial Children: Tools for Nurturing Identity in a Racialized World” by Farzana Nayani

Alberta Civil Liberties Research Centre:
<https://www.aclrc.com/external-resources>

“The Anti-Racism Handbook: Practical Tools to Shift Your Mindset & Uproot Racism in Your Life & Community” by Thelma Bryant (PhD) and Edith G. Arrington (PhD).

