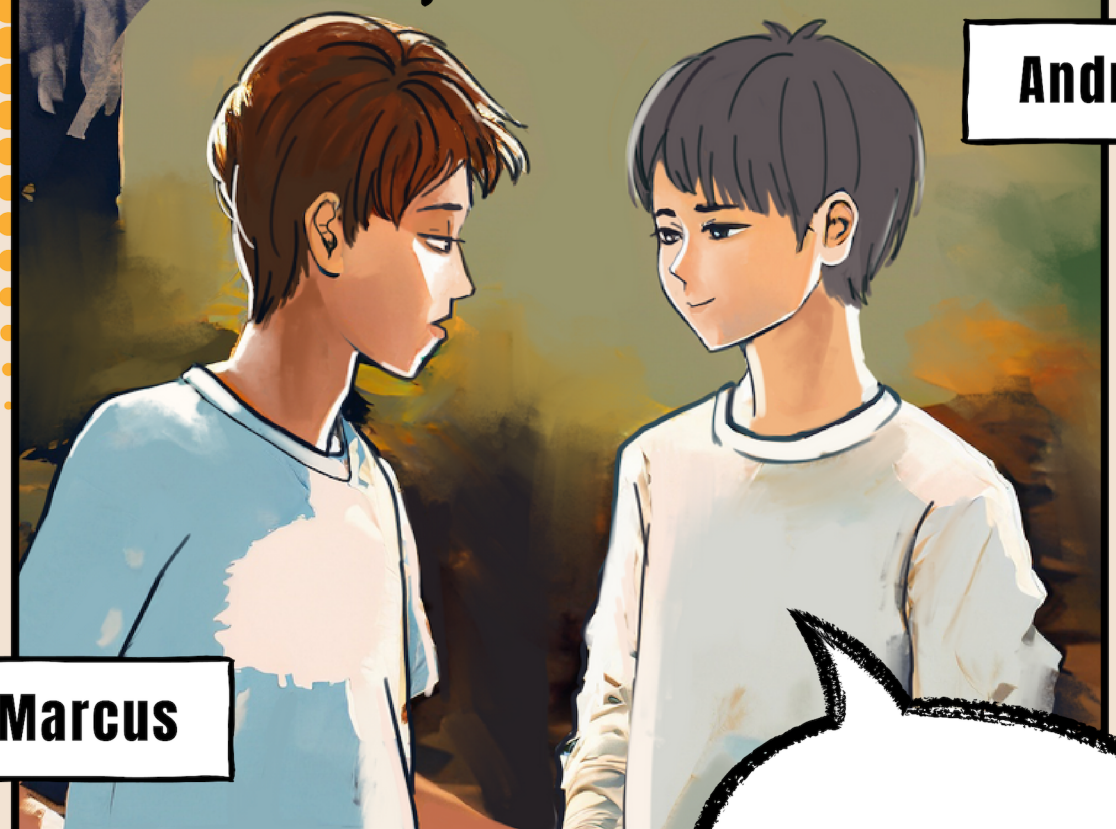


peer support, Mental Health & Racism

Lunch break,
At the playground

Andrew, do you want
to join them for
a game of basketball?



Andrew

Marcus

Yeah! I'm in. I
love basketball.

Andrew is
having fun,
but he keeps
missing
chances to
score points.
This makes
him feel
disappointed.





Hey Andrew,
thanks for joining
us...but,
can I ask you a
question before
we go?

Are you from
Asia by any
chance? Just
wondering.

Aaron gets frustrated
with Andrew and starts
teasing him with slanted eyes.

This made Andrew
feel more anxious. He isn't
sure how to respond.

Ugh...why is he
looking at me like
that, and asking
where I'm from?

That was very inappropriate for
Aaron to do that.
I will stand with you and help you!
Basketball is for everyone.

Thank you, your
supports mean a
lot to me,

Of course, you are my
friend! Want to go hang out
after school?
We can go talk.

peer Support, Mental Health & Racism

Importance of peer support

1. When racism affects our mental health or emotions, peer support plays an important role in helping victims to improve their well-being and contribute to recovery from their experiences of racism. It also helps bring people together in support of one another when these incidents do happen, no matter how small the encounter.

2. Peer support can be offered in different ways, including: active listening, empathy, encouragement, sharing and walking together in the learning process, fostering a safe and respectful environment.



Resources:

Alberta Civil Liberties Research Centre
(<https://www.aclrc.com/cared>)

Kids Help Phone: 1-800-668-6868

Canadian Mental Health Association - Mental Health Resources (<https://cmha.ca/find-info/mental-health/general-info/>)

“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).

