



a family guide for being anti-racist



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a family guide for being anti-racist

A white family's guide for becoming anti-racist.

This guide is to be used alongside Miss Anna's video talk about racism.

If you have not watched the video, you can view that at www.otter.ly.

Ideally, however, the words Miss Anna uses should come from you, the parent/caregiver of your family. So we've provided the video script below if you need help talking as a family about racism.

It is critical that families continue these conversations together in the home on a regular basis. Incorporating other skin tones through the books, movies, and toys that fill your home are a great way to normalize non-white faces. But beyond visual access to people who look different than you, awareness and action are vital to becoming anti-racist (if you're unsure what that means, be sure to refer to the Anti-Racism Vocab section of the Parent Guide).

It is important to note that this particular video is focused on racism against black people in America. However, the conversation around being an anti-racist family requires a scope much larger to speak to the violence done against all people of color.

We hope this guide helps you and your family navigate this difficult but necessary work and moves you to action.



the "script"

Sometimes we need help finding the words. We hope this provides a solid jumping-off point for you and your family.

There is so much happening in the world.

You may have heard your grown-ups talking about protests or racism or #blacklivesmatter or a man named George Floyd.

George Floyd was a black man in Minnesota and he was killed by white policemen. He didn't hurt anyone or do anything wrong. But he was killed anyway.

What do you think about that?
How do you feel when you hear that?

You might feel very sad or confused.
You might think to yourself "That is WRONG!"
You might even feel very angry or afraid.

What happened to Mister Floyd happens a lot and it has been happening for a very long time. And it happens more to black and brown people than anyone else.

That is what racism does.

Racism is thinking that other people are not as good because of their skin color. It hurts those people a lot. Racism hurts everyone, actually.

When things like this happen, people get so very sad and angry and they want things to change. But racism is a very big problem and it takes big change to fix it.

One way people ask for change is protesting. A protest is when people come together and walk down streets and sidewalks and in parks carrying signs and shouting and singing. When lots of people come together and use their voices, great things can happen. When people come together and stand up for each other, it can make us feel really warm and happy inside. That's what hope feels like.

When big change needs to happen, we all have to work together. Protesting is just one way to help. But even when the protests are over, there will still be work to do.

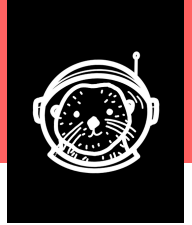
It is okay to have very big feelings about racism. It is also very important to talk about those feelings with your grown-ups. It's good to talk about important things like racism. That is part of the work we can do to help our black and brown friends.

You are not too little to help. You are not too little to make a difference. There are lots of things you can do now and in the future - you probably have some great ideas already!

It is very important to love and care for our black friends and family. Black is good. Black is beautiful. And black lives matter - so much.

ask questions.

It's important to stay curious when you're learning and growing.
Here are some questions you can ask and answer below.



how do you feel when you see that a black or brown person has been killed or hurt by a white person? What will do you with your feelings?



How is your family including different skin tones in your life? What movies or toys could you add to your collection at home?



What are other ways you can help besides protesting?

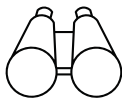


What could you do for your black and brown friends today?



be on the lookout.

When you learn that people with black and brown skin sometimes are treated differently, you may begin to notice things around you.



As you watch movies or shows, notice how different characters are depicted.

Are darker colored characters always “the bad guy”?
Are characters of Asian descent always “the nerdy one”?

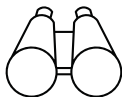
Does it make you feel as though
black/dark = bad
asian = weird
white/light = good or normal

(Example: in The Lion King, Scar (the “bad guy” has a black mane and darker fur while Mufasa and Simba (the “good guys”) both have lighter/blonde fur)



You may notice workers at a store or people at the park or even your teachers watching a black or brown person carefully - more carefully than anyone else. or maybe they are being treated differently than everyone else around.

This is how racism works. Remember? Racism means you think other people are less or bad because of the color of their skin. Sometimes black and brown people are watched more closely because people expect them to do something bad or wrong. And that is not fair.



It's easy to notice that someone has different skin than you. It's the first thing we see about a person, isn't it?

But when you notice that someone's skin or eyes or nose is different than yours, look for other things besides just what they look like.

What are they very good at?
What things could you learn from them?



practice.

You may hear friends, classmates, or even family members say things to hurt someone's feelings because they look different than you. They may say it while laughing and as a joke. You can let them know this isn't ok.

It's important to stand up for people who are being hurt or made fun of. You can think about how you will respond if you hear that happening.

On the lines below, write out some possible responses to comments or jokes that hurt or make fun of others because of the color of their skin?



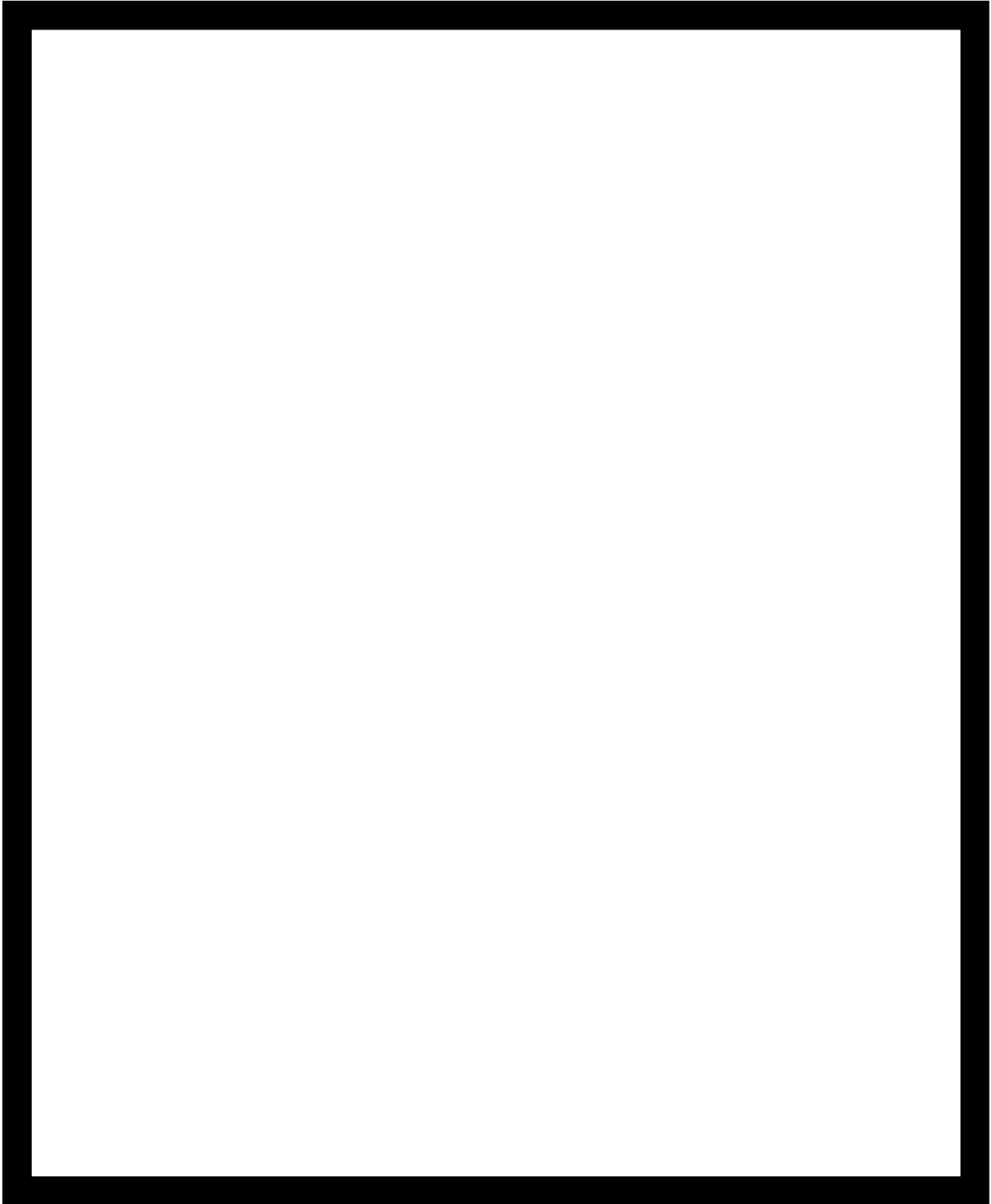
...

I can stand up for my friends by saying:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

make art.

One way you can share your feelings and your hopes for the world is by drawing or creating art. Use the space on this page to draw or write what you would like to see for the world.





read. watch. learn.

There are TONS of awesome books, movies, videos, and more that can help you in the fight against racism.

The Los Angeles County Public Library has curated an incredible list of movies, books, and music for the whole family.

[Click here](#)

Nicole the Library has put together a board of resources as well

[Click here](#)

the Coretta Scott King award is given to books written and/or illustrated by black and brown people

[Click here for a full list](#)

Anti-racism + protest books broken down by age group

[Click here](#)

take action.

There are so many ways that your family can help in the fight against racism. It is so very good to spend time learning together. The next step is to take what you've learned and do something with it.



protests + rallies + marches

Look for local protests or public actions to join that are organized by people of color that are open to allies.



letter writing

Write a letter to local officials if you see or hear things that are racist happening in your town.



donate

Donate your time or money to organizations run by people of color doing awesome work! (You could even do a fundraiser for them)



shop + eat

Visit local POC-owned business and restaurants regularly.



stand up

Stand up for your friends if they are treated unfairly or made fun of because of their skin color.



tell the world

Make your own video like this one, taking to other people about how they can help. Your voice matters!



keep the conversation going

Keep talking about racism. This is big work that takes time, so we have to keep talking.

