



**so you
want to
raise
anti-racist
kids?**



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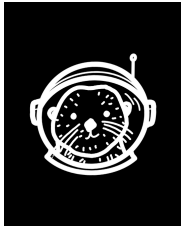
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so you want to raise anti-racist kids?

A white parent's guide for an anti-racist family

a quick note

This guide is not intended to be comprehensive, but rather a jumping off point with some reflective questions and defined terms to help you better navigate the conversation of anti-racism* with your family and friends.

This guide is written by a white woman and is intended for white families - because it is our work to help one another along this path toward an anti-racist world.

the real work

Children inherently idolize their parents and caregivers. They look to you to know how to be in this world. Therefore, **the continual work of becoming anti-racist* is essentially PERSONAL**. This is your work to do. They will follow your lead - you can lead them well. **You can do this.**

Additionally, as your children ask BIG questions around these topics, it's okay to say "I don't know." But don't stop there. Keep learning. Find the answers. They're out there (and sometimes within you).

Let's not sugar-coat it: working toward anti-racism is incredibly difficult, emotionally-heavy inner work. Truly putting in the energy to discover, uncover, and uproot your own biases and privilege is jarring, at best - seemingly paralyzing at worst. **Prepare yourself.**

Take some deep breaths and jump in.
Don't stop.
Don't let the overwhelm paralyze you into non-action.
Get some rest, and get back in there.

This work requires lots of reading, reflecting, and actively listening to POC* voices. And then as you read, reflect and actively listen, this work will also require some sacrifice of your comfortability and maybe even your finances. But this is good and necessary work.

This is the work of good humans.

[A list of places to start can be found here.](#)



anti-racism vocab

You may hear new vocabulary as you engage in conversations about racial inequality and anti-racism work. Here are a few, along with their definitions and links to more information.



anti-racism/anti-racist

"the active process of identifying and eliminating racism by changing systems, organizational structures, policies and practices and attitudes, so that power is redistributed and shared equitably."

[*- NAC International Perspectives: Women and Global Solidarity*](#)



poc

acronym for person/People of color (a generalized term for any non-white person)



bipoc

acronym for "black, indigenous, people of color (a more specific and nuanced term that is specific to the black, indigenous experience)"

[*- Mahreen Ansari, Her Campus*](#)

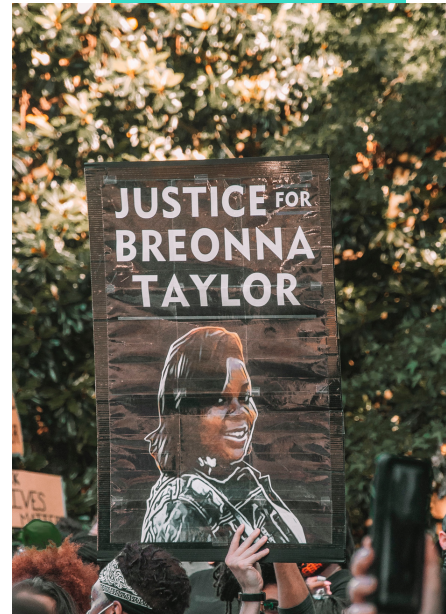
Because so much violence is done in the US to folks with darker skin, regardless of whether they are indigenous to this land, this term is often considered to be unhelpful when speaking about undoing the harm of racism against black Americans. For example, a person of Jamaican decent would not typically be considered BIPOC though by appearance only, they may be treated in the same way that a black American would be. For the purposes of these anti-racism materials, I will either use the terms POC or black, if specifically speaking about someone with a darker skintone.



systemic/systematic oppression

"oppression of particular people groups existing at the level of institutions (harmful policies and practices) and across structures (education, health, transportation, economy, etc) that are interconnected and reinforcing over time; it is the intentional disadvantaging of groups of people based on their identity while advantaging members of the dominant group (gender, race, class, sexual orientation, language, etc.)."

[*- National Equality Project*](#)





white privilege

"a right, advantage, or immunity granted to or enjoyed by white persons beyond the common advantage of all others; an exemption in many particular cases from certain burdens or liabilities.; a special advantage or benefit of white persons; with reference to divine dispensations, natural advantages, gifts of fortune, genetic endowments, social relations, etc."

- [Race, Racism, & The Law](#)



white supremacy

"beliefs and ideas purporting natural superiority of the lighter-skinned, or 'white,' human races over other racial groups. In contemporary usage, the term white supremacist has been used to describe some groups espousing ultranationalist, racist, or fascist doctrines"

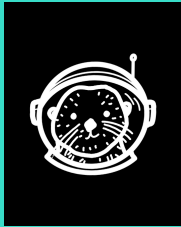
- [Britannica Online](#)



whiteness

"a set of normative privileges granted to white-skinned individuals and groups; it is normalized in its production/maintenance for those of that group such that its operations are 'invisible' to those privileged by it (but not to those oppressed/disadvantaged by it). It has a long history in European imperialism and epistemologies (for those who are of mixed ancestry and 'pass' as white, this normativity, I would assume, would not occur)."

- [ACLRC](#)



simple things to do right now in your home

Beyond your internal work, there are simple things you can do for your children to help build an anti-racist family.

normalize color

Most of us white families only have toys and books and music that look and sound like us. There's a biological reason for this: by the age of 3mo., humans prefer faces most similar to their caregivers. When no other faces are represented in the home or social sphere, that preference tends to follow us throughout our lives.

One way to start children down an anti-racist path EARLY is by filling your home with a rainbow of representation. **Representation MATTERS.** Buy dolls of different races from your own. Add books to your child's collection that feature people of color or, better yet, are written by people of color (book lists can be found in the Family Guide).

Normalize differences. We tend to fear what we do not know. So know color. Know diversity. And start early.

celebrate difference

Actively talk to your children about the physical differences between people. Celebrate those differences. Talk about what makes each one beautiful and special.

Children naturally notice physical differences and often comment on their observations - out loud. You can help them (and help yourself) by pointing out the goodness of difference.

incorporate into everyday life

Fostering anti-racism in your home is not the result of one, heavy sit-down talk. That can be part of the process if developmentally appropriate, but for the most part, this change happens when anti-racist action is incorporated into everyday life.

questions for reflection

*The following questions will specifically address thoughts and preconceptions about BIPOC**

I encourage you to print this particular page out and reflectively write down your answers. Do your best not to overthink or work to come up with "politically correct" responses. This exercise is about the honest inner work that needs to be done before you begin dialoguing with your child(ren) about issues of racism.

What ideas did you grow up with about BIPOC?



What ideas do you currently hold about BIPOC?



what work are you currently doing or could you do to help end injustices against BIPOC?



additional questions for reflection

The following questions will specifically address thoughts and preconceptions about POC that may not be identifiable as black indigenous (Asian, Latino/a, etc)*

I encourage you to print this particular page out and reflectively write down your answers. Do your best not to overthink or work to come up with "politically correct" responses. This exercise is about the honest inner work that needs to be done before you begin dialoguing with your child(ren) about issues of racism.

What ideas did you grow up with about POC?



What ideas do you currently hold about POC?



what work are you currently doing or could you do to help end injustices against POC?

