



# The Moore Center

*Creating opportunities for a good life.™*

The Moore Center embraces equality for all people and decries racism in any form. During this time of civil unrest, we have looked for resources that we felt might help families deal with these issues in a constructive, easy-to-understand way, and we're sharing them here with you. We hope they help you cope in a constructive manner that helps to promote compassion and understanding.

Please let us know if there's anything more that we can provide to help you through this difficult time.

Paul Boynton  
President & CEO  
The Moore Center

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## How To Talk To Your Kids About Race, Racism And Police Violence

How should parents talk with their children about all they're seeing and experiencing right now? We get some good advice.

This podcast is an interview with two special guests. You can listen to the interview through the link

below, and WBUR Boston also provides links to some great resources:

**Melissa Giraud**, social justice educator, researcher and advocate. Co-founder of EmbraceRace, an organization that provides resources for parents to teach their children about race. (@RaceEmbrace)

**Andrew Grant-Thomas**, social justice researcher and advocate. Co-founder of EmbraceRace. Former director of programs at the Proteus Fund, a national foundation committed to advancing justice through democracy, human rights, and peace. Deputy director at the Kirwan Institute for the Study of Race and Ethnicity at Ohio State University. (@RaceEmbrace)



[Listen to the podcast](#)

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## Talking to kids about discrimination



**AMERICAN  
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Discussing discrimination can be hard enough for adults. Talking to kids about the subject can be especially daunting.

People can be discriminated against

for any number of reasons, including age, gender, weight, religion, income level, disability, sexual orientation and race or ethnicity. According to the 2015 American Psychological Association Stress in America Survey, most Americans feel they have experienced discrimination. However, experiences of day-to-day discrimination are most likely to be reported by racial and ethnic minorities.

Unfortunately, many people are uncomfortable discussing racial differences. But when it comes to talking to children, experts say diversity and discrimination are subjects that shouldn't be ignored.

Here are some tips and guidelines that will help.

## Talking to kids about discrimination

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# Talking Race With Young Children



Even babies notice differences like skin color, eye shape and hair texture. Here's how to handle conversations about race, racism, diversity and inclusion, even with very young children.

A few things to remember:

- Don't shush or shut them down if they mention race.
- Don't wait for kids to bring it up.
- Be proactive, helping

them  
build  
a  
positive  
awareness  
of  
diversity.

When a child experiences prejudice, grown-ups need to both address the feelings and fight the prejudices.

You don't have to avoid topics like slavery or the Holocaust. Instead, give the facts and focus on resistance and allies.

In addition to Jeanette Betancourt, senior vice president for Social Impact at Sesame Workshop, we spoke to Beverly Daniel Tatum. We recommend her TEDx talk as well as her book, *Why Are All the Black Kids Sitting Together in the Cafeteria?: And Other Conversations About Race*.

[Listen to the podcast](#)

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## University of Pennsylvania - Talking to children after racial incidents



Parents have a natural instinct to teach and protect their children. Police-involved killings, the shooting of Dallas officers, peaceful protests that turn violent — incidents that are often traumatic for adults — can make these two instincts feel in conflict.

Do we try to explain the strife our child sees on television? Or should we try to

shield her from such “grown up” problems?

Howard Stevenson, a clinical psychologist at Penn GSE, studies racial literacy and racial trauma. He works with educators and families to help them understand the emotions that racial incidents can bring about, and how to reduce their negative effects on health and well being.

We asked Stevenson what ideas he had for adults who are searching for a way to discuss racial incidents with their children.

[Read the advice](#)

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