

Recommendations from the First Pres Raising Anti-Racist Kids Group

	Watch (Videos)	Listen (Podcasts)	Read (Books & More)
<p>Check out these ones WITH your kids.</p>	<ul style="list-style-type: none"> ● I love my hair (ages 3-5) ● Systemic Racism Explained (ages 6+) ● Conversation with my Black son (tweens/teens) ● Implicit Bias: Peanut Butter, Jelly, & Racism (teens) ● Ned Upstander (little kids) ● Cyber Bullying (kids using internet) ● What is an Upstander? (teens/tweens) 	<ul style="list-style-type: none"> ● The Very Best Code Switch Episodes For Kids (tweens/teens) ● Activist You! (ages 5+) 	<ul style="list-style-type: none"> ● Brightly's "Books and Resources to Help You Raise Anti-Racist Children" ● Check out this list of Children's books recommended by Jenny Perez, children's librarian ● Comic: "What to do if you are witnessing Islamophobic harassment" [scroll down on page] (tweens/teens) <p><u>Lesson Plans for Activities:</u></p> <ul style="list-style-type: none"> ● How diverse is your universe? Activity (elementary +) ● Privilege for Sale Activity (middle school +) ● Where are you from? Activity (middle school +)
<p>Check out these ones on your own.</p> <p>EXTRA CREDIT: Enlist a partner to watch/read/listen as well, and debrief together.</p>	<ul style="list-style-type: none"> ● Mellody Hobson's TEDTalk: "Color blind or color brave?" ● Vernā Meyers' TEDTalk: "How to overcome our biases? Walk boldly toward them" ● Phil Vischer's "Holy Post - Race in America" ● Rayna Gordon's TEDTalk: "Don't be a savior, be an ally" ● Short ones: <ul style="list-style-type: none"> ○ "That Little Voice" about speaking up ○ "What is an Upstander?" ○ "What is calling in versus calling out?" 	<ul style="list-style-type: none"> ● "Talking Race with Young Children" (NPR's LifeKit + Sesame Workshop) ● "How White Parents Can Talk to Their Kids about Race" (NPR's LifeKit) ● "The Art of Bystander Intervention" (Leading Equity Center) ● Seeing White podcast from Scene on Radio (a 14-part series) 	<p><u>Shorter Pieces:</u></p> <ul style="list-style-type: none"> ● <i>Washington Post</i> article: "How silence can breed prejudice: A child development professor explains how and why to talk to kids about race" ● <i>Vox</i> article: "Why the term "BIPOC" is so complicated, explained by linguists" ● Guide from National Museum of African American History & Culture: Racial Identity Development ● Children's Development Charts: Cognitive, Social, & Emotional Development; Moral Development ● Teaching Tolerance article: "What Is White Privilege, Really?" ● Peggy McIntosh's White Privilege Checklist ● Instagram Post from TheConsciousKid: "Are your kids too young to talk about race?" ● A Cup of Jo Blog: "Raising Race-Conscious Children" ● Seed the Way's conversation starters for "Interrupting Bias: Calling Out vs. Calling In" ● From The Consent Crew: "A Practical Guide to Calling In" ● Teaching Tolerance guide: "Beyond the Golden Rule: A Parent's Guide to Preventing and Responding to Prejudice" (long, but broken down by age group)

- HuffPost's "[How to Raise an Upstander](#)"

Books:

- *So You Want to Talk about Race?* Ijeoma Oluo
- *White Fragility*, Robin DiAngelo
- *Waking Up White*, Debbie Irving
- *How to Be an Antiracist*, Ibram X. Kendi
- *Raising White Kids: Bringing Up Children in a Racially Unjust America*, Jennifer Harvey