

Raising Anti-Racist Children

Session #5:

1. [That little voice](#) (video for adults to encourage them to speak up about discrimination)
2. [What is an Upstanders](#) (quick explainer for the term upstander)
3. [Infographic](#) (example of upstanding in action)

“Who am I to
talk about
racism? Who are
you not to?”

-Caprice Hollins & Ilsa Govan



Planning Team:
Amy Christian, Gabrielle Devlin,
Sabrina Gibson, Erin Sharp,
Ryan Wallace

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Session #5:

How do I talk about
UPSTANDING
with my kid/s?

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Welcome and Warm-up

- How did it go, talking about microaggression & privilege with your kid/s?!

Tonight's Goals:

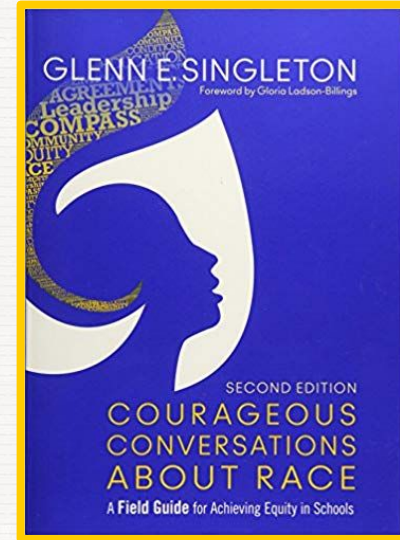
Getting comfortable talking about race

- ❑ Reviewing group norms
- ❑ Building vocabulary
- ❑ Preparing our kid/s to be upstanders
- ❑ Planning how to call someone in
- ❑ Identifying hot topics for a future series



Group Norms:

- ❑ Speak from your own understanding (“I” statements)
- ❑ Listen for understanding
- ❑ Experience discomfort
- ❑ Expect and accept non-closure
- ❑ Respect confidentiality
- ❑ Share the air time



Building Our Vocabulary:

- Upstander
- “Calling someone in”

“Definitions anchor us in principles.” -Ibram X. Kendi



Upstander

“A person who speaks or acts in support of an individual or cause, particularly someone who intervenes on behalf of a person being attacked or bullied.”

[Infographic](#) (example of upstanding in action)

How to be an Upstander (kid tips - but all ages too!)

- Be a buddy
- Interrupt
- Speak out - requires the most bravery
- Tell someone - during bullying or afterwards, this is NOT tattling it is telling (reporting), not to get someone in trouble, but trying to keep someone safe)

[Infographic](#) (example of upstanding in action)



Calling someone in

“Calling in is speaking up without tearing down. A call-in can happen publicly or privately, but its key feature is that it’s done with love.”



How to Start a Call-in Conversation

- “I used to think that too..”
- “I’m having a reaction to that comment. Let’s go back for a minute.”
- “Do you think you would say that if someone from that group was with us in the room?”
- “There’s some history behind that expression you just used that you might not know about.”

[Calling out vs. Calling in](#)



Break Out! We Will:

- Plan how to encourage our kid/s to be upstanders.
- Plan and practice how to call someone in.

Resources to use with your kids:

- [Ned Upstander](#) (video for little kids)
- [Cyber Bullying](#) (video for kids using internet)
- [What is an Upstander](#) (video for older kids)**

Further learning:

- [Calling out vs. Calling in](#) (suggestions on both)
- [Guide to Calling in](#) (article with an explainer)
- [“How to Raise an Upstander”](#) (quick read)
- [“The Art of Bystander Intervention”](#) (39 minute podcast)
- [Comprehensive Parent Guide](#) (Long, but it has everything broken down by age group!)



What else is on your mind?

- What do you still need to learn about on your own?
- Who can help you with your goal to raise anti-racist children?
- What actions do you want to take? ([Calendar of Anti-Racist actions](#))
- Grateful for these meetings? Tell [Brian](#) and the pastoral team!

What can you celebrate about what you've learned these past sessions?



Coming up...

First Pres is developing sessions on racism and the Bible - coming in the fall

Thanks and see you there!