



## Anti-Racism Resources for Veritas Students and Families

### CONVERSATIONS WITH CHILDREN ABOUT RACISM, ANTI-RACISM, AND PROTEST

[Talking to Kids About George Floyd](#) (from theChild Mind Institute)

[Talking with Children About Social Justice and Racism](#) (from the Glazer Museum)

[Anti-Racism Resources for Families and Children](#) (from Thoughtful Children)

[Talking to Children About Racial Bias](#) (from healthychildren.org)

[A Listening Circle on George Floyd](#): Provides information about the racist murders of George Floyd, Breonna Taylor, and Ahmaud Arbery, and how they have ignited outrage, grief, and protest across the country. The circle guide gives teachers suggestions for how to give students space to share their thoughts and feelings about it with specific prompts.

[Don't Say Nothing, an article by Jamilah Pitts](#): An article explaining the importance of talking with your students about race and racism, some ideas on how to do it, and giving students the space to share.

[George Floyd. Ahmaud Arbery. Breonna Taylor. What do we tell our children?](#) An article by Alia E. Dastagir. Beverly Daniel Tatum and Erlanger Turner are interviewed and give adults advice and strategies to talk to children about the current racist violence, also considering the pandemic, the child's age, and acknowledges that black children, children of color and white children may need different things right now, and how to help children with the fear and anger they may be feeling.

### BOOKS AND MEDIA

[How White Parents Can Use Media to Raise Anti-Racist Kids](#) (from commonsensemedia.org)

[Books to Help Explain Racism and Protest to Your Kids](#) (from the *New York Times*)

**Books and Media for Kids and Teens (via medium.com)**

#### Watch

- [The Hate U Give](#), a film based on the [YA novel](#) offering an intimate portrait of race in America
- [Becoming](#), a Netflix documentary following Michelle Obama on her book tour
- [Hidden Figures](#), a film about the brilliant African American women of NASA
- [Remember the Titans](#), story of a newly-integrated football team
- These 26 [New York Times mini-films](#) for students

#### Read



- [Genesis Begins Again](#) by Alicia D. Williams
- [Dear Martin](#) by Nic Stone
- [Stella by Starlight](#) by Sharon M. Draper
- [Anything](#) by Angie Thomas.
- [The Colors Of Us](#) by Karen Katz
- [Skin Again](#) by bell hooks
- [Let's Talk About Race](#) by Julius Lester
- [All American Boys](#) by Jason Reynolds and Brendan Kiely

[31 Children's Books to Support Conversations on Race, Racism, and Resistance](#) (compiled by EmbraceRace)

#### [Conflict in the U.S.: Let's Talk About The Black Lives Matter Movement](#)

Slideshow about the current conflict in the U.S. and historical and current context, with resources and videos embedded created by Veritas Prep Holyoke staff

[Resources for Talking about Race, Racism, and Racialized Violence with Kids](#) (compiled by Center for Racial Justice Education)

[10 Tips for Teaching and Talking to Kids about Race](#) (by EmbraceRace with MomsRising)

- [PDF of 10 Tips for Teaching and Talking to Kids about Race in Spanish](#)
- [PDF of 10 Tips for Teaching and Talking to Kids about Race in English](#)

[Resources for Talking with Kids About Race](#) (compiled by the Denver Library)

#### **Community and Mental Health Resources**

Racism has been shown to negatively impact Black, Indigenous, and People of Color's health and mental health. Please check the following resources or reach out to your school's counseling team if you need support.

*For immediate and urgent mental health consultation and mental health crisis support, please call BHN Crisis Services at 413-733-6661 or walk into 417 Liberty St, Entrance B. [Link to BHN Website](#)*

#### **Other Community Mental Health Resources:**

[2019 Multicultural Mental Health Resource Directory](#)

[The Lifeline](#) provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. 1-800-273-8255

[Self-care in the Face of Racial Injustice](#) from Therapy for Black Girls

[4 Self-Care Resources for Days When the World Is Terrible](#) from Colorlines

[Self-care for People of Color after Psychological Trauma](#) from Just Jasmine

[Black Lives Matter Meditations for Healing from Racial Trauma](#) from Dr. Candice Nicole



[Self-Care Tips for Black People Who Are Struggling With This Very Painful Week](#) from VICE

**Disclaimer**

This document is created to support our families and students in navigating civil unrest, violence, racism and trauma. It is maintained by the Veritas Network team, but as you will see, many of the resources are links to external resources created by external organizations or individuals. The resources linked within have not been fully vetted, and their inclusion is not meant as an endorsement from Veritas, nor is it meant to replace any guidance you may receive from districts, administrators, or employers.