

# How to Talk about Race & Injustice in America

Race and bias affects everyone. Whether you are a PTA leader, a caregiver or family member, an educator or an engaged citizen, talking about racial disparities and experiences—with our children, in our schools and community—is difficult, though important, work. In this historic moment, people across the country are educating themselves about how to create more inclusive—and explicitly anti-racist—environments for families and children to thrive.

Are you interested in fostering conversations and action in your community to address racial inequity and injustice in America, but are not sure where to start? We have compiled resources from several PTA partners, including [Embrace Race](#), [Common Sense Media](#) and the [National Museum of African American History and Culture](#) (NMAAHC) to help you start these conversations and engage in anti-racist work in meaningful ways.

## Educating Yourself About Systemic Racism

Before you can talk to your kids about racism, it's important you understand it yourself. Here are a few resources to get you started:

### READ

- NMAAHC's [Race & Racial Identity webpage](#), which provides helpful definitions of **interpersonal**, **institutional** and **structural racism**.
- [So You Want to Talk About Race](#) by Ijeoma Oluo
- [White Fragility: Why It's So Hard for White People to Talk About Racism](#) by Robin DiAngelo

### WATCH

- [5 Things You Should Know About Racism](#), MTV

The *National Museum of African American History & Culture* (NMAAHC) offers resources to help you understand race & racial identity, whiteness, bias and more.

[Explore their website](#)

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## Talking About Race with Children

It's never too early to talk about race with your children. Whether you're reading diverse children's books to your toddler or you're having nuanced discussions with your teen, it's crucial to have frequent dialogues about race and bias with your kids. Here are some resources that can help you with these conversations:

### READ

- [Your 5-Year-Old Is Already Racially Biased. Here's What You Can Do About It](#) by Andrew Grant-Thomas of Embrace Race
- [8 Tips for Talking to Your Child About Racial Injustice](#) by Dr. Marianne Celano, Dr. Marietta Collins, and Dr. Ann Hazzard, of Emory University

*Embrace Race* is a multiracial community of parents, teachers, experts and other caring adults who support each other to meet the challenges that race poses to our children, families and communities.

[Explore their website >>>](#)

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## READ

- [4 Steps to Help Kids Push Back Against White Nationalism](#) by Nora Flanagan of Northside College Preparatory High School and Christian Picciolini of *Breaking Hate: Confronting the New Culture of Extremism*
- [7 Ways to Highlight Resistance Efforts When Discussing Oppression with Children](#) by Mia Birdsong of New America
- [5 Ways Your Child can Enjoy Some Benefits of Diversity Even if you Live in a Racially Isolated Community](#) by Dr. Brigitte Vittrup of Texas Woman's University
- [How White Parents Can Use Media to Raise Anti-Racist Kids](#) by Sierra Filucci of Common Sense Media

## LISTEN

- [Raising White Kids' Author On How White Parents Can Talk About Race](#), NPR interview with Jennifer Harvey

## WATCH

- [Coming Together: Standing Up To Racism](#), CNN & Sesame Street
- [Helping Kids Process Violence, Trauma, and Race in a World of Nonstop News](#), Common Sense Media
- [How Do I Make Sure I'm Not Raising the Next Amy Cooper?](#), Embrace Race

*Common Sense Media* has a helpful list of resources about race and racism. [Explore their website >>>](#)

## How to Talk about Racial Justice with Families in Your Community

Particularly for white and non-black parents of color, our responsibility goes beyond talking to our own children about race. We must initiate these challenging conversations with families, educators and school leaders in our community, as well. Here are some more resources from Embrace Race to help you along this journey:

- [Tips For Collaborating With Other Families For Educational Justice](#) by Dr. Anne Ishimaru of University of Washington
- [5 Tips for White Parents Looking to Build Momentum Around Racial Justice](#) by Laura Horwitz & Adelaide Lancaster of WeStories
- [Advice for Organizing Parents to Fight for Racial Equity at School](#) by Laura Wilson Phelanand Sangeeta Prasad of Kindred