

Take time for self-reflection:

- What is my race & ancestral history?

- How does my family contribute to or benefit from racial inequities?

- How can I make racial equity a core family value?



“Teach your kids to be racially equitable and not colourblind.” - Dr. Lisa Gunderson. This article is a great starting point:

www.theconsciouskid.org/how-to-talk-to-kids-about-race

Learn with your family about racism, white supremacy, and decolonization.

“The only way to undo racism is to consistently identify and describe it — and then dismantle it,” Ibram X. Kendi



Develop a race conscious lens: Select books, movies, shows, activities, and resources that are created by and includes racialized people - Indigenous, Black, and People of Colour (IBPOC). Embrace Race - reading through a race conscious-lens:

<https://bit.ly/3sOtAvb>



10 WAYS

TO WORK TOWARDS

BEING AN

ANTI-RACIST FAMILY

It's okay to make mistakes or not to know... acknowledge it and try to research it or ask someone.



“Diversify your life” Examine who is in your circles of interaction, who you follow on social media, who are the business owners you support.

CBC Parents
<https://bit.ly/2Ycvln0>



Create a “courageous space” for family members to point out racist things they have read, witnessed, or experienced. If you come across content that is racist, take the opportunity to discuss it.

“Don't Say Nothing” tolerance.org:
<https://bit.ly/2Yo1JE9>



Learn how to deal with racism - practice with the family what to do when witnessing, encountering, or have perpetrated.

“How to be a Co-conspirator”:
<https://bit.ly/39YXnIW>
Teaching your kids to speak up:
<https://bit.ly/3c9asCc>

Create a self-care plan and be aware of the effects of anti-racism activity. “There is not need to tackle everything. Everyone needs to decide your lane, we all have a part to play.” Dr. Lisa Gunderson



Discuss #BlackLivesMatter, take the time to explore together with the family to learn and brainstorm ways to support the movement.

CBC Kids: <https://youtu.be/js6ERFDsOv4>
Sesame Street: <https://youtu.be/xBUFCv0y0yk>

