

Talking to Your Kids About Racism and Social Justice

Uplift is committed as an organization to continue to invite conversations about things that are hard for the purpose of driving positive change.

This page contains resources that might be helpful as you have important discussions with your children about racism, inequality, and social injustice. We know that these conversations can be challenging, but we also know they are important as we work together to dismantle the systems and structures that have resulted in the brutality and violence we have witnessed.

While sometimes parents may long to protect children from topics such as racism and violence, most mental health experts believe that it is important for parents to address the issue. Dr. Howard Stevenson, a clinical psychologist at Penn State University, stated in a recent interview that his research, “has found elementary children are acutely aware of racial attitudes. Talking about injustice allows children to make sense of the things that don’t go right in the world”

As always, if your child would like to speak privately to one of Uplift Education’s licensed counselors, please email counseling@uplifteducation.org and a member of our team will be in touch with you soon.

Parent Resources

[How to Talk to Kids About Race and Racism](#)

Parent toolkit on best practices when discussing racism with children

[Talking to Children After Racial Incidents](#)

Advice from Dr. Howard Stevenson, a clinical psychologist at Penn State University

[Center for Racial Justice in Education](#)

High quality articles and resources for parents

Additional Resources

USA Today

[How to talk to kids about racism, racial violence and police brutality](#)

Psychology Today

[Tips on Talking With Children About Racism](#)

Moms.com

[How To Talk to Kids About Racism & Why It's Important](#)

NBC Miami

[Talking to Kids About Racism: Experts Say It's Difficult, But Necessary](#)
