



10 Tips On How To Talk To Your Kids About Race



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1. Prioritize your kids.

Don't overwhelm them with your own feelings. Ensure conversations give them space to work through their emotions. Process your experience enough so the conversation with your kids can focus on them more than you.

2. Ask them what they know.

In the Information Age, your children probably already know more than you think. Respect them enough to assume they understand a lot. Start your conversation by letting them teach. Then, use their perceptions to form your discussion.

3. Provide facts, not editorials.

After asking them what they've heard, work together to discover credible facts. Then give them space to connect the dots for themselves. Instead of controlling their thinking, ask questions that help them connect pieces of information.

4. Use age-appropriate words and examples.

Consider your children's character, education, and interests. Start with personal experiences then widen to social issues. For example, with younger children, instead of asking, "What do you think about violent protests?" begin by asking, "What do you do when you're ignored?"

5. Let them ask questions.

The point of these conversations is not for you to teach your children but to create an environment where everyone learns. Make inquiry a two-way street. And remember one of the best answers of all: "I don't know, let's learn together!"

6. Curate content.

Show your children enough information to incite critical questions but not so much that it overwhelms them. Monitor how much your children can handle. Deliver enough to spark compassion but not so much that you exhaust them.

7. Be proactive.

Talk to your kids about race often, even when there aren't moments of grave racial injustice. Regularly consume media about race so your children have a broad vocabulary regarding these issues so they are more eloquent when it comes time to process traumatic events.

8. Show your work.

As your children struggle to improve their understanding of race, foreground your own difficulties. Foreground the mistakes, failures, and errors you've made and highlight the shortcomings you still have. Doing so will encourage your children to improve.

9. Share your values.

American society tells children the world is just. Prepare them for injustice by creating a family mission statement that prepares them to anticipate unfairness and obligates them to fight for equity.

10. Repeat.

No garden thrives when weeded once. No conversation worth having ever ends. Impress on your children that we must keep returning to these deep discussions. Emphasize that creating a just society is a continual process.