

ABC Conversations on: race & racism

Welcome

Racism can have a profound impact on a child's mental health and wellbeing. Like language, prejudice and intolerance of others is learnt. Children learn about racial differences, bias and racism from an early age and learn from their first teachers - their parents and also the adults around them. That's why our everyday beliefs and actions speak volumes and shape our children's view of the world and how they respond to race and racism.



Acknowledge

A

- Acknowledge and confront your own biases
- Recognise, celebrate and accept difference
- Pay attention to statements your child makes
- Focus on the positives
- Never shame a child on what they have observed - give feedback
- Ask them if they have any questions and try and answer them honestly

Belong

B

- Be a good inclusion role model and lead by example
- Lay strong foundations for your child to accept and respect differences
- Demonstrate kindness and tolerance to others
- Create a positive inclusive culture in your home and help your child to build a strong cultural identity
- Instil a strong sense of self and pride from an early age
- Engage in positive conversations on difference

Connect

C

- Notice different races and talk about what you see on TV, in your community and in books
- Encourage your child to engage through a diverse circles of friends, through multicultural activities and experiences
- Pay attention to statements your child makes
- Ask questions and don't interrupt
- Explore food cultures and read or watch diverse programmes