

# Tips to help your kids deal with racism

It's hard to see your kids come home with hurt feelings. For children of color, this may be especially painful when hurt feelings are the result of a racist interaction with a friend, peer, or even a school staff member. In this resource, we'll be focusing on how you can help your child deal with racist interactions.

## TIP 1

### FOLLOW YOUR CHILD'S LEAD.

Your child's response can be impacted by their age, development, personality, and other characteristics — some kids will be very upset, while others may seem unaffected. You know your child best. If they don't want to talk right away, let them know that you're here whenever they're ready.

You can also offer the option of talking about what happened with other safe adults in their life, like an older sibling or school counselor.

## TIP 2

### TAKE ACTION, IF NEEDED.

With cases of bullying, racial vandalism, or in the case of racist comments made on school grounds or on the bus, you may need to take action on their behalf. This may look like contacting a teacher, coach, or school administrator. Many school districts have zero tolerance policies for such behaviors.

You may already have a sense of who will be most and least helpful when it comes to supporting your child after a racist incident — go with whomever you trust most.

## TIP 3

### BE CLEAR THAT WHAT HAPPENED WAS NOT OKAY.

Your child needs to know that you're on their team, and that the person who said or did something hurtful was in the wrong. You can say something like, "What they said to you was not OK. That's not how we treat others and we don't expect to be treated like that. I am so sorry that happened." It's important for your child to see you standing up for your family's values and what's right.

## TIP 4

### KNOW THAT YOU'RE NOT IN IT ALONE.

You might not know what to do, and that's okay. Connecting your family with support — whether that's from family, another trusted person in your life, or a counselor or therapist — is a great first step.

And remember that Brightline's mental health experts are always here to help your child (and you!) get any support you need.

## Support your family's mental health with Brightline:



**Fast access to personalized support** — schedule video visits within days



**Evidence-based care from experts** with years of experience working with kids



**Track your family's progress** on our one-stop digital platform

Learn more at [www.hellobrightline.com](http://www.hellobrightline.com)

To learn more about how to talk to your kids about Black history, the impact on society, and how to incorporate empathy and understanding each day, get in touch. Brightline coaches and therapists are always here to help.