

Race/Ethnicity/Culture Toolkit for Bigs

What should I tell my Little about police brutality, protests, and/or race relations?

First, assess how your Little is feeling and reacting to events in the area. Your Little may just be focused on playing basketball or otherwise distracted and seem uninterested or averse to talking about recent racial events. That is okay. This could be their version of self-care. Do not feel the need to force the issue. They may not be ready to talk.

If your Little has asked you details about what has happened or about your view of the protests or BLM, be sure to talk to their parent/guardian first. You don't want to undo any conversation that their guardian has already had with them in regards to keeping them safe. Be sure their parent/guardian is comfortable with you talking to their child about these events, and know that you are both on the same page in regards to information shared. Be cognizant that there may be some details that the Little's parent/guardian would prefer their child not know, especially due to their age or due to the graphic nature of some details. Please respect these boundaries. For guidance on starting this conversation with a parent/guardian, please reach out to your Match Support Specialist, as this can be a challenging conversation to know how to navigate as well.

Once talking with a guardian, if you are feeling prepared to initiate these conversations with your Little, be sure to ask open-ended questions. Questions such as "How are you doing with everything going on?" or "How are you feeling lately?" are great conversation starters to help give an idea of how your Little is feeling and what is on their mind. If *YOU* are not feeling prepared to have these conversations with your Little, that is okay. We do not expect you to force this conversation for yourself either.

Remember: there are no right answers. This is a challenging time for our community and our nation as a whole. It is okay to say, "I don't know. I'm learning with you." If you are ever encountered with a question that you don't know how to answer, it is okay to tell your Little, "that's a great question. I'm not really sure how to answer that. Let me write that down and see if I can find an answer for you."

And as always, your Match Support Specialist is always available to support you and help you through difficult conversations. Please reach out for additional support.

Self-Paced Virtual Learning for Race, Ethnicity, and Culture

Below is a compiled list of articles, TedTalks, documentary suggestions, podcast suggestions, and more resources on race, ethnicity, and culture. These lists are here for you to feel empowered to engage in meaningful conversations. We do not expect our Bigs to have all the answers. We love working with you, as a team, to provide the best support system possible for our Littles and Scholars. The pages that go with each of these topics are designed for adults and are meant for you to digest prior to leading conversations with the youth in your life. Please reach out to your Match Support Specialist if you would like suggested material better suited for your child/Little/Scholar as well.

Articles:

[Responding to Everyday Bigotry](#): This article written by the Southern Poverty Law Center gathered hundreds of stories by everyday people. It shares how to speak up and respond to everyday racism and bigotry -- from hearing it from friends and family members to witnessing it in public as a bystander.

[How White Parents Can Talk to Their Kids About Race](#): A short 10 minute listen and article featured on how White parents can feel empowered to talk to their children more about equity rather than how "all people should be equal."

[What Exactly is a Microaggression?](#) This Vox articles break down what a microaggression is, an example of what they sound like, how they are harmful, and steps to avoid subjecting others to them.

[Types of Racism](#): Racism can look a multitude of ways and show itself in many different forms. Shoreline Public School District in Shoreline, Washington breaks down each type of racism, how to identify it, and has a list of additional articles to further your education on it.

[Free Speech vs Hate Speech](#): In this 45 minute listen and article by NPR, Podcaster Sam Sanders and author of "[Hate: Why We Should Resist it With Free Speech, Not Censorship](#)" Nandine Strossen discuss the key differences of free speech and hate speech.

Online Op-Eds:

- [George Floyd. Ahmaud Arbery. Breonna Taylor. What do we tell our children?](#)
- [Black Pain, Black Joy, and Racist Fear: Supporting Black Children in a Hostile World](#)
- [Here's Why It Hurts When People Say, "All Lives Matter"](#)
- [My White Friend Asked Me on Facebook to Explain White Privilege. I Decided to Be Honest](#)
- [What if There Were No George Floyd Video?](#)

Self-Paced Virtual Learning for Race, Ethnicity, and Culture

Podcasts:

[Code Switch](#): "Shereen Marisol Meraji and Gene Demby explore how issues of race and identity manifest in every corner of American culture, from music to poetry to sports. Meraji and Demby welcome guests for well-informed discussions about everything from how Puerto Ricans identify ethnically to why some people are suspicious of the U.S. Census."

[Yo, Is this Racist?](#): "Actress and musician Tawny Newsome, writer Andrew Ti, and a weekly guest provide funny-yet-thoughtful responses to voicemails from people wondering whether a given situation is racist. While Newsome and Ti are the first to say they're not experts, as both people of color and professional comedians, their responses are honest, hilarious, and kind enough to make callers feel like they can ask awkward or even embarrassing questions."

[Come Through with Rebecca Carroll](#): "Culture writer, editor, and producer Rebecca Carroll sits down with high-profile guests for in-depth chats in the vein of NPR's *Fresh Air*—but with a focus on race. Notably, Carroll centers herself and her own experiences in the introduction to each interview, setting aside notions of "journalistic objectivity" to unpack issues that inform all of our lives. Past guests include CNN anchor Don Lemon and *White Fragility* author Robin DiAngelo."

[Seeing White](#): "White folks may feel like we're being stabbed a little bit when our whiteness is mentioned, because for the most part, we get to go through life imagining that race is something other people have," says host and producer John Biewen in one episode of his *Seeing White* program for Scene on Radio. Biewen's 14-part series is an excellent primer on the history of whiteness in America, sharing lesser-known events that will inspire white listeners to see their own place in society with fresh eyes."

[Asian Enough](#): Hosts Jen Yamato and Frank Shyong interview fellow Asian-Americans in this *L.A. Times* podcast centered around the questions, "Am I Asian enough? Am I American enough?" Guests include actor John Cho, civil rights attorney Rabia Chaudry, and Sung Kang (aka Han from the *Fast and Furious* franchise)."

[Identity Politics](#): "Ikhlas Saleem and Makkah Ali invite guests to share their thoughts on race, culture, gender, and faith. It's all explored through the lens of being a Black Muslim woman, and it's a highly informative listen whether or not you identify as the same."

[Tamarindo](#): "This biweekly podcast brings a Latinx perspective to current events and culture. Hosts Ana Sheila Victorino and Brenda Gonzalez keep it light while being unafraid to tackle thorny topics, as in the episode "How We Hold Bias and What We Can Do About It.""

[Atlanta Monster](#): “From 1979-1981, Black Atlanta residents were terrorized by a killer—or, as some theories hold, killers—responsible for a string of murders that included at least 28 victims, the majority of them Black children. Authorities attribute most of the deaths to a man named Wayne Williams (currently serving time for the murders of two adults), yet questions remain to this day. But *Atlanta Monster* is more than a true-crime podcast. It's a fascinating Atlanta history lesson on how the city struggled to balance plans for growth against the realities of racial tension, politics, and the city's marginalized Black communities—and how all of that impeded the search for a child killer.”

Ted Talks:

[Is My Skin Brown Because I Drank Chocolate Milk?](#): “When her 3-year-old son told her that a classmate told him that his skin was brown because he drank chocolate milk, Dr. Tatum, former president of Spelman College and a visiting scholar at Stanford’s Haas Center for Public Service, was surprised.”

[How to recognize your white privilege -- and use it to fight inequality](#): “Many of us believe that we're living in a meritocracy, deserving of what we have and compassionate toward those with less. But that's not true: white people have been given a headstart and ongoing advantages due to the color of their skin, while people of color suffer from equally arbitrary disadvantages, says scholar and activist Peggy McIntosh. She explains what led her to recognize her privilege — and how it can be used by those with power to ensure a fairer life for others.”

[No. You Cannot Touch my Hair!:](#) “Through her own personal story and the hair-raising experiences of other women and girls, Mena Fombo’s TEDxBristol talk is a witty, yet compelling and sometimes dark exploration of the objectification of black women. It's an issue she has spent a lifetime experiencing and exploring, with both a political and creative lens. ”

3,000+ more TedTalks on Race offered [here](#).

Self-Paced Virtual Learning for Race, Ethnicity, and Culture

Documentaries:

[13th](#): "In this thought-provoking documentary, scholars, activists and politicians analyze the criminalization of African Americans and the U.S. prison boom." (FREE on Netflix)

[Whose Streets?:](#) "Told by the activists and leaders who live and breathe this movement for justice, [*Whose Streets?*] is an unflinching look at the Ferguson uprising." (FREE on Hulu)

[I Am Not Your Negro](#): "Director Raoul Peck envisions the book James Baldwin never finished, [*Remember This House*]. It is a journey into black history that connects the Civil Rights movement to #BlackLivesMatter. It questions black representation in Hollywood and beyond." (FREE on Amazon Prime)

[The African Americans: Many Rivers to Cross](#): "This six-hour PBS series explores the evolution of the African-American people, as well as the multiplicity of cultural institutions, political strategies, and religious and social perspectives they developed — forging their own history, culture and society against unimaginable odds." (FREE on Amazon Prime)

[What Happened, Miss Simone?](#) "Nina Simone achieved fame, fortune and legend status. But she wanted more: She wanted equality." (FREE on Netflix)

[Strong Island](#): "The forces of family, grief and racial injustice converge in this Oscar-nominated documentary exploring the murder of filmmaker Yance Ford's brother." (FREE on Netflix)

[The Lovings Story](#): "Meet the Lovings: an interracial couple who had to go all the way to the Supreme Court to be together. ... Convicted on felony charges and banished from the state, the couple began a nine-year odyssey to get back to their friends and family." (FREE with HBO Go)

[Teach Us All](#): "It's been decades since *Brown v. Board of Education*, yet American schools remain largely segregated. Some leaders are working to change that." (FREE on Netflix)

[The Death and Life of Marsha P. Johnson](#): "As she fights the tide of violence against trans women, activist Victoria Cruz probes the suspicious 1992 death of her friend Marsha P. Johnson." (FREE on Netflix)

[Just Mercy](#): "A powerful true story that follows young lawyer Bryan Stevenson and his battle for justice as he defends a man sentenced to death despite evidence proving his innocence." (FREE on Amazon Prime)

Self-Paced Virtual Learning for Race, Ethnicity, and Culture

Books:

[How To Be an Anti-Racist](#): "Antiracism is a transformative concept that reorients and reenergizes the conversation about racism--and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types."

[White Fragility: Why it's so Hard For White People To Talk About Racism](#): "In this "vital, necessary, and beautiful book" (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and "allows us to understand racism as a practice not restricted to 'bad people' (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively."

[So You Want To Talk About Race](#): "In *So You Want to Talk About Race*, Ijeoma Oluo guides readers of all races through subjects ranging from intersectionality and affirmative action to "model minorities" in an attempt to make the seemingly impossible possible: honest conversations about race and racism, and how they infect almost every aspect of American life."

Many more book suggestions [here](#).

Kid-Friendly Movies To Create Conversations on Race and Racism

****Movies include rating and content warnings. Check out [CommonSenseMedia.org](https://www.commonsensemedia.org) for more specific content concerns.****

Remember the Titans: Set in 1971 Virginia, this heartwarming film revolves around a recently integrated high school football team and their Black coach's struggle to diffuse racial tensions. The movie is based on the true story of high school football coach Herman Boone, and the way he teaches his players to come together on and off the field. (PG) Sport/Drama. **Violent car crash, with racial slurs.* (FREE on Disney+)

The Boy Who Harnessed the Wind: Based on the true story of William Kamkwamba, this film follows a 13-year-old boy as he comes up with an ingenious way to save his Malawi village from famine. As well as being an uplifting and inspiring story, it's an important reminder that living free from poverty and political unrest should never be taken for granted. (PG) Drama. **Some profanity and violence depicted, with some "emotionally intense" scenes.* (FREE on Netflix)

Hidden Figures: Set in the 1960s, this film is based on the true story of three mathematicians — Katherine Johnson, Dorothy Vaughan, and Mary Jackson — who overcame race- and gender-based obstacles to become vital members of NASA during the early years of the U.S. space program. (PG) Drama/History. **Slight use of profanity.* (FREE on Hulu)

Hard Lessons: This biographical drama tells the real-life story of George McKenna, a black man who becomes principal of a notoriously tough inner-city high school in South Los Angeles. Though he must face off against apathetic parents and disillusioned teachers, McKenna fights to give all his students a fair chance at an education, no matter their race or background. (PG) Drama/Adventure. **Reference to gangs and drug use.* (FREE on Netflix)

Becoming: Based on former First Lady Michelle Obama's memoir of the same name, this inspiring documentary chronicles her life from a childhood on the South Side of Chicago to becoming one of the most compelling and visible women of her time. Kids usually don't find documentaries particularly entertaining, but this one may be an exception. (PG) Documentary. **Some mature themes referenced such as verbal attacks and police shootings.* (FREE on Netflix)

Queen of Katwe: This biographical drama is set in the slum of Katwe in Kampala, Uganda, telling the story of 10-year-old Phiona Mutesi, whose life is changed forever after a visiting missionary teaches her how to play chess. Phiona eventually becomes an international chess prodigy, though she contends with plenty of poverty, violence, and racism along the way. (PG) Sport/Drama. **Some violence, along with a depiction of a teen girl lured away from her family.* (FREE with Disney+)

The Color of Friendship: This Disney Channel Original Movie is set in 1977 and tells the true story of two girls: Mahree, the black daughter of a congressman from Washington,

D.C., and Piper, a white girl from apartheid South Africa. The two end up learning more about each other's countries than they could have ever imagined. (NR) Drama/Family. **Addresses apartheid, contains racial slurs.* (FREE with Disney+)

Betty & Coretta: Though your kids may be familiar with Dr. Martin Luther King Jr. and Malcolm X, they're likely less familiar with Coretta Scott King and Dr. Betty Shabazz, the wives who formed a friendship following their husbands' tragic deaths. Together, the two widows carried on the civil rights movement, and this movie tells the true story of their powerful friendship. (PG) Drama. **Violent images depicted, limited profanity and reference to infidelity.* (Available on Amazon Prime)

Ruby Bridges: This movie is based on the real-life story of the titular Ruby Bridges, a six-year-old girl who became one of the first Black students to attend an integrated school in the Deep South. When Ruby is selected to attend an all-white school in New Orleans in 1960, she's totally unprepared for the uproar, but with the help of her teacher and a child psychologist, she's able to better cope with the ugliness of racism. (PG) Historical Drama. **Racist insults and slurs.* (FREE with Disney+)

Akeelah and the Bee: This sweet movie revolves around 11-year-old Akeelah Anderson, a spelling enthusiast who prepares to compete in the Scripps National Spelling Bee, despite coming from a lower socioeconomic background than her competitors. Akeelah feels pressure from her predominantly-Black neighborhood to succeed and faces racism from her competitors' parents, but still she manages to keep her eye on the prize. (PG) Drama. **Includes mild language.* (FREE on Hulu and HBO)

Jane and Emma: Set in 1840s Illinois, this film revolves around the true friendship of Emma Smith, the founder of Mormonism's wife, and Jane Manning, a Black woman who walks 800 miles to meet the legendary founder. After meeting Joseph and Emma Smith, Jane becomes one of the first black members of the Church of Jesus Christ of Latter Day Saints, and though not all the members accept her, she doesn't allow their hate to get between her and her faith. (PG) Drama. **Use of one racial slur.* (Available on Amazon Prime Video)

The Princess and the Frog: Though this New Orleans-set Disney adaptation of the classic fairytale doesn't overtly discuss race, the movie (which features Disney's first black princess, Tiana) will definitely inspire conversations about the importance of representation and diversity. (G) Animation/Musical. **Some supporting characters appear to reinforce stereotypes; the main villain may be seen as scary.* (FREE on Netflix and Disney+)

Guess Who's Coming to Dinner: This 1967 comedy tells the story of a white woman who returns from her vacation to Hawaii with some surprising news for her parents: she's engaged, and her fiancé is a Black physician and medical professor she met just 10 days before. The movie made history as one of the first positive depictions of an interracial marriage, and even 50 years later, this movie is still a must-watch. (NR) Comedy/Drama. **Occasional profanity and racial slurs.* (Available on Amazon Prime Video).

Glory Road: This sports flick is based on the events of the 1966 NCAA University Division Basketball Championship, telling the story of a white college basketball coach who introduced the first all-Black starting lineup in NCAA history. As well as dealing with racial tension within his team, Don Haskins also faces criticism from those who aren't ready to see Black athletes dominate the court, and the movie follows Haskins' journey to silence those critics. (PG) Sport/Drama. **Use of racial slurs, the confederate flag, and violence; includes one scene with alcohol.* (FREE with Disney+)

The Secret Life of Bees: Set in 1964 South Carolina, this drama follows 14-year-old Lily, who runs away from her angry father with her black housekeeper, Rosaleen, to start a new life in Tiburon, where Lily believes her mom came from. There they meet the Boatwright sisters, who help teach Lily all about beekeeping, as well as the many privileges of Lily's skin color. The film contains some violence, but it's still suitable for mature tweens. (PG-13) Drama. **Depiction of some violence and racial slurs.* (FREE on Hulu)

Mature Movies To Create Conversations on Race and Racism

****Movies include rating and content warnings. These movies are listed as more mature and should be carefully considered prior to watching with a Little. Check out [CommonSenseMedia.org](https://www.commonsensemedia.org) for more specific content concerns and speak to parents/guardians for explicit consent prior to viewing these films. Some films may depict disturbing content that is too mature for many teens. These films are listed in addition to the documentaries listed above.****

Selma: Although the Civil Rights Act of 1964 legally desegregated the South, discrimination was still rampant in certain areas, making it very difficult for blacks to register to vote. In 1965, an Alabama city became the battleground in the fight for suffrage. Despite violent opposition, Dr. Martin Luther King Jr. and his followers pressed forward on an epic march from Selma to Montgomery, and their efforts culminated in President Lyndon Johnson signing the Voting Rights Act of 1965. (PG-13) Historical drama. **Several intense, disturbing scenes of race-based violence against non-violent protesters; strong language also occasionally used.* (FREE on Amazon Prime Video)

Malcolm X: A tribute to the controversial black activist and leader of the struggle for black liberation. He hit bottom during his imprisonment in the 1950s, became a Black Muslim, and then a leader in the Nation of Islam. His assassination in 1965 left a legacy

of self-determination and racial pride. (PG-13) Drama. **Strong language, scenes of racial violence, and reference to sex, drugs, and crime.* (FREE on Netflix)

Moonlight: A look at three defining chapters in the life of Chiron, a young black man growing up in Miami. His epic journey to manhood is guided by kindness, support, and love of the community that helps raise him. (R) Drama/LGBT. **Occasional strong language, sexual activity, bullying, and drug use.* (FREE on Netflix)

American History X: Living a life marked by violence and racism, neo-Nazi Derek Vinyard finally goes to prison after killing two black youth who tried to steal his car. Upon his release, Derek vows to change his ways. He hopes to prevent his younger brother from following in his footsteps. As he struggles with his own deeply ingrained prejudices and watches their mother grow sicker, Derek wonders if his family can overcome a lifetime of hate. (R) Crime/Drama. **Strong language, aggressive violence, and sex. Not recommended for anyone but older teens and up.* (Available on Amazon Prime Video)

The Hate U Give: Starr Carter is constantly switching between two worlds- the poor, mostly black neighborhood where she lives and the wealthy, mostly white prep school that she attends. The uneasy balance between these worlds is soon shattered when she witnesses the fatal shooting of her childhood best friend at the hands of a police officer. Facing pressure from all sides of the community, Starr must find her voice and decide to stand up for what's right. (PG-13) Drama/Crime. **Strong language, police brutality, multiple scenes with firearms, and discussions of drugs.* (FREE on Hulu, HBO, and Amazon Prime Video)

When They See Us (series): In 1989, a jogger was assaulted and raped in Central Park. Five young people were subsequently (and wrongly) charged with the crime. The quintet, labeled the Central Park Five, maintained its innocence and spent years fighting the convictions, hoping to be exonerated. The miniseries spans a quarter of a century from when the teens were first questioned in 1989, going through their exoneration in 2002 and ultimately the settlement reached with New York in 2014. (PG-13) Crime Miniseries. **Intense subject matter discussed in detail, but the crime itself is not shown. Strong language and scenes of violence.* (FREE on Netflix)

Kid-Friendly Books To Create Conversations on Race and Racism

Ages 7-8:

[The Youngest Marcher: The Story of Audrey Faye Hendricks](#): "It's one of the more shocking and little-known stories of the civil rights movement: In 1963, the City of Birmingham jailed hundreds of kids for joining the Children's March. Among them was 9-year-old Audrey Faye Hendricks, taken from her family to spend a week behind bars, eating 'oily grits' and sleeping on a bare mattress. Levinson and Newton keep her story bright and snappy, emphasizing the girl's eagerness to make a difference and her proud place in her community." YouTube read-through found [here](#).

[Hair Love](#): "This heartwarming story follows Zuri and her Daddy, as he learns how to style her natural hair. The book touches on themes including individuality, natural hair, and the special bond between a father and daughter."

['Sulwe'](#): "This magical book by actress Lupita Nyong'o addresses the issues of colorism and self-esteem in a way that's easy for children to grasp. It follows Sulwe, a girl whose skin is darker than that of her family members and friends, as she realizes her own unique beauty."

[The Day You Begin](#): "The Day You Begin is a tender and hopeful celebration of the things that make us different — whether that's the color of our skin, where we're from, or how we talk. This book can help you start conversations with children about diversity and embracing differences."

Ages 9-12:

[Resist](#): "A perfect tool for young readers as they grow into the leaders of tomorrow, Veronica Chambers's inspiring collection of profiles—along with Senator Cory Booker's stirring foreword—will inspire readers of all ages to stand up for what's right."

[Esperanza Rising](#): "Esperanza Rising follows a young girl as her comfortable life in 1930s Mexico is suddenly uprooted by tragedy. She and her mother flee to California and begin working at a farm labor camp, where Esperanza faces even more challenges. Esperanza's story offers an entry point to have important conversations with older children about race and immigration."

['Young Water Protectors: A Story About Standing Rock'](#): "This book follows 8-year-old Aslan, who arrives in North Dakota to help stop a pipeline. Within a few months, he finds that the whole world is paying attention to what's happening at Standing Rock. This book can be especially useful for framing conversations with children about indigenous people and their history in the US."

[Separate Is Never Equal](#): "Almost 10 years before Brown vs. Board of Education, Sylvia Mendez and her parents helped end school segregation in California. An American

citizen of Mexican and Puerto Rican heritage who spoke and wrote perfect English, Mendez was denied enrollment to a “Whites only” school. Her parents took action by organizing the Hispanic community and filing a lawsuit in federal district court. Their success eventually brought an end to the era of segregated education in California.”

Ages 12+

[All American Boys:](#) ““This is a brilliant look at the effects of police brutality from the perspective of two teen boys: one white and one black. We get inside both of their minds and watch them grapple with the weight of something that is way too familiar in our country.”

[Stamped: Racism, Antiracism, and You:](#) ““Reynolds and Kendi have created a book that slyly draws attention to the page itself. ‘Uh-oh. The R-word,’ they write. The word that ‘for many of us still feels Rated R. Or can be matched only with the other R word — run. But don’t. Let’s all just take a deep breath. Inhale. Hold it. Exhale and breathe out’ — and here, the text breaks apart to give us the dangerous word — ‘race.’”

[The Hate U Give:](#) “In this teen and young adult novel, the protagonist faces a dilemma when she and her best friend are stopped in a seemingly routine traffic stop. The evening takes a surprising turn, and the protagonist finds herself caught between continuing to live her life as she always had or raising her voice to make changes in her community. This book is a great way to open conversation with the teens in your life.”

[Between the World and Me:](#) “It wasn’t marketed for young adults, but it was written for one in response to another police shooting. Presented as a letter to his teenage son, Coates blends personal stories of growing up African American with history, politics and philosophy to contextualize race in America.”