

# Exploring Issues of Race, Social Justice and Protest With Children

Children learn about racial differences and racial bias from an early age and learn from their first teachers—their parents—how to deal with and react to these differences.

- **As early as 6 months**, a baby's brain can notice race-based differences.
- **By ages 2 to 4**, children can internalize racial bias.
- **By age 12**, many children become set in their beliefs—giving parents [and teachers] a decade to mold the learning process, so that it decreases racial bias and improves cultural understanding. *Talking to Children About Racial Bias*, By: Ashaunta Anderson, MD, MPH, MSHS, FAAP & Jacqueline Dougé, MD, MPH, FAAP

## Books to Share with Children:

- [Book list from the Anti-defamation League](#): The collection features books that deal with identity, bias and bullying. Each book comes with a discussion guide for families.
- [Socialjusticebooks.org](#): A collection of multicultural and social justice books for children, YA, and educators.
- [Book list from Common Sense Media](#): featuring titles for children of all ages.
- [Coretta Scott King book award winners](#): The Coretta Scott King book award is given to outstanding African American authors and illustrators of books for children and young adults that demonstrate an appreciation of African American culture and universal human values.

## Books for Parents:

- [Why are all the Black Kids Sitting Together in the Cafeteria? And Other Conversations About Race](#) by Dr. Beverly Daniel Tatum
- [Raising White Kids: Bringing Up Children in a Racially Unjust America](#) by Jennifer Harvey
- [Stamped: Racism, Anti-Racism and You](#): Jason Reynolds and Ibram X. Kendi
- [How to Be an Anti-Racist](#): Ibram X. Kendi

## Podcasts/Videos/Resources/Articles for Parents:

- [Coming Together: Standing Up to Racism](#): A Sesame Street Town Hall
- [How to Talk to Your Kids About Race and Justice](#): EmbraceRace cofounders, Melissa Giraud and Andrew Grant-Thomas, speak to On Point Radio host, Meghna Chakrabarti, on MLK Day. 1/20/20
- ["I \[Still\] Can't Breathe": Supporting kids of color amid racialized violence](#) embracerace.org
- [Addressing Racial Injustice with Young Children](#) embracerace.org
- [How to Raise Anti-Racist Kids](#): Good Kids: Stay at Home Edition