

# Resources for Parents & Carers

## **BE BRAVE. MAKE CHANGE.** NATIONAL RECONCILIATION WEEK 2022

### CONVERSATIONS ABOUT RACISM



#### **LEARN**

Find reliable sources of information



#### **GET CLEAR**

Know your family values and communicate them clearly to your children



#### **LISTEN**

Be curious and open about your children's experiences and questions

#### **DEMONSTRATE KINDNESS**

Children learn the most from our words and actions



#### **CELEBRATE**

Enjoy Indigenous company and culture with your children



# BE BRAVE. MAKE CHANGE.

NATIONAL RECONCILIATION WEEK 2022  
27 MAY – 3 JUNE #NRW2022



Each family is different and their conversations about racism will vary. Here are some ideas about how to talk with children about racism.

Research is clear that starting conversations early is important. Children as young as 6 months notice differences between people (such as skin colour). How can we talk with children under five about racism? Start by celebrating differences, avoid 'shushing' them, and let them know we are happy to discuss their queries. Be open and honest.

Once children are a little older it is important to keep the conversation going. For 5-11 year olds curiosity about what they are hearing and seeing at school and in the media is a good start.

For teenagers, listening to their views and perspective is helpful; ask questions and be curious. Encouraging and supporting them to take action on issues they are passionate about is important.

Celebrate Indigenous film makers, artists and writers. Enjoy diverse food and entertainment together. Discuss diversity and engage with conversations using the conversation starters below.

## Conversation Starters

- What do we have in common with others?
- What differences are there between us?
- Did you know that some people are treated badly because of their differences? That's called racism. Racism isn't fair – we need to put a stop to racism. We can start by treating everyone fairly.
- Do you know what a stereotype is? Why do you think stereotypes can be harmful and unfair?
- What do we know about Indigenous culture? How can we learn more?

## Resources

- [unicef.org/parenting/talking-to-your-kids-about-racism](https://www.unicef.org/parenting/talking-to-your-kids-about-racism)
- [humanrights.gov.au/education/early-childhood/building-belonging](https://www.humanrights.gov.au/education/early-childhood/building-belonging)
- [abc.net.au/abckids/shows/play-school/extension-ideas/hand-in-hand/12384202](https://www.abc.net.au/abckids/shows/play-school/extension-ideas/hand-in-hand/12384202)

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