

# So your kid has some questions about race

Black History Month is a time of celebration but it can also bring up complex questions around race & racial injustice. Here are some expert tips for navigating these challenging convos with your kids & teens.

## TIP 1

### REGULATE YOUR OWN EMOTIONS

If your kid has big emotions related to race, it's completely normal if you feel triggered by it. You don't have to hide your emotions, but try to remain calm even if you're sad or scared.

## TIP 2

### FIND OUT WHERE THE QUESTION IS COMING FROM

It's not always necessary (or even possible) to answer all your kid's questions. The key is to find out where they're coming from. Where did they learn this information? What are they confused or curious about? Leave the conversation open-ended so they feel comfortable asking more questions in the future.

## TIP 3

### BRING IT BACK TO YOUR OWN VALUES AS A FAMILY

Don't worry about speaking for all families or experiences. By reinforcing your values as a family, you can emphasize the strength & value of your child's race and ethnicity.

## TIP 4

### VALIDATE THEIR EMOTIONS (AND DON'T SUGARCOAT THINGS)

It can be really hard to hear that your child is feeling scared or bad about themselves. But, instead of trying to make that feeling go away, make more room for them to share. Avoid telling them everything's going to be okay, and make sure you're always clear, direct, and factual.

## TIP 5

### IT'S OKAY TO NEED MORE SUPPORT

Most people aren't trained to have conversations about race — you don't need to be an expert. Listen more than you speak, and rely on trustworthy resources to help. Take breaks if you need to, but be sure to pick the conversation back up.

**These conversations can feel awkward, and even scary, but don't forget that our team is here to help you out when you need it.**



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