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Racial Trauma Resources

Children/ Adolescents Resources

<https://www.embracerace.org>

<https://www.embracerace.org/resources/teaching-and-talking-to-kids>

<https://www.parenttoolkit.com/social-and-emotional-development/advice/social-awareness/how-to-talk-to-kids-about-race-and-racism>

<https://nmaahc.si.edu/learn/talking-about-race/audiences/parent-caregiver>

<https://booksforlittles.com/>

<https://www.prettygooddesign.org/blog>

https://collincounty.momcollective.com/news-current-events/race-racism-and-activism-starting-a-conversation-with-your-kids/?fbclid=IwAR0_ox0JvWtgCZJ0dAx1yTRhXkBlDIXViJPhcyZJAFNFW2WdoziEyFnF4Q



https://www.pbs.org/parents/talking-about-racism?utm_campaign=currentevents_2020&utm_content=1591385237&utm_medium=social&utm_source=facebook

<https://www.womansday.com/life/entertainment/g32748133/childrens-books-race-racism/?slide=18>

<https://www.boredteachers.com/books/50-books-about-race-for-kids-young-adults-to-read-right-now>

<https://www.townandcountrymag.com/leisure/arts-and-culture/g32743703/how-to-talk-to-kids-about-racism-books/>

Kindergarten teacher explains race to children: <https://youtu.be/1vHymutysWU>



https://hclib.bibliocommons.com/list/share/619268670_hcl_featured/1652423936_race,_power_and_activism_in_america_resources_for_children_teens

https://lptutoring.com/talk-teens-racism/?fbclid=IwAR0Qf5aSMnuqInEkE5zggzES9UGw70D4k6k7_WB2VfQG86dWkDohBfsIDJg

<https://www.apa.org/res/parent-resources/>

<https://centerracialjustice.org/resources/resources-for-talking-about-race-racism-and-racialized-violence-with-kids/>

<https://parade.com/1046031/breabaker/anti-racist-tv-movies-documentaries-ted-talks-books/>

<https://www.tolerance.org/the-moment/may-8-2020-affirming-black-lives-without-inducing-trauma>

<https://docs.google.com/document/d/1NqJD3lht7-h3pJZwpdG3C5tP7WqN7WS7FNLfeJ158Sk/mobilebasic>

<https://www.racialequitytools.org/home>

<https://drive.google.com/file/d/1Eg2S10NPYhAVEMKwicHn2SHpT6KKW0aP/view>

<https://www.self.com/story/black-mental-health-resources>

<https://www.self.com/story/books-by-black-therapists>



<https://www.prevention.com/life/g32767356/anti-racism-books/>

<https://parade.com/1046031/breabaker/anti-racist-tv-movies-documentaries-ted-talks-books/>

<https://www.socialwork.career/2020/06/anti-racism-resources-for-social-workers-and-therapists.html>

<https://theeverygirl.com/books-by-black-women/>

<https://www.blackmilkwomen.com/lifestyle/12-books-every-black-woman-needs-to-read-in-2019>

Additional Books:

- My grandmother's hands: Racialized Trauma & the Pathway to Mending Our Hearts & Bodies By Resmaa Menakem
- A Race is a Nice Thing to Have: A Guide to Being a White Person or Understanding the White Persons in Your Life By Janet E. Helms
- White Awake: An Honest look at What It Means to Be White By Daniel Hill
- White Fragility BY Robin Diangelo
- How To Be an Antiracist By Ibram X. Kendi
- Urban trauma By Maysa Akbar
- Beyond Ally BY Maysa Akbar
- The souls of black folks By W.E.B Du Bois (also his essays)
- The Fire Next Time By James Baldwin
- I'm Still here, Black Dignity in a World For Whiteness By Austin Channing
- Me and White Supremacy By Layla Saad
- A Black Woman's History of the United States By Daina Ramey Berry
- So You Want to Talk About Race by Ijeoma Olou
- Why are all the black kids sitting together in the cafeteria By Beverly Daniel Tatum