



# CREATING A BRAVE SPACE FOR COURAGEOUS CONVERSATIONS

*A Toolkit to Help Foster Productive Conversations  
About Race and Civil Disobedience*

Recent protests are sparking questions from children. Not shying away from those conversations is the first step in moving forward. At this time, we must focus on our shared humanity, and prioritize learning and talking about the root causes of the current protests and the interracial activism. This is a time to come together, listen, learn, share in grief and in hope, and act for a more just, equitable, and racially conscious world. This toolkit is presented by the Red Clay Consolidated School District's Office of Equity and Strategic Partnerships.

# WHAT CAN YOU DO?

*Guidance for Red Clay Families, Staff and Community Members*

Below are suggestions and strategies for educators and parents on having conversations with young people in school and at home about race, racism, racial violence, understanding biases, and how to take action for racial justice.

## **Make a Commitment.**

1. Commit to listening. Talking about race, racial violence, racism, Black Lives Matter, and elevating youth voices.
2. Commit to working to be actively anti-racist.

## **Take Care of Yourself. Take Care of Others.**

1. Consider the mental and emotional health of our young people, our colleagues, and ourselves.
2. Emotional responses may manifest in different ways, including anger, irritability, grief, and hopelessness. We should be aware of signs of trauma or distress not only for our youth, but also for ourselves and our colleagues.

## **Educate Yourself.**

1. Educate yourself on the current moment and learn why people are protesting.
2. Do research to better understand these issues, and do not rely on Black people to explain their feelings or their knowledge.



# HOW CAN I SUPPORT YOUNG PEOPLE THROUGH THIS TRAUMA?

## [When We Normalize Racism and Bigotry, We Do Violence to Our Mental Health](#)

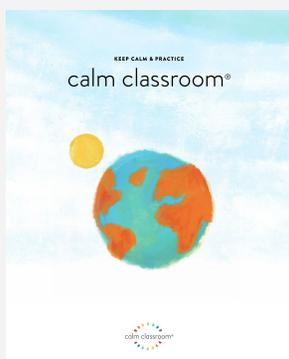
This brief statement from Mental Health America calls attention to the impact of violence (including witnessing violent events in media reports) on our mental health, and especially the mental health of marginalized communities. The statement also contains links with additional information and resources.

## [Addressing Race and Trauma in the Classroom: A Resource for Educators](#)

This resource from the National Child Traumatic Stress Network is designed to help educators understand the interplay of race and trauma in the classroom. The guide reviews historical trauma and racial trauma, explains the impact of trauma on different age groups, and offers supplemental resources.

## [Managing Strong Emotional Reactions to Traumatic Events: Tips for Families & Teachers](#)

This resource from the National Association of School Psychologists provides a brief review of anger—a common reaction to trauma—and reminds adults of how the reactions of children and youth are influenced by adult responses.



**Calm Classroom** is a simple and accessible way to integrate mindfulness into the classroom or home culture. Mindfulness is the ability to pay attention to our present moment. The daily practice of mindful breathing, stretching, focusing, and relaxation exercises cultivates a greater sense of self-awareness, mental focus, and emotional resilience within educational and personal spaces.

# WHERE CAN I FIND RESOURCES FOR OUR YOUTH, OUR COLLEAGUES, OUR FAMILIES AND OURSELVES?

## [Mental Health America:](#)

### [Supporting Others](#)

This article shares simple actions that anyone can take to help others who are going through difficult times.



## [Radical Self-Care in the Face of Mounting Racial Stress](#)

This article from Psychology Today provides steps for cultivating hope during times of distress and provides self-care strategies for adults.

## [Red Clay Employee Assistance Program](#)

While it is great to check in with family, friends, and colleagues, sometimes it also helps to talk to someone who is trained to help you understand and work through feelings and emotions. Please remember that you are always welcome to reach out to the Employee Assistance Program. These services are confidential. Many services are free, or low cost through your employee benefits.

# WHERE CAN I FIND RESOURCES FOR ELEMENTARY-AGED YOUTH?

## [Children Community School: Social Justice Resources](#)

This site contains resources and considerations for how to discuss race and social justice topics including racism, police brutality, and protests with youth.

## [Edutopia: Teaching Young Children About Bias, Diversity, and Social Justice](#)

This resource contains five strategies for engaging youth in learning and discussion on bias, diversity, and social justice.



## [Oakland Library: Talking to Kids About Racism and Justice: A List for Parents, Educators, and Caregivers](#)

This resource provides a list of educational resources to engage young people (Pre-K and up) in learning about racism and justice.

## [How to Talk to Kids About Race and Racism](#)

This resource provides families with a toolkit to begin conversations about race and privilege.

