



CASEL CARES INITIATIVE
Connecting the SEL Community

Made possible with support from the Allstate Foundation

KEY TAKEAWAYS FROM
Owning Your Power To Raise Kids Who Challenge Racism

CASEL CARES Webinar: <https://casel.org/weekly-webinars/>

From Dr. Bloodine Barthelus, CASEL

- **Commit to doing the personal work** that's required to build your own understanding of race, privilege, identity (and how those two intersect), systemic oppression, and racism and why our country looks like it does. Put time in your schedule to dedicate to learning, even 15-20 minutes daily, and create that same space for your children. It is no one's job to educate another on the truth of people of color. We can augment and support, but we should not have to start and end.
- **Choose to stay at the table.** The conversation of race and racism is hard. It takes courage, thick skin, and a commitment to change that will keep you at the table when you feel offended, misunderstood, frustrated, angry, and a host of other emotions. Choose to stay at the table. You are needed and wanted there. Your children and their ability to disrupt racism is greatly impacted by your presence.
- **Talk as a family about what your core values** and guiding principles are. What will guide your family's approach and response when racism occurs? How do you commit to be as members in your family and how will this make the world better for everyone? Establish those through active engagement with family members and hold one another accountable for follow through.

From Dr. Deborah Rivas-Drake, University of Michigan

- **Name anti-Black racism and racist violence** explicitly when you see it. Be intentional. Don't leave it to others to define how your children view race.
- **Humanize those who are victimized.** Remind kids they were members of a family or community that is mourning their loss. Recognize their whole personhood and acknowledge the grief of their families and communities.
- **Model humility and action** without burdening Black people. Understand that this is a process. Confronting racism entails ongoing learning, self-reflection, and discussion.



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In addition, Dr. Bloodine's recommended books to increase one's own socio-political frame and understanding of race and racism in the US.

- Why Are All the Black Kids Sitting Together in the Cafeteria? And Other Conversations About Race. – Dr. Beverly Daniel Tatum
- Courageous Conversations about Race – Glenn Singleton & Curtis Linton
- Just Mercy – Bryan Stevenson
- Between the World and Me – Ta-Nehisi Coates
- How to Be An Anti-Racist – Ibram X. Kendi