



LET'S TALK.

RACE, RACISM, AND ANTI-RACIST ACTION
WITH CHILDREN AGES 0-8

ABOUT THIS GUIDE

At MELA, we believe in Mississippi children's inherent potential, regardless of race, socio-economic status, family history, physical ability or other distinction. Because continued Racism (and the fear, stress, and anxiety that goes with it) harms so many of our children, their families, and in turn, our whole state, we know we cannot ignore it in our work. Unless we tackle the root causes of it and its effects head on, it will continue to be a major stumbling block to our mission-- **to achieve systemic change leading to the holistic development of Mississippi children in their first 8 years of life.**

It can be difficult for adults to even broach the subject with one another, which is why we've scoured our own bookshelves, asked our friends and teachers, and researched what diverse, knowledgeable people on the internet recommend to help parents, teachers, and caregivers talk about this difficult topic with our young children, regardless of their racial background. It is our hope that every family in Mississippi will find resources that apply to them whether they are parents of color working to dismantle implicit racist messages their children may have internalized about their own race, or white families seeking to educate their children and work towards a more equitable, anti-racist Mississippi. Please use this guide to find MELA-approved books, articles, podcasts, videos, and tips for engaging young children around conversations of race. We are immensely grateful to many websites and resources for their amazing research and material that we've drawn from and listed in this guide.

Lastly, we want to acknowledge that this guide is meant to represent a starting point for helping young children understand these complex topics. There are racial groups that are not represented in this guide. There are multiple layers of intersectionality (class, gender, religion, etc.) within each racial group, creating overlapping and interdependent systems of discrimination or disadvantage, which we did not explore. Race is a socially constructed idea created in a system designed to be unequal from its inception. Having honest discussions with young children about race will be tough, and you will not find all the answers in this guide. However, if you are stuck, we urge you to start with the resources that we have listed here and continue to broaden the learning and experiences of your family. **By starting early, we can raise a new generation of empathetic, anti-racist, culturally competent Mississippians who will reach new heights for our state!**

**Sincerely,
The MELA Team**

TIPS FOR TALKING ABOUT RACE WITH KIDS

This list of ten tips for teaching and talking about race with young children from [MomsRising](#) and [EmbraceRace](#) is the best information we've found! We edited it a bit for length, so learn more [here](#).

1) Start early.

By 6 months of age babies are noticing racial differences. Let your child know that it's perfectly okay to notice skin color and talk about race. Start talking about what racial differences mean and don't mean.

2) Encourage your child to be open with you.

Encourage your child to ask questions, share observations and experiences, and be respectfully curious about race. Expose your child to different cultural opportunities – photographs, films, books, or cultural events, for example – and discuss the experience afterwards. You don't have to be an expert on race to talk with your child.

3) Be a role model.

What kids hear from us is less important than what they see us do. You are a role model to your child. What you say is important, but what you do - the diversity of your friendship circle, for example - is likely to have a bigger impact. If your child doesn't attend a diverse school, consider enrolling her in after-school or weekend activities such as sports leagues that are diverse if you're able. Choose books and toys that include persons of different races and ethnicities.

4) Face and know your own bias.

Let your child see you acknowledge and face your own biases. Give your child an example of a bias, racial or otherwise, that you hold or have held. Share with your child things you do to confront and overcome that bias.

5) Know and love who you are.

Talk about the histories and experiences of the racial, ethnic, and cultural groups you and your family identify with. Talk about their contributions and acknowledge the less flattering parts of those histories as well.

6) Develop racial cultural literacy.

Develop racial cultural literacy by learning about and respecting others. Study and talk about the histories and experiences of groups we call African Americans, Latinos, Asian Americans, Native Americans, and whites, among others. Be sure your child understands that every racial and ethnic group includes people who believe different things and behave in different ways.

7) Be honest.

Be honest with your child, in age-appropriate ways, about bigotry and oppression. Children are amazing at noticing patterns, including racial patterns (who lives in their neighborhood versus their friends' neighborhoods, for example). Help them make sense of those patterns, and recognize that bigotry and oppression are sometimes a big part of those explanations. Be sure your child knows that the struggle for racial fairness is still happening and that your family can take part in that struggle.

8) Tell your stories.

"Lift up the freedom fighters ": Tell stories of resistance and resilience. Every big story of racial oppression is also a story about people fighting back and "speaking truth to power." Include women, children and young adults among the "freedom fighters" in the stories you tell.

9) Be active.

Help your child understand what it means to be, and how to be, a change agent. Whenever possible, connect the conversations you're having to the change you and your child want to see, and to ways to bring about that change.

10) Plan for a marathon, not a sprint.

It's okay to say, "I'm not sure" or "Let's come back to that later, okay?" But then DO come back to it. Make race talks with your child routine. Race is a topic you should plan to revisit again and again in many different ways over time.



AN AGE-BY-AGE GUIDE TO RACIAL IDENTITY DEVELOPMENT

Read a little bit about what is happening with your child developmentally with regards to race thanks to this excerpt from the article "Your Age-by-Age Guide to Talking About Race" by Kara Corridan and Wanda Medina published in *Parents Magazine*. Find the entire article here: <https://www.parents.com/parenting/better-parenting/teaching-tolerance/talking-about-race-with-kids/>

Ages 6 months to 1 year

Studies show that babies recognize differences in skin color and hair textures, says Rebecca Bigler, Ph. D., an associate professor of psychology at the University of Texas at Austin, who has studied children's racial attitudes. Even before they can talk to their children, parents can teach through their actions. In addition, do your best to expose your child to a diverse environment. It's important for kids to see their parents interact socially with people of other racial and ethnic groups. While it's important to talk about physical differences (hair type, skin and eye color, and even height), you should also call attention to the special talents inherent in diversity. Try, "Everybody is special, and so-and-so is special because his family can speak another language," says Harriett Romo, Ph.D., director of the Child and Adolescent Policy Research Institute at the University of Texas at San Antonio. By doing this, you'll teach them to focus less on how someone looks and more on what they offer."

Ages 2 to 3

When children become more vocal, it's normal for them to spontaneously start talking about skin color. So help your child by replying in a calm, positive tone, "Yes, he does have brown skin. It's not the same as yours, but it's a really nice color too." It's also fine to bring up people's physical differences before your child does. A smart time to do this is when you're playing with toys and already pointing out various physical attributes: "This doll has a hat on, that one doesn't; this one has dark skin, that one doesn't."

Ages 4 to 6

It's common for children this age to assign positive traits to people of their own ethnic group and negative traits to people who look different, says Dr. Bigler. As a result, you may hear troubling comments like "That boy has funny-looking eyes" or "Her skin is dirty." The best way to respond is to rebut these statements in a calm, straightforward manner ("Her skin isn't dirty, it's just not like yours. People are all different skin colors"). Talk to them about smashing stereotypes by learning about the important contributions made by people of color. Celebrate your child's own cultural strengths, and encourage them to step it up. "For example, if you see someone struggling with a language barrier, help them out and tell your child, 'See how important it is that we speak two languages and can help [translate],'" Dr. Romo says.

Ages 7 to 8

Racial attitudes tend to improve around this age. Children become receptive to the idea that we're different and alike at the same time, so stress this concept whenever possible, says Dr. Bigler. For example, if your child points out that a friend at school has hair texture that's different from his, say, "That's true, his hair isn't like yours, is it? But you both love playing baseball." The key is to find a way to point out similarities so your child doesn't get the idea that children of another race are so very different from him. Older kids are also more likely to be exposed to news about racial injustices and stereotypes, whether in the classroom or at home during evening broadcasts, so it's critical to dispel cultural myths. "To get them to understand that you shouldn't make generalizations about people before getting to know them, say, 'Some kids like vanilla ice cream, but not all kids like vanilla ice cream, so you can't make a statement that applies to everyone in a group.'" This will help them focus on the individual instead of the group.

GROWN UPS, START HERE.

ARTICLES

[How to talk to kids about racism, explained by a psychologist](#)

For Vox by Anna North

[White parents, talk to your kids about race](#)

For San Francisco Chronicle by Kareem Graham

[Having ‘The Talk’: Expert Guidance On Preparing Kids For Police Interactions](#)

Katherine Nagasawa/WBEZ (Chicago Public Media)

PODCASTS/INTERVIEWS

Here is a wonderful list compiled by the Bello Collective.

[Life Kit: “Talking Race With Young Children”](#)

This is a great primer for talking with young kids about race. In true Life Kit fashion, it offers a step-by-step guide to helping your kids face and fight prejudice, and the reasoning to back it up. If you have no idea where to start, start here.

[My American Meltingpot: “How to Talk To Your Kids About Race”](#)

This episode is a roundtable discussion with three educators/parents from different racial backgrounds, plus host Lori L. Tharps. It’s notable to have many perspectives represented because, as Tharps says, “Talking about race isn’t the same conversation based on who you are and who your children are.” You’ll learn how and why to have these conversations, what your friends of other races might be talking about, and why diversity isn’t actually the goal.

[Therapy for Black Girls: “Talking to Kids About Race”](#)

This is an interview with Dr. Bedford Palmer, who wrote the children’s book *Daddy, Why Am I Brown?* He talks about how to discuss race and racism, and encourage a positive racial self-identity with kids of all races, in a proactive and developmentally appropriate way.

[MindShift: “Teaching 6-Year-Olds About Privilege and Power”](#)

This episode centers on a straight, white elementary school teacher who brings conversations about identity, power, and privilege into his classroom every day. He shares several specific examples of how he introduces these topics into seemingly unrelated lessons (like learning to tally), and then we follow him home to see how he continues this conversation with his two- and four-year-olds.

[Longest Shortest Time: “How to Not \(Accidentally\) Raise a Racist”](#)

White parents often avoid overt conversations about race, which does more harm than good (see the episode above). Guest Dr. Brigitte Vittrup researches how kids develop racial attitudes and how parents can effectively teach their children about race. Best of all, Vittrup answers questions from actual parents. (Bonus:

[Good Kids: How to Raise Anti-Racist Kids \(with Dr. Nzinga Harrison\)](#)

This episode moves beyond raising children who embrace diversity, and talks about how to raise kids who act against racism. Dr. Harrison gives advice on how to have conversations with children of different ages



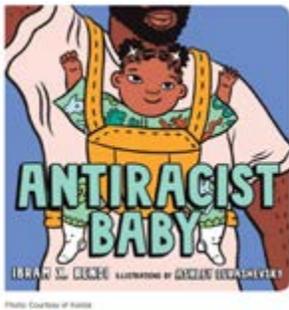
WEBSITES AND BLOGS FOR GROWN UPS

If you want to dig into this topic and others, please be sure to visit these websites. We used many of them to decide which books to share in this guide, and found many of the articles and essays published in them very helpful. We know we haven't listed them all, but wanted to provide a sampling of the ones we trusted to give us the information for this guide.

- [The Conscious Kid](#): The Conscious Kid is an education, research and policy organization dedicated to reducing bias and promoting positive identity development in youth.
- [Mom Rising](#): MomsRising combines the best of American innovation and ingenuity. We are a transformative on-the-ground and online multicultural organization of more than a million members and over a hundred aligned organizations working to build a nation where both businesses and families can thrive.
- [EmbraceRace](#): At EmbraceRace, we identify, organize – and, as needed, create – the tools, resources, discussion spaces, and networks we need to meet 4 goals: Nurture resilience in children of color; Nurture inclusive, empathetic children of all stripes; Raise kids who think critically about racial inequity; Support a movement of kid and adult racial justice advocates for all children.
- [We Need Diverse Books](#): We Need Diverse Books™ is a 501(c)(3) non-profit and a grassroots organization of children's book lovers that advocates essential changes in the publishing industry. Our aim is to help produce and promote literature that reflects and honors the lives of all young people.
- [Here Wee Read](#): A great children's book blog written by a woman of color.
- [Books For Diversity](#): A blog that shares children's books that reflect the diversity and unique cultures that make up our nation and world.
- [Sankofa Read Aloud](#): A wonderful YouTube Channel that showcases books by diverse authors and about diverse characters.
- [Social Justice Books](#): A project of Teaching for Change, a non-profit organization whose mission is to provide teachers and parents with the tools to create schools where students learn to read, write and change the world.

BOOKS TO HELP WITH DIFFICULT CONVERSATIONS ABOUT RACE

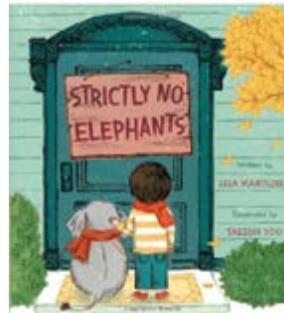
Knowing the best ways to talk about difficult topics with children can be hard for parents, teachers, and caregivers. Thankfully, there are some great children's books that can help facilitate the conversation. Here are a few that touch on topics from the killing of unarmed black people by police, the idea of systemic/structural racism, and working toward anti-racism.



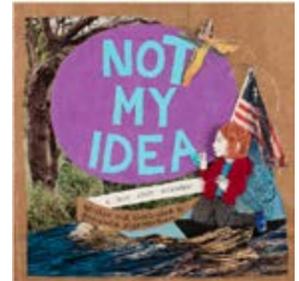
Antiracist Baby
AGES 0-4



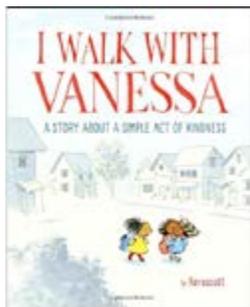
Race Cars
AGES 5-8



Strictly No Elephants
AGES 4-8



Not My Idea
AGES 5-8



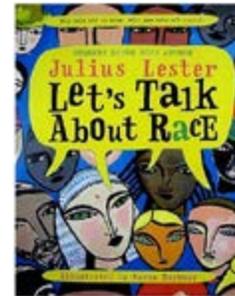
I Walk with Vanessa
AGES 3-8



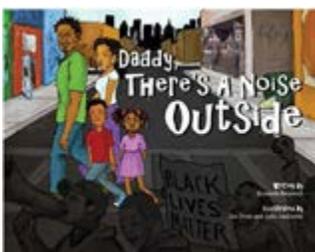
Don't Touch My Hair
AGES 3-8



Something Happened in Our Town
AGES 4-8



Let's Talk about Race
AGES 5-8

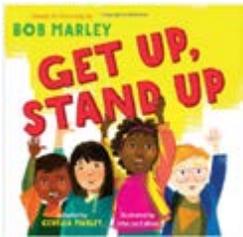


Daddy There's a Noise Outside
AGES 5-8

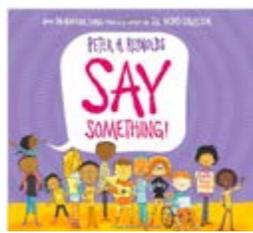
Please consider supporting your local bookstore or asking your library to carry these titles!

BOOKS THAT EDUCATE ABOUT THE STRUGGLE FOR EQUITY & FREEDOM

These books offer ways to teach your children about our nation's history and the struggles of people of color for freedom, civil rights, and against unjust systems. You'll find biographies of famous justice-warriors as well as encouragement for all people to take action to work toward a "freedom and justice for all." Your local library likely has MANY more! Many of the book cover images have links embedded to the stories being read on YouTube.



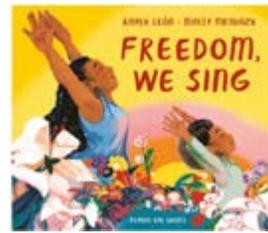
Get Up, Stand Up
AGES 2-6



Say Something
AGES 3-6



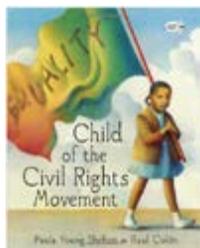
Get Up, Stand Up
AGES 6-9



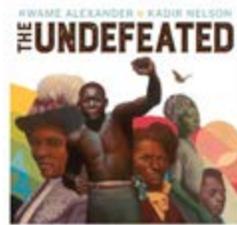
Freedom, We Sing
AGES 3-7



The Water Protectors
AGES 3-7



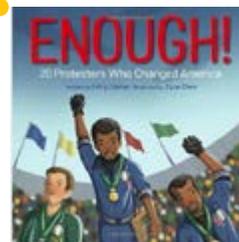
Child of the Civil Rights Movement
AGES 4-8



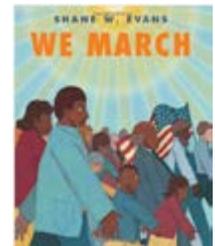
The Undeclared
AGES 6-8



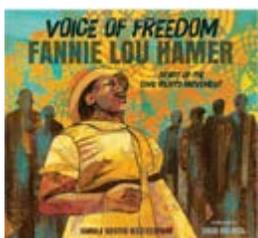
Juneteenth for Maize
AGES 6-8



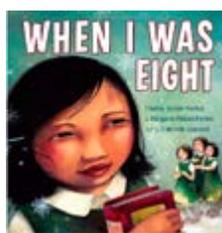
Enough! 20 Protesters Who Changed America
AGES 5-8



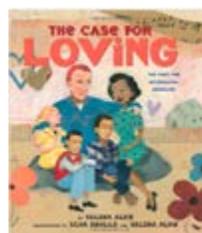
We March
AGES 4-8



Voice of Freedom: Fannie Lou Hamer
AGES 4-7



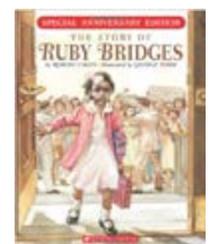
When I was Eight
AGES 5-7



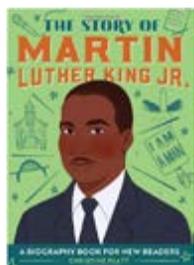
The Case for Loving
AGES 4-9



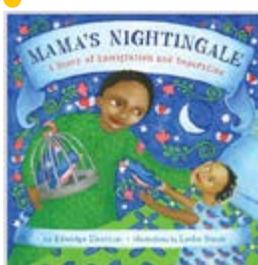
Before She Was Harriet
AGES 4-8



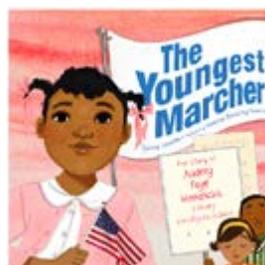
The Story of Ruby Bridges
AGES 6-9



The Story of MLK, Jr.
AGES 6-8



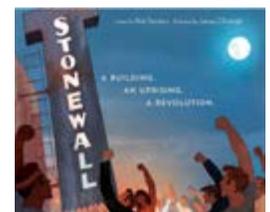
When I was Eight
AGES 5-9



The Youngest Marcher
AGES 4-9



Dreamers
AGES 6-8



Stonewall
AGES 5-8

BOOKS THAT CELEBRATE DIVERSITY

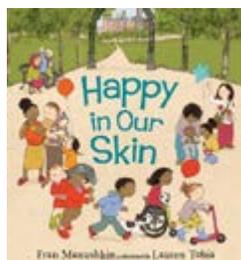
Although we do not --YET-- live in a just and equitable society, by celebrating the worth of every person (no matter their race physical ability, religion, sexual orientation, language, nationality, or gender) we can build inclusive and caring mindsets in our young children. These books introduce and celebrate diversity in a number of ways, and teach the message that we are better when we are together. Your local library likely has MANY more! Many of the bookcover images have links embedded to the stories being read on YouTube.



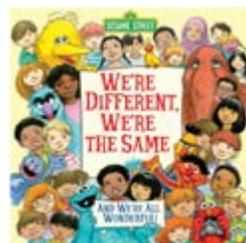
Let's Be Kind
AGES 0-2



A is for Activist
AGES 0-5



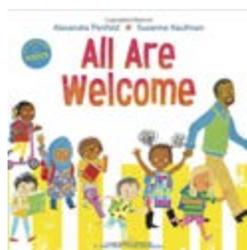
Happy In Our Skin
AGES 2-5



We're Different,
We're the Same
AGES 3-7



Be Kind
AGES 3-6



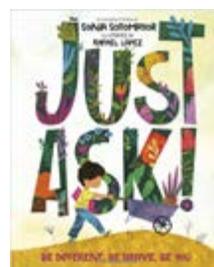
All Are Welcome
AGES 3-8



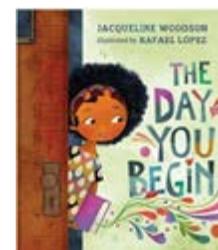
The Big Umbrella
AGES 4-8



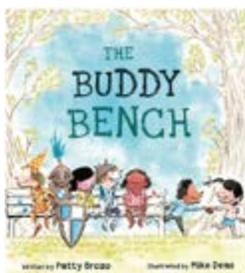
Blue Sky, White Stars
AGES 4-8



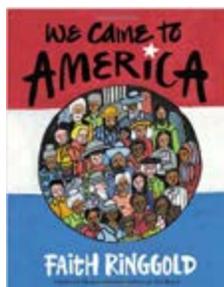
Just Ask
AGES 4-8



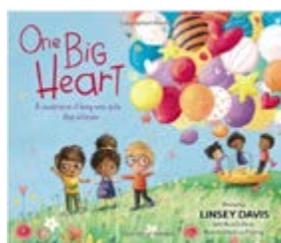
The Day You Begin
AGES 3-10



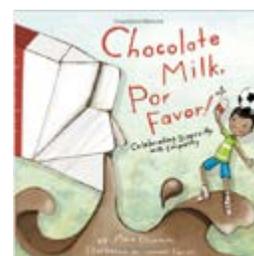
The Buddy Bench
AGES 5-8



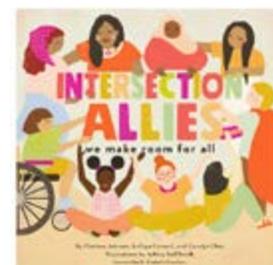
We Came to America
AGES 5-8



One Big Heart
AGES 4-8



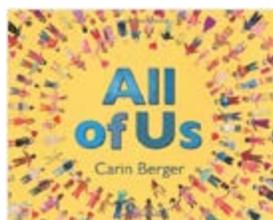
Chocolate Milk, Por Favor
AGES 4-8



Intersection Allies
AGES 6-12



Our Rainbow
AGES 2-5



All of Us
AGES 4-8

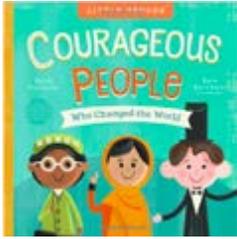


Love Makes a Family
AGES 0-4

Please consider supporting your local bookstore or asking your library to carry these titles!

BOOKS THAT CELEBRATE HEROES AND TRAILBLAZERS OF COLOR

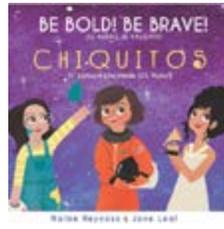
All too often our knowledge of Black, Indigenous, and People of Color's (BIPOC) history is limited to Martin Luther King and Harriet Tubman. These books lift of leaders, heroes, and notable people of color in our nation's history to expand you and your child's understanding of the vast, rich contributions BIPOC have made. Your local library likely has MANY more! Also, please note that many of the bookcover images have links embedded to the stories being read on YouTube.



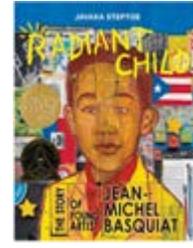
Courageous People Who Changed the World
AGES 2-5



Think Big, Little One
AGES 0-3



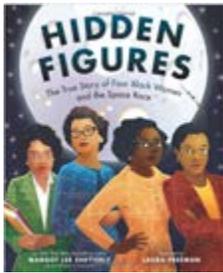
Be Bold! Be Brave!
Chiquitos
AGES 0-3



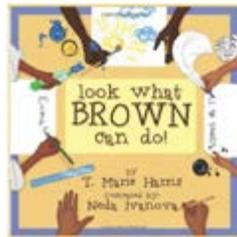
Radiant Child
AGES 4-8



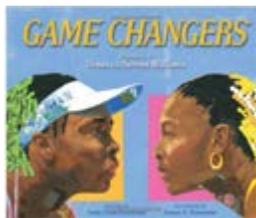
Little People Big Dreams Series
AGES 5-8



Hidden Figures
AGES 4-6



Look What Brown Can Do
AGES 5-7



Game Changers
AGES 4-8



Marvelous Cornelius
AGES 4-7



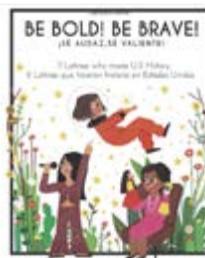
Kamala and Maya's Big Idea
AGES 4-6



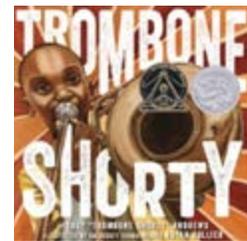
Mae Among the Stars
AGES 4-8



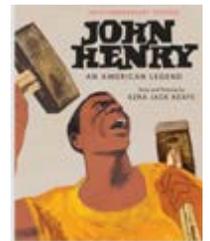
It Began with a Page
AGES 4-8



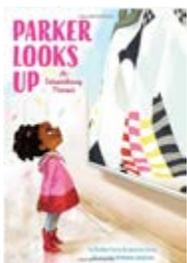
Be Bold! Be Brave
AGES 5-9



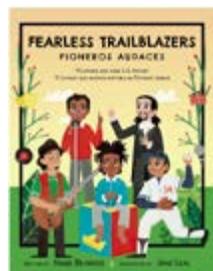
Trombone Shorty
AGES 4-8



John Henry
AGES 4-8



Parker Looks Up
AGES 4-8



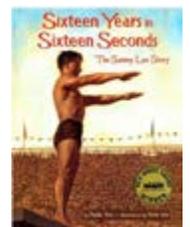
Fearless Trailblazers
AGES 5-9



Maya Lin
AGES 4-8



Surfer of the Century
AGES 4-8



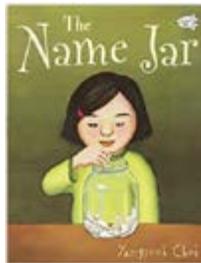
Sixteen Years in Sixteen Seconds
AGES 6+

BOOKS THAT ENCOURAGE SELF-LOVE

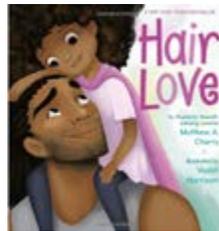
In a world where our children are fed both subliminal and explicit messages of the inferiority of BIPOC, these books empower children to love themselves just as they are and be proud of their physical or cultural characteristics. Your local library likely has MANY more like this, so just ask. Many of the bookcover images have links embedded to the stories being read on YouTube.



Skin Like Mine
AGES 3-8



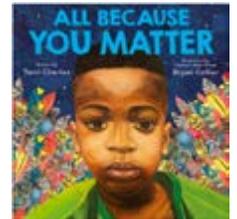
The Name Jar
AGES 3-7



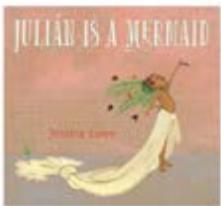
Hair Love
AGES 4-8



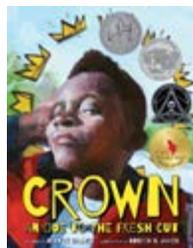
Layla's Happiness
AGES 4-8



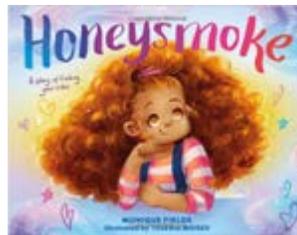
All Because you Matter
AGES 4-8



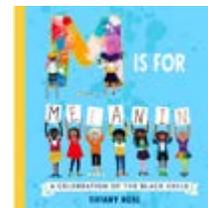
Julian is a Mermaid
AGES 3-8



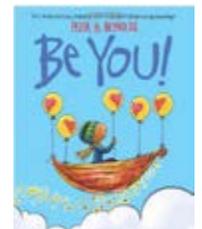
Crown
AGES 3-9



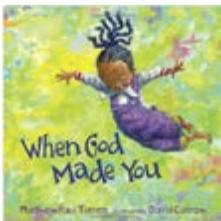
Honey Smoke
AGES 3-6



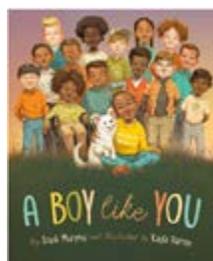
M is for Melanin
AGES 3-6



Be You
AGES 4-8



When God Made You
AGES 3-7



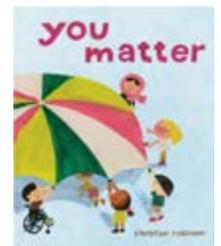
A Boy Like You
AGES 4-7



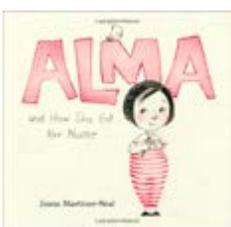
Mixed Me
AGES 4-8



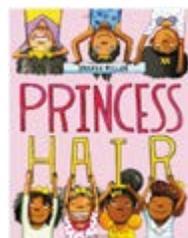
Sulwe
AGES 5-7



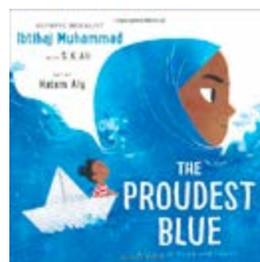
You matter
AGES 3-8



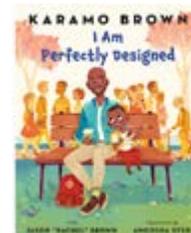
Alma and How she got her name
AGES 3-8



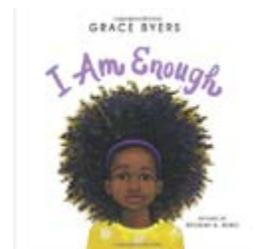
Princess Hair
AGES 4-8



The Proudest Blue
AGES 4-8



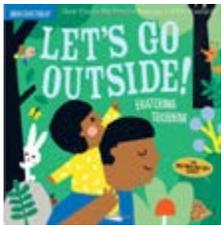
I am Perfectly Designed
AGES 4-8



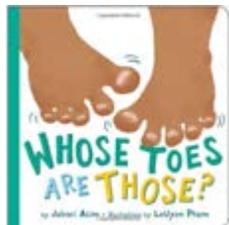
I am Enough
AGES 4-8

GREAT BOOKS WITH DIVERSE CHARACTERS

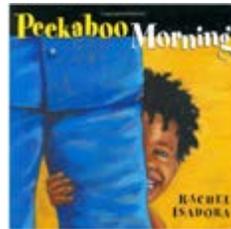
There are so many wonderful children's books that highlight and feature characters of color in everyday situations, having exciting adventures, and exploring childhood, although we wish for even more! Here are a few of our favorites to diversify your bookshelves! Your local library likely has MANY more! Many of the bookcover images have links embedded to the stories being read on YouTube.



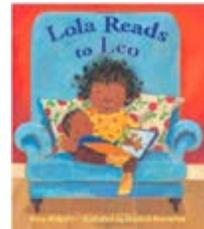
Let's Go Outside
AGES 0-2



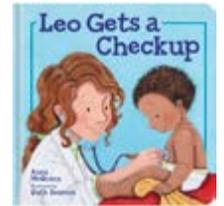
Whose Toes are Those?
AGES 0-3



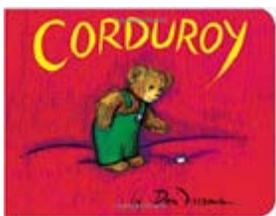
Peekaboo Morning
AGES 0-4



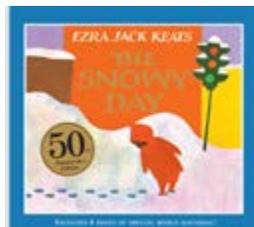
Lola Book Series
AGES 1-5



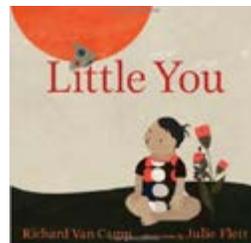
Leo Book Series
AGES 1-5



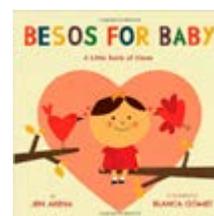
Corduroy
AGES 1-5



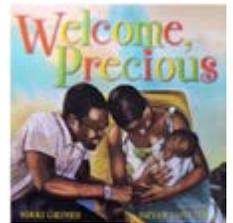
Peter Books by Ezra Jack Keats
AGES 2-6



Little You
AGES 1-3



Besos for Baby
AGES 0-3



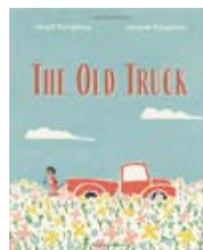
Welcome Precious
AGES 0-3



I am So Brave!
AGES 1-3



One is a Piñata
AGES 2-5



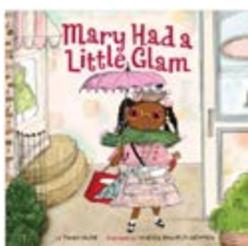
The Old Truck
AGES 3-5



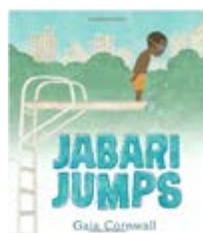
The Big Bed
AGES 4-6



My Friend Earth
AGES 3-5



Mary Had a Little Glam
AGES 3-6



Jabari Jumps
AGES 3-8



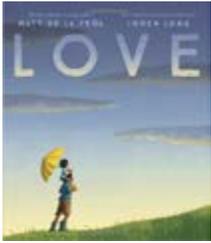
Thank you, Omu!
AGES 4-8



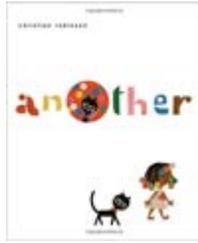
Saturday
AGES 4-8



Dear Juno
AGES 4-8



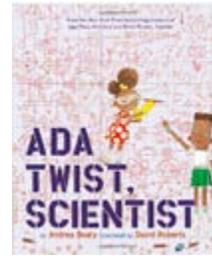
Love
AGES 4-8



another
AGES 4-8



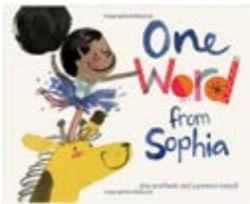
Sofia Valdez,
Future Prez
AGES 4+



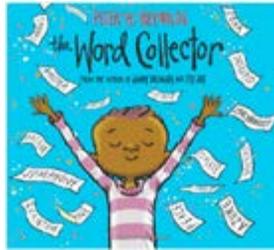
Ada Twist,
Scientist
AGES 4+



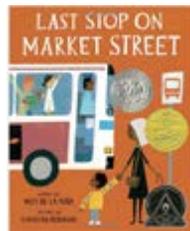
Pink is for Boys
AGES 3-7



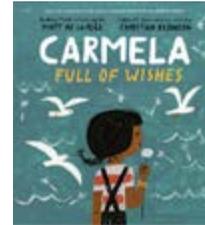
One Word from
Sophia
AGES 4-8



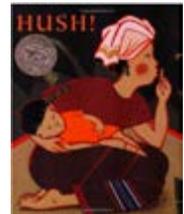
The Word Collector
AGES 4-8



Last Stop on
Market Street
AGES 4-8



Carmela Full of
Wishes
AGES 4-8



Hush
AGES 4+



Once Upon a
World Fairytale
Collection
AGES 2-4



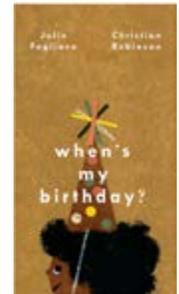
Georgia's Terrific,
Colorific Experiment
AGES 5-8



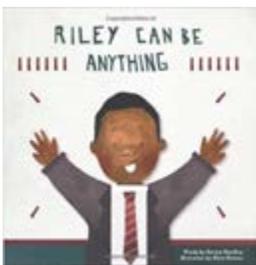
Have You Thanked
an Inventor Today?
AGES 5-12



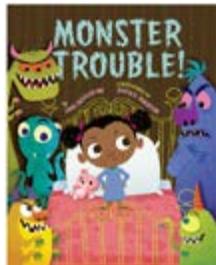
Over & Under
the Pond
AGES 4-9



When's My Birthday?
AGES 3-6



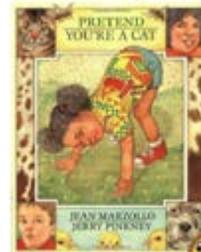
Riley Can be
Anything
AGES 4-8



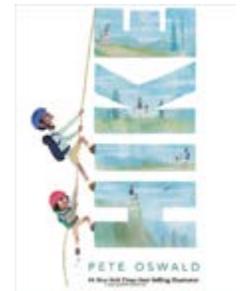
Monster Trouble!
AGES 4-8



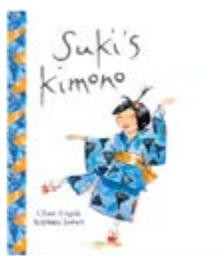
If Your Monster
Won't go to Bed
AGES 3-7



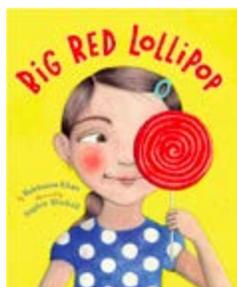
Pretend You're
A Cat
AGES 3+



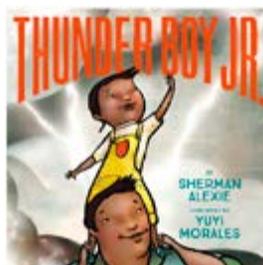
Hike
AGES 4-8



Suki's Kimono
AGES 4-8



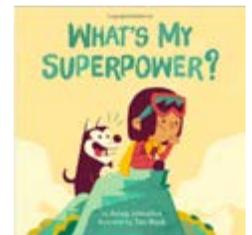
The Big Red Lollipop
AGES 4-8



Thunderboy, Jr
AGES 4-8



The Girl and the Wolf
AGES 3-8



What's My
Superpower?
AGES 3-8

LISTENING & WATCHING: TV & PODCASTS FOR KIDS

Sesame Street: I love my Hair and The Color of Me Songs

AGES: 2-7

TOPICS: Self Love, Diversity

https://www.youtube.com/watch?v=enpFde5rgmw&feature=emb_logo

https://www.youtube.com/watch?time_continue=2&v=4sqN2J9_axY&feature=emb_logo

Two short songs to celebrate diversity and self love.

Sesame Street and CNN Town Hall Video

AGES: 2-7

TOPICS: Racism, Empathy, What is a protest?

<https://www.cnn.com/2020/06/06/app-news-section/cnn-sesame-street-race-town-hall-app-june-6-2020-app/index.html>

CNN's Van Jones and Erica Hill partner with "Sesame Street" for Coming Together: Standing Up to Racism, a town hall for kids and families. Watch the town hall in its entirety at the link above.

Sesame Street Episode from 1993

AGES: 2-7

TOPICS: Racism, Empathy

<https://www.youtube.com/watch?v=ovoilDJethU>

Representation Matters: 35 Black Kids TV Shows You Can Watch Right Now

Ages 3-12

Topics: Equitable representation on TV

<https://www.matermea.com/blog/35-black-kids-tv-shows-you-can-watch-right-now>

A great list of children's TV shows featuring black characters as the leads.

'Mira, Royal Detective'

AGES: 3+

Topics: Equitable representation on TV

The newest cartoon on Disney Junior, the series Mira, Royal Detective, is a celebration of Indian and South Asian culture following Mira, a young royal detective, and her friends.

Black Parents Explain How to Deal with the Police Video

AGES: 5+

Topics: Black People and Police

https://www.youtube.com/watch?time_continue=106&v=coryt8IZ-DE&feature=emb_logo

In this short (5 minute) video, black parents and their children discuss instances they have been profiled for their race and what they tell their children to do if it happens to them.

Activist, You! Podcast

AGES: 5+

TOPICS: Racial justice, immigration reform, LGBTQ+ rights, etc

<https://www.stitcher.com/podcast/activist-you>

Each episode features an interview with a young activist. Guests include kids and teens who fight for racial justice, climate justice, immigration reform, LGBTQ+ rights, and more.

So Get Me: The Alphabet Rockers' podcast for families making change! Podcast

AGES: 5+

TOPICS: Advocacy, youth led change

<https://podcasts.apple.com/us/podcast/so-get-me-alphabet-rockers-podcast-for-families-making/id1465530776>

This is a podcast for families from the Alphabet Rockers, an intergenerational hip hop group. On the show, rocker kids talk about their identities and the change they're making in their communities.

WATCHING: MOVIES WITH MESSAGES

Hair Love- Short Animated Film

AGES: 3-8 years

https://www.youtube.com/watch?v=kNw8V_Fkw28

Hair Love, an Oscar-winning animated short film from Matthew A. Cherry, tells the heartfelt story of an African American father learning to do his daughter's hair for the first time.

Zootopia

AGES: 5+

Zootopia sets itself apart by attacking prejudice head-on. Zootopia attempts to examine the “why” of prejudice rather than the surface elements. Through its clever, endearing characters, hilarious jokes, and honest sentiment, Zootopia comes away as a film that's not only a joy to watch, but also one with a message that couldn't feel more relevant right now. — Matt Goldberg Managing Editor of Collider.com

Dancing in the Light: The Janet Collins Story (2015)

AGES: 5+

Topics: The short movie, “Dancing in the Light: The Janet Collins Story,” tells the true story of Janet Collins, the first African-American ballerina in the United States to perform at the Metropolitan Opera House. It tackles racism (such as Collins being asked to paint her face white to fit in) and emphasizes how momentous her success was, given the deep-rooted prejudices of 1930s America.

Big Hero 6

AGES: 2+

Topics: The cast includes strong, gender stereotype-defying women (one of whom is Latina) and several African Americans and Asian Americans, including the protagonist. At the same time, none of them are defined by their race — or their gender — meaning every child can see themselves reflected in one (or more) of the characters.

A Bug's Life

AGES: 4+

“By placing ants and grasshoppers within the context of colonialism, A Bug's Life slyly critiques economic exploitation and military expansion. As it inveighs against colonialism, the film simultaneously celebrates the ideals of ingenuity and democracy that defined the early American Republic.” - Parth Parihar from the Princeton Buffer

Akeelah and the Bee

AGES: 7+

The uplifting message of “Akeelah and the Bee,” hails from Nelson Mandela's often repeated words, “Our deepest fear is not that we are inadequate, our deepest fear is that we are powerful beyond measure.” It can be applied to anyone—young or old, rich or poor, black or white—struggling to forge a new path. -from the Harvard Crimson

Separate Is Never Equal

Ages 6+

A short documentary about Sylvia Mendez, the young Latina who desegregated schools in California a decade before Brown vs. Board of Education. This Reading Rainbow-style film is based on a book that draws dialogue directly from court documents. From ParentMap “15 movies that help kids do the right thing”



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