



Discussing racism and hate crimes with children.

Crises understandably heighten our concerns and fears about hate crimes. It is a normal reaction for both adults and children to feel anxiety, anger, and confusion in the aftermath of such incidents and to worry about the presence of racism in our own communities.

Racism is the prejudice or hatred directed towards racial or ethnic groups. In times of humanitarian crisis, emotions heighten, and the weight of racism can feel more pronounced.

Here are some ways to help you navigate conversations with your children.



Talk to your children:

Avoiding the topic will only increase their worry and fear. Encourage your children to ask questions and explain what has happened to help ease their fears. Begin by asking what they've already heard about these events. Listen for misinformation, misconceptions, and underlying fears or concerns.

For preschool children: Be cautious about exposing young children to adult conversations, but remember that they may pick up on your emotions and hear more than you think. Children might not fully understand your discussions and may fill in the gaps with misconceptions.



Limit news coverage exposure:

Try to shield young children from graphic details in news coverage. Excessive exposure to the news can be stressful for everyone. Consume what's necessary and then restrict additional exposure.





Allow your children to discuss their fears:

Teens might want to share experiences of discrimination. Regardless of your child's age, they may ask if similar incidents could happen in your community. Address these concerns while emphasizing the efforts to keep them safe.



Reassure your children:

Be aware of safety measures in their schools and community centers and let them know that you are available to address their safety concerns.



Be aware of signs of emotional struggles:

Keep an eye out for signs of distress, such as refusal to attend school, nightmares, physical symptoms (headaches and stomach aches), declining school performance, appetite changes, or strained relationships.



Gather as a community:

In times of heightened stress and tragedy, coming together as a community is crucial. Remember that as individuals, we are resilient, and as a community, we are even stronger. Reach out to family and friends and gather as a community to strengthen bonds and support one another.

These conversations and actions can help children feel safer and more informed in the face of challenging situations.