

Resources to understand race and racism





There are lots of resources that can help families learn about race and racism.

Typically, children become aware of race at age 4. For some families “choosing” whether or not to talk about race is an option that many parents don’t have. Sadly, some children may learn about it by confronting racism in their everyday lives. We know that talking about this and learning about these complex issues can be challenging.

Here, we have collected a list of different resources that can help children and young people with autism and their families learn about racism.

For children



10 books to introduce race



A list of books that start to talk about race

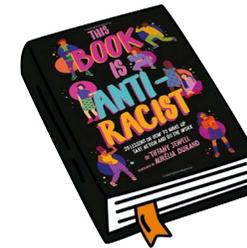


A list of picture books representing and celebrating diversity

For young people



A list of books for young people collected by BAME Teach Network (various)



This Book is Anti-Racist: 20 lessons on how to wake up, take action, and do the work by Tiffany Jewell (long read)



What is racism and racial bullying by Childline (medium read)

For families teaching a child or young person



6 things white parents can do to raise racially conscious children by Bree Ervin (short read)



Talking to your children about culture by Parent Lives (medium read)



Why talk about Whiteness? By Teaching Tolerance (long read)

Articles and books



For children



Elmo from Sesame Street and Lupta Nyong'o love the skin they're in
(2 minutes)



Oscar winning short film Hair Love
(7 minutes)



Discrimination explained in a short animal with Olly Pike
(5 minutes)

For young people



Celebrating cultures and differences by Childline
(8 minutes)



Race and privilege explained in the race for £100
(4 minutes)



Two young women at TedX talk about being racially literate
(10 minutes)

Videos

For families teaching a child or young person



Staying culturally connected by parent.tv
(3 minutes)



How and when to talk to your children about race
(8 minutes)



Is my skin brown because I drank chocolate milk? by Beverly Daniel Tatum at TedxStanford
(15 minutes)

For children



The story of John Newton and his role fighting for the abolition of slavery
by BBC Teach
(10 minutes)



Various audio books on different cultures and festivals
(10 minutes)

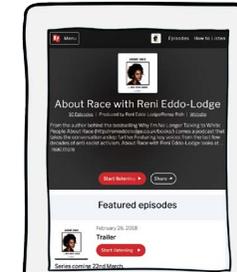


We're all different
by Twinkl
(3 minutes)

For young people



Teenager Nupol Kiazolu talks about her role in Black Lives Matter on Activist, you!
(20 minutes)

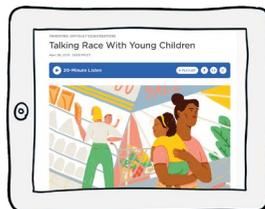


The big questions: About race with Reni Eddo-Lodge
(40 minutes)



Teenager Alvin Owusu talks about how to be an activist on the BBC podcast
(20 minutes)

For families teaching a child or young person



Talking race with young children by Parenting Difficult Conversations
(25 minutes)



Talking to kids about race by Therapy for Black girls
(30 minutes)



How to talk about racism and Black Lives Matter with children on Women's Hour, BBC Radio 4
(55 minutes)

Audiobooks and podcasts



We are Ambitious about Autism

Ambitious about Autism is the national charity for children and young people with autism.

We provide services, raise awareness and understanding, and campaign for social and policy change. Through TreeHouse School, The Rise School and Ambitious College, we offer specialist education and support.

Our ambition is to make the ordinary possible for more children and young people with autism.



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