



## Talking to you children about racism: Becoming an anti-racist family

### Resource recommendations from our panel.

*Disclaimer: Opinions expressed in these resources are those of the authors and do not necessarily reflect those of Bethany Christian Services.*

#### Articles

[6 Ways to be Anti-Racist Because Being 'Not Racist' Isn't Enough](#)

[30 Things to Read and Do to Further Your Anti-Racist Learning](#)

[103 Things White People Can Do for Racial Justice](#)

['Me and White Supremacy' Helps You Do the Work of Dismantling Racism](#)

#### Book Recommendations

[This Book Is Anti-Racist](#)

[How to be Anti-Racist](#)

[Anti-Racist Baby](#)

[Mother to Son](#)

#### Tools

[Resources You'll need for Raising an Anti-Racist Child](#)

[Racial Justice Rising](#)

[Embrace Race](#)

[White Allyship 101: Resources to Get to Work](#)

#### Videos

[The Difference Between Being Not Racist and Anti-Racist](#)

[Race in America](#)

[7 Videos That Help Explain Racism and How to be Anti-Racist](#)

#### Quote from Anti-Racism Webinar: by Dani Bruflo

“Rooting out the racism and ignorance that runs through our white families is how we keep our Black loved ones safe and dismantle the systems that harm them. This work is our responsibility and nothing changes until this does.”

Being anti-racist means being willing to make sacrifices. You'll lose friends. You might go months without talking to a parent. The aunts and uncles you admired as a child will become hard to understand or respect. You'll get unfriended. And blocked. And harassed. You'll lose followers and clients and sales. You'll be ostracized and ganged up on. You'll lose sleep. You'll lose hours upon hours of your time having conversations with people only to still be having those same conversations with them five years later. As difficult as each of these things are they pale in comparison to what our friends of color continue to endure if we remain silent.

You'll lose some faith sometimes. It is a struggle to watch people you care about cling so desperately to structures that also oppress and harm so many of them. You will struggle to find the words. You'll say the wrong words. You'll speak clearly and with compassion one day and then lose it over a meme the next. You'll be right, and you'll be wrong. And you'll start to find your voice.

And it will be worth it. Eventually, you aren't going to be the only person in your aunt's comment thread calling her out. You won't be the only one at Thanksgiving willing to have the hard conversations. You'll start to see the long-reaching fibers of racism that run through your family start to unravel and come undone and that is what will lead to the change we need. But that only happens when we do the work.”