

# Talking With Your Kids About *Injustice*



Research shows that even very young children are aware of injustice and may learn harmful lessons when it's not discussed openly. As children get older the conversations will become more complex. Caregivers should initiate the conversation, however uncomfortable and difficult, to listen and guide it with accurate information. Balance your acknowledgement of the reality of injustice with messages about hope for change, the availability of help, and the value of standing up for what you believe.

The world is complicated. Many children will be distressed and confused by what they are seeing, hearing, or experiencing now about racial injustice. Children learn from what they see. Your actions as well as your words are important for their developing belief systems and how they react to injustice.

## LISTEN



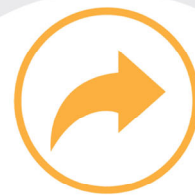
- Listen and encourage questions
- Answer with age appropriate language
- Acknowledge feelings, fears, or worries; nurture empathy and compassion
- Be prepared to talk about what your kids see and hear
- Keep the conversation open and ongoing

## LEARN



- Take time to educate yourself about the history of racial injustice
- Utilize culturally sensitive learning resources and materials
- Learning the historical context can help kids understand and react with less fear
- Learn from and challenge your own assumptions and behavior

## SHARE



- Discuss injustice seen and heard around you
- Teach children to celebrate, value, and embrace diversity
- Use external resources (books, songs, television) to support your discussion
- Try to be calm and don't shy away from your emotions
- Remember, It's okay if you don't have all the answers

### Talking about injustice:

**It is wrong to treat someone differently because they are different than you.  
Everyone deserves to feel safe and important.**

### In response to injustice:

**That was unkind  
I disagree with you and this is why...**