

RACIAL BARRIERS

Facts sheet



Meaning

One type of socialization message discusses the **possibility of racism**, like police brutality. This type of message focuses on preparing for, coping with, and healing from experiences with racial stressors.

Examples

- "The more you can communicate your thoughts & emotions to white folks, the less they can assume or make decisions about you without your input."
- **The Talk**, a conversation had in many Black and Brown families, discusses the possibility of police brutality and how to respond when faced with law enforcement.



Benefits

These types of messages prepare youth for discrimination, and can provide them with the tools needed to respond to racial stress and discrimination in the moment.

More Information:

@theempowerlab on Instagram

The **EMPOWER** Lab
ENGAGING MINORITIES IN PREVENTION OUTREACH WELLNESS EDUCATION & RESEARCH

<https://www.drishametzger.com/online-resources>

