

# Talking about POLICE BRUTALITY

Talking about Police Brutality with children can be a difficult part of parenting but is growing to be more necessary with how often it is occurring and the violent scenes that children are exposed to on social media. For caregivers who are unsure of what to do, here are some tips.

## Quick Tips

- Start by explaining the concept of police brutality in age-appropriate language. Explain that sometimes police officers use too much force, and that is not okay.
- Bring up specific examples, like of Tyre Nichols' murder. Explain that he was a 29-year-old black man who was killed by a police officer.
- Emphasize that violence, especially by those in positions of authority, is not acceptable and must be addressed.
- Emphasize the importance of treating everyone with respect and kindness, and encourage them to stand up against violence and discrimination.
- Offer resources such as books or videos to help them understand the topic better and provide a safe space for them to ask questions and express their feelings.
- Tell the child that they can unplug or disengage from the conversation at any time if it becomes difficult. They can also practice **deep breathing** and **progressive muscle relaxation**.

### Black Children

1. Emphasize that despite their skin color, they have the same rights and deserving of equal treatment and protection.
2. Encourage them to speak out and raise their voice against injustice.

### Non-Black Children

1. Explain that racism and police brutality are systemic problems that affect everyone and not just people of color.
2. Encourage them to be allies and to use their privilege to stand in solidarity with communities of color.