

RACIAL SOCIALIZATION



WHAT IS IT?

Racial socialization is how adults transmit the behaviors, perceptions, values, and attitudes of their ethnic group in helping youth deal with stressors associated with their minority status.



Communicating these messages is linked to improved outcomes in:

- Self-esteem
- Racial identity
- Academic achievement & Job performance
- Psychological resilience

CONVEYING RACIAL SOCIALIZATION MESSAGES

Racial socialization can be conveyed in multiple ways from various sources (eg. parents, community, peers, school). We often see these messages in:

- Oral communication
- Modeling
- Role playing
- Exposure



TYPES OF RACIAL SOCIALIZATION PRACTICES

Great news! Most families already engage in racial socialization, whether or not they know it. Knowing the types of messages might help families better match their parenting practices with the messages and values most important to them.



RACIAL PRIDE

Teach about Black heritage,
history, and culture to
promote group unity and
combat negative
experiences.



Focus on individual achievement & the need to work twice as hard as other groups to be rewarded the same.

RACIAL BARRIER

Focus on preparing for, coping with, and healing from experiences with racial stressors.

RACIAL EQUALITY

Emphasize that all races are equal and should live together peacefully.



SPIRITUALITY & RELIGION

Religion and/or spirituality to promote strength, resilience, and empowerment.

FAMILY INVOLVEMENT

Emphasize the importance of others in child rearing and family management.

COPING WITH RACISM



FOR CAREGIVERS

- When your stress about racism is high, talk to your kids about it in an age-appropriate way. It can be as simple as "seeing people treated mean because of how they look makes mommy sad."
- Ask your child or teen about racism they
 have witnessed (in their community or
 online) or experienced themselves. Provide
 support, answer their questions, and share
 how you cope.
- Prepare youth for what they can do in racist situations they are likely to face. Teach and practice skills they will need.
- Share the history of your ethnic group or family history, including ways people have faced injustice, shown strength despite oppression, and achieved things you value.
- Talk to someone you trust about what is going on. You can ask for advice or just to listen and be supportive.
- Keep your body healthy by exercising during the day and getting enough sleep. This can lower your stress and improve your mood.
- Take breaks from watching news or social media, and find activities that can help you relax for a bit.
- Take action to make things better. Do something that makes your own life or your community better.



