

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.

BENEFITS

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:

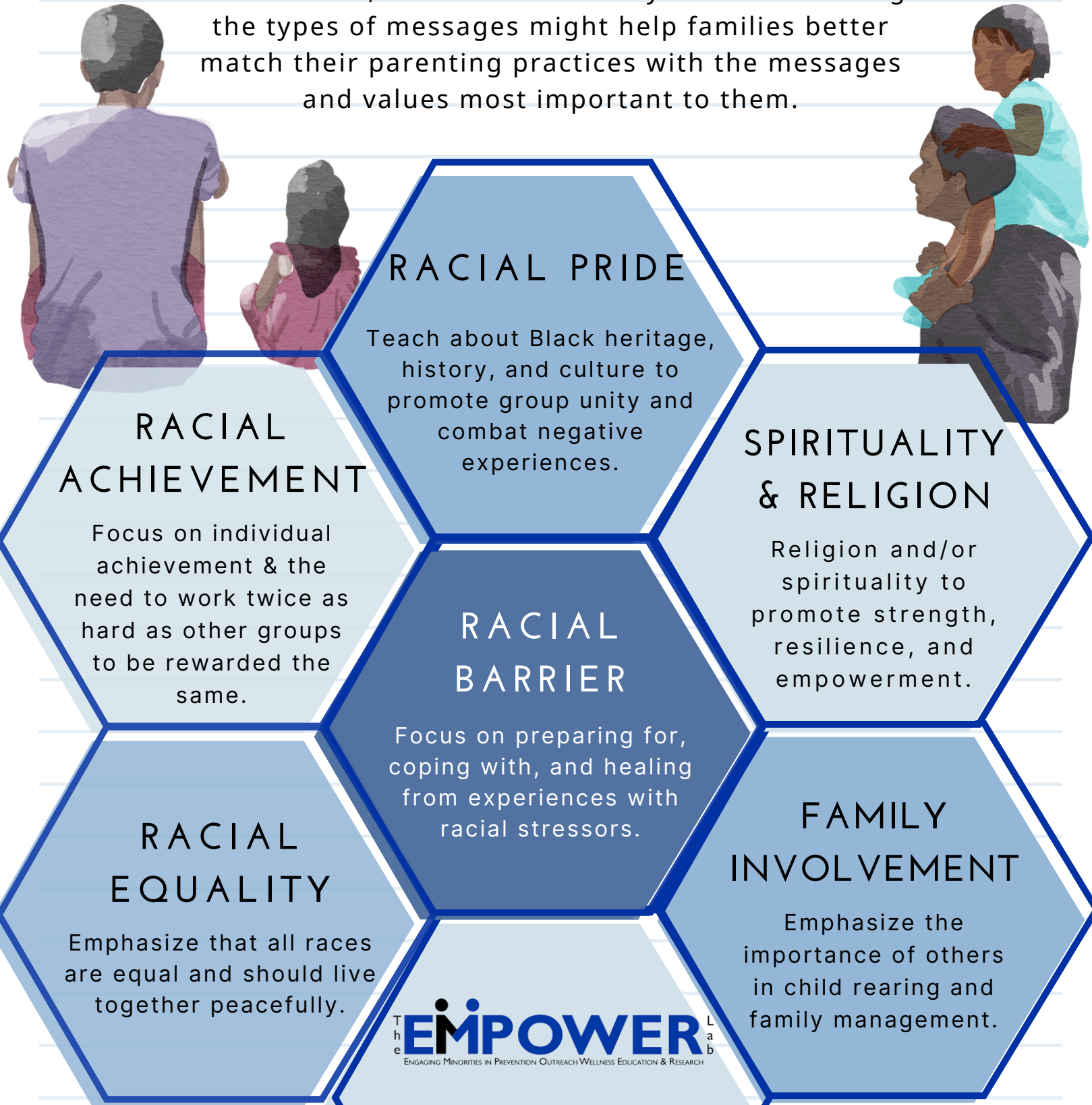
- Oral communication
- Modeling
- Role playing
- Exposure



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.



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.

FOR YOUTH