

# How can you prevent RACISM?



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ET grandir

GOOD TO KNOW...



Young children tend to identify with people who look like them. You therefore have an important role to play when introducing your child to other people!



## Steps to take



### EXPOSE YOUR CHILD TO DIFFERENCE AND DIVERSE ROLE MODELS.

You can do this through the people you meet, the books you read together, and the movies or games you choose.



# Steps to take



## LEAD BY EXAMPLE BY TREATING OTHERS WITH RESPECT.

Remember that you are your child's primary role model.



## TALK TO YOUR CHILD ABOUT WHAT THEY SEE AND HEAR ON TV AND FROM PEOPLE AROUND THEM.

Point out unfair situations and tell them that racist words and actions are unacceptable.



## IF YOUR CHILD MAKES A RACIST COMMENT, APPEAL TO THEIR EMPATHY.

Ask them to imagine themselves in the same situation and explain that racism is wrong.



## EXPLAIN THE CONSEQUENCES OF RACISM BY DISCUSSING HISTORICAL EVENTS, ONCE YOUR CHILD IS 4 OR 5.

Read your child books about well-known figures such as Rosa Parks, Ruby Bridges, and Nelson Mandela. This will help them understand the effects of racism.





# If your child is a victim of racism



1

**LISTEN**, help them talk about their emotions (anger, pain, etc.), and let them know they're right to feel the way they feel.

2

**STAY CALM** and ask questions to get a better grasp of the situation.

3

**SHOW THEM, THROUGH YOUR ACTIONS, THAT YOU DON'T AGREE WITH WHAT HAPPENED.** This will help your child learn to trust their instincts, stand up for themselves, and feel empowered.

4

**TELL THEM WHAT YOU'RE GOING TO DO TO CHANGE THE SITUATION:** talk to their daycare educator or teacher, write to the other child's parents, etc.



## WHAT DOES THAT MEAN?



**PREJUDICE:** A negative attitude toward a person or group based on a misconception that is taken as truth and that can lead to negative behaviour.



**STEREOTYPE:** A thought or experience that leads us to generalize and attribute characteristics and tendencies to an entire group of people.

## Dangers of prejudice and stereotypes

- Misunderstandings
- Discrimination
- Exclusion
- Unjust behaviour
- Bullying
- Disrespect
- Racist behaviour