

**Thank you for using the My Skin,
Your Skin educational resources.**



I have prepared a few resources to extend children's ongoing understanding of race, racism and, more importantly, how children can feel empowered to be the best versions of themselves. As stated in 'A note for adults reading this book', this book is a starting point for your ongoing teaching and learning on race, racism and empowerment with the children that you work with.

A note for adults reading this book

This book is a starting point for discussing race, racism and empowerment. These conversations are vital. Being anti-racist is essential.

Here are some things you could do to help support young children to tackle racism:



- Make a list of behaviours that are unacceptable. This could be added to a list of family values or school values.
- Reflect on your own biases and past behaviour. We need to reflect on the past in order to move forward.
- Help your child to develop good self-esteem. This will not stop racism, but it will help them be proud of their identity. Try using daily affirmation cards, with messages like "Your skin is beautiful" and "You are special".
- Have a range of toys, including dolls and action figures of different races and cultures. Observe your child as they play. Are they including Black and Asian dolls in their play, for example? If not, pick one up and join in.
- Discuss and share, where appropriate, injustices that have happened in the world.
- Never dismiss your child's experiences of racism, whether they are on the receiving end or a witness. Telling them not to worry or to ignore bullies is not helpful. Help them understand that it is not their fault, and encourage them to explore their feelings using words.

When we discuss racism, it is important to provide an emotionally safe environment for children that honestly acknowledges how they are feeling. This is particularly important if they (or someone that they know) have experienced or have witnessed racism.

Equally, always be sure to cross-reference with your school's policies and procedures for supporting children with their wellbeing, safety and safeguarding.

As well as children who may have experienced racism, it is also important before you share these resources to consider children who are in the minority due to their race. Start by having a sensitive and transparent conversation with their parent or carer, telling them





that you will be discussing race and racism and you are mindful that their child is in the minority within school. Your stance will be to sensitively support their child. The discussions will not only be on race and racism, but there will also be discussions on empowerment and children will be able to celebrate their strengths and what they are good at, which in turn will have a positive impact on their self-esteem and self-worth.

Likewise, if your school is in an area that is not particularly diverse, it is important to share what you are doing – and the resources – with parents. Explain why you are discussing racism and how important it is that as a school you are taking an anti-racist stance. As well as sharing with children the impact of racism, be sure to celebrate black and brown people. Use materials and resources that show black and brown people positively going about their day-to-day business. This will help children to avoid stereotypical views about black and brown people.

We will be using the book *My Skin, Your Skin* to support the educational resources. Please be sure to have your copy available, and for ease of reference, I have shown the page that we will be discussing in each resource. Equally, you may wish to purchase the audio version of *My Skin, Your Skin* to support your teaching and as an additional learning tool. To ensure that activities include all children, suggest that they can either write, draw or make a symbol to express their thoughts.

I suggest that you read and/or listen to the book with the children a few times before using the educational resources, so that the content makes sense to the children.

Thank you,

Laura

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Write, draw or use a symbol to state what racism is.



Write, draw or use a symbol to state how you are going to be anti-racist, in school and out of school.



Write, draw or use a symbol to state how you can dismantle racism.



Write, draw or use a symbol to show that you are great, how beautiful your skin is and that you are unique.



My skin is beautiful



I am unique



I am great



List of websites, to share with children and parents:



MA Consultancy- Ma-Consultancy.co.uk

The Early Years Blacklist- www.TheEarlyYearsBlacklist.com

The Black Curriculum- TheBlackCurriculum.com

This is Book Love- www.ThisIsBookLove.com

[Supporting You to Raise Antiracist Children](#) written by [Laura Henry-Allain](#) and [Emma Worollo](#)

Lit in Colour - penguin.co.uk/Campaigns/Lit-In-Colour

Centre For Literacy In Primary Education (CLPE)- clpe.org.uk

