



Austin Child Guidance Center

Talking to Kids About Race & Racism

June 11, 2020



810 West 45th Street • Austin, TX 78751
(512) 451-2242 • www.AustinChildGuidance.org

A healing place for your child's mental health

Welcome to ACGC's Online Panel Discussion on Talking to Kids about Race and Racism!

Racism continues to persist as a mechanism of exclusion, conflict and disadvantage in the United States and around the world. The last few months have been a perfect storm of events that have led to the protests and calls for an end to racial discrimination of African American people and other minority groups. A disproportionate number of black and brown people dying from the Coronavirus and as a result of the guaranteeing and social distancing, the associated disproportionate number of black and brown people losing their jobs as all non-essential business were closed or dramatically scaled down. There was Ahmaud Arbery who was killed while jogging by a White father and son, then Breonna Taylor an unarmed EMT was shot eight times when plain clothed police officers illegally entered the wrong apartment to serve a "no knock warrant" to a suspect that was already in custody. More than two months later, those officers have yet to be charged for her murder. There was Amy Cooper, a White woman who knowingly weaponized her White privilege by calling the police and reporting that an African American man had threatened her life when in reality he asked her to leash her dog who was running freely in a section of Central Park that required dogs to be on a leash. Then came the murder of George Floyd, whose life was taken from him by a police officer who knelt on his neck for 8 minutes and 46 seconds for an alleged non-violent crime despite him being handcuffed and immobilized on the ground by three other officers.



While these senseless acts of racism are nothing new in our country, what has made them so much more incendiary and devastating is the fact that they were all caught on camera so we have all been able to watch these immoral and criminal acts take place. This awareness has sparked a different level of outrage and call to action for people of all ages and races.

At ACGC, we want to ask the question. What about the Kids? How are they dealing with what they are seeing and hearing about race and racism? What impact does this have on the mental health of children now and in the future? And what can we as adults do to help? This online event was designed to help parents and educators talk with their children about race and racism.

The resources provided in this packet represents staff picks for addressing is topic with children. It is intended to be a starting point and is not an exhaustive list of available materials on this topic.

If you would like more information about ACGC, our services or how you can support our work, please call (512) 451-2242 or visit www.austinchildguidance.org.

Thank you for joining us!

Kristen Pierce-Vreeke
Executive Director

OUR STORY

Our story began with concerned citizens, public schools, the juvenile court, welfare agencies, and voluntary agencies coming together to study the local mental health needs of Austin. That group identified a need for high-quality diagnostic and treatment services for children.

IN 1951, AUSTIN CHILD GUIDANCE CENTER WAS BORN.

Since then, Austin Child Guidance Center has continued to provide accessible, high quality mental health services to children and their families empowering them to thrive in childhood and beyond.

With early-intervention, diagnosis and treatment, ACGC has been a catalyst for change and prevention aiding children to acquire coping skills and effective tools as they age into adulthood.



Dedicated to improving the mental health of children and their families, a multidisciplinary team of psychiatrists, psychologists, social workers, and counselors provides individual, family, and group therapy; psychiatric and psychological services; parent education; community presentations and consultations; and training to current and future mental health professionals.

2,895

Unique clients in 12 Central Texas Counties

24,513

hours of mental health care were provided to children and families

83%

of primary clients made progress on treatment goals

80%

of clients live in households with incomes below 200% of the federal poverty level

PANELISTS

Charlotte Caples is the owner of Charlotte Caples Consulting which helps leaders develop their voice about racial equity, own their power and hold accountable systems that impact them! She believes outcomes should not be predictable by race and that peace, power and prosperity are everyone's birthright! Her coaching service has helped more than 5000 leaders begin to live authentically, feel more confident, courageous, grounded, and purposeful about their journey to transform racism. As a result of her consulting services, organizations committed to racial equity develop transformational, strategic plans to eliminate racism; minimize costs and potential for lawsuits; as well as create an organizational culture that is racially equitable and inclusive.

DeAnna Harris-McKoy is a licensed marriage and family therapist, associate professor, researcher, and social justice advocate. She has over 10 years of clinical experience with diverse populations and disorders in a variety of clinical settings. Her research focuses on adolescents, Black mental health, and social justice in the field of Marriage and Family Therapy. She has delivered presentations at local, regional, national, and international conferences. Dr. Harris-McKoy has been actively involved in her local and professional communities by serving on multiple boards and in various leadership positions.

Emmitt W. Hayes, Jr. retired from public service in January 2014 as Director of the Probation Services Division for the Travis County Juvenile Probation Department. One of his crowning achievements was his work in the development and implementation of the Texas Criminal Justice Treatment Initiative. In 2010, the Secretary of Health and Human Services appointed him to a 3-year term on the National Advisory Council for the Center for Substance Abuse Treatment. He is currently an independent consultant operating as LTBL Consultants that facilitates workforce development, diversity management and juvenile justices training workshops.

Chloe Picot-Jacobs, LMSW, is a therapist on the Infant/Early Childhood Project. She began her work at ACGC as a graduate student in 2017, and joined the team as a full-time staff member in 2018. She received her Master's degree from the University of Texas at Austin's School of Social Work, and her undergraduate degree from Northwestern University. In addition to clinical services, Chloe leads the newsletter committee for the Trauma Informed Care Consortium of Texas (TICC). She considers social justice and anti-racist practice to be an ongoing journey that is critical to both her professional role and her personal growth as a White person.

Kristen Pierce-Vreeke is the 8th Executive Director and the first woman and person of color to lead Austin Child Guidance Center. Previously she served as the Director of Counseling Services at Catholic Charities of Central Texas. With nearly 20 years of clinical and nonprofit leadership experience, Kristen has a proven track record of building and leading teams, growing revenue, streamlining operations, and working with fundraising teams to develop marketing and outreach strategies, build partnerships, and identify grant opportunities to increase financial resources to expand services; while maintaining high-level client centered mental health services. Prior to her work with Catholic Charities, Kristen served as the Clinical Director for Center for Survivors of Torture, providing mental health services to refugees and asylum seekers, operated a private practice in Westlake and served in various leadership capacities in organizations in Connecticut where she resided before moving to Texas. Kristen has a B.A. in English from Hampton University, and a M.A. in Marriage and Family Therapy from Fairfield University. She is a Texas Board and AAMFT Approved Supervisor and is passionate about her work and her family.

RESOURCES

ARTICLES

[Talking to Children about Racial Bias](#)

[Even Young Children Notice What's Happening in the World Right Now- Here's What You Can Do To Help Them Understand](#)

[How Kids Learn Prejudice](#)

[How Silence Can Breed Prejudice](#)

[How to Talk to Kids About Racism and Keep the Conversation Going](#)

[4 Things We Should All Teach Kids About Racism Right Now](#)

[Talking to Children After Racial Incidents](#)

ONLINE RESOURCES FOR PARENTS

[100 Race Conscious Things You Can Say to Your Child to Advance Racial Justice](#)

[Anti-Racism for Kids 101](#)

[The Anti-Racism Project](#)

[Black Lives Matter Recommended Reading for All Ages](#)

[Black Mamas Matter](#)

[Bill of Rights For People of Mixed Heritage](#)

[Center for Racial Justice in Education](#)

[Critical Conversations from The Conscious Kid](#)

[Embracerace.org](#)

[latinxparenting.org](#)

[Moms of Black Boys United](#)

[NAEYC Teaching About Race and Unlearning Racism](#)

[Race: The Power of an Illusion](#)

[Raising Race-Conscious Children Webinars](#)

[socialjusticebooks.org](#)

[Social Justice Resources from The Children's Community School](#)

[UCLA Parent Empowerment Project](#)

BOOKS FOR PARENTS AND EDUCATORS

The ABC's of Diversity by Carolyn B. Helsel and Y. Joy Harris-Smith

Every Day Antiracism Edited by Mica Pollock

How to be an Antiracist by Ibram X. Kendi

Just Mercy by Bryan Stevenson

Me and White Supremacy by Layla F. Saad

The New Jim Crow by Michelle Alexander

Raising White Kids by Jennifer Harvey

So You Want to Talk About Race by Ijeoma Oluo

Teaching to Transgress by Bell Hooks

White Fragility by Robin Diangelo

Why are All the Black Kids Sitting Together in the Cafeteria by Beverly Daniel Tatum

BOOKS FOR INFANTS AND TODDLERS

A is for Activist by Innosanto Nagara

Antiracist Baby by Ibram X. Kendi

Saturday by Oge Mora

The Snowy Day by Ezra Jack Keats

Woke Baby by Mahogany L. Brown

We're Different, We're the Same by Bobbi Kates

Whose Toes Are Those? by Jabari Asim

BOOKS FOR CHILDREN (AGES 4-7)

The Book Itch by Vaunda Micheaux Nelson

The Day You Begin by Jacqueline Woodson

Hey Black Child by Useni Eugene Perkins

Little Leaders book series by Vashti Harrison”

Mixed Me! by Taye Diggs

My Hair is a Garden by Cozbi A. Cabrera

BOOKS FOR CHILDREN (AGES 4-7)

Rosa by Nikki Giovanni

Separate is Never Equal by Duncan Tonatiuh

Something Happened in Our Town by Marianne Celano, Marietta Collins, and Ann Hazzard

Trombone Shorty by Troy Andrews

Viola Nelson Won't Be Budged by Jody Nyasha Warner and Richard Rudnicki

BOOKS FOR CHILDREN (AGES 8-12)

Becoming Kareem by Kareem Abdul-Jabbar

Clayton Byrd Goes Underground by Rita Williams-Garcia

The Crossover by Kwame Alexander

I am Not a Number by Jenny Kay Dupuis and Kathy Kacer

A Kid's Book About Racism by Jelani Memory

Let's Talk About Race by Julius Lester

Resist by Veronica Chambers

Ruth and the Green Book by Calvin Alexander Ramsey

Shining Star: The Anna May Wong Story by Paula Yoo

This Book is Anti-Racist by Tiffany Jewell

BOOKS FOR ADOLESCENTS (AGES 13+)

All American Boys by Jason Reynolds and Brendan Kiely

Dear Martin by Nic Stone

Just Mercy (Adapted for Young Adults) by Bryan Stevenson

The Hate U Give by Angie Thomas

March (trilogy) by John Lewis

This is My America by Kim Johnson

X, a Novel by Ilyasah Shabazz

PODCASTS AND VIDEOS FOR CHILDREN

[Activist You! Podcast for Kids](#)

[Codeswitch Episodes for Kids](#)

[“Supporting Kids of Color in the Wake of Racialized Violence”](#)

[Talking Race with Young Children](#)

[“Talking to Kids About Race by Therapy for Black Girls”](#)

[“Teaching 6-Year Olds about Privilege and Power”](#)

[Daniel Tiger Videos](#)

[“Sesame Street’s Video on Racism”](#)

ACTIVITIES AND LESSON PLANS

[Activities that Promote Racial & Cultural Awareness](#)

[“Conscious Kids: A Family’s Guide to the Greater Good”](#)

[Creating a Climate of Inclusion](#)

[“Daniel Tiger Alike & Different Activities- Families and Teachers”](#)

[Lesson Plans from Teaching Tolerance](#)

[Safe at School Lesson Plans & Activities](#)