



The horrific killing of George Floyd at the hands of police in Minneapolis has understandably sparked protests and calls for justice from around the globe, including Milwaukee. It is normal to be experiencing a range of emotions from grief to anger, in addition to a desire to process and better understand what is happening in our society and in our streets. A lot of information is available in our public media, but even just staying informed can sometimes be overwhelming and trigger added stress. In an effort to provide processing tools as well as means of self-care, below are several resources for students, staff, and parents.

Resources for Teachers and Parents

[Don't Say Nothing: Silence Speaks Volumes, Our Students are Listening](#)

An article from Jamilah Pitts on the benefits of engaging in dialogue rather than remaining silent during challenging times.

[Smithsonian Online Portal – Talking About Race](#)

A free interactive web portal from the Smithsonian for exploring one's thoughts and feelings on racial identity.

[For White Teachers in the Time of Black Lives Matter](#)

A blog post on how White educators can broach the topic of Black Lives Matter with students.

[Resources for Discussing Police Violence, Race, and Racism with Students](#)

Tips from Evie Blad from Education Week, for discussing the topics of race, racism, and police violence with students, including videos.

[How to Talk to your Kids about Race, Racism, and Police Violence](#)

Advice from social justice educators Melissa Giraud and Andrew Grant-Thomas for parents on how to speak to their children about what's going on today with racism and police violence.

[How to Talk to Kids About Black Lives and Police Violence](#)

Advice from Jesse Hagopian, a public school teacher and father, for parents and teachers on how to speak to children about racism and police violence.

[George Floyd. Ahmaud Arbery. Breonna Taylor. What Do We Tell Our Children?](#)

Tips from Alia Dastagir of USA Today for parents on how to begin the conversation on racism and police violence, highlighting recent high-profile cases.



Resources for Students

[Urban Underground \(Ages 13-17\)](#)

A Milwaukee-based program for connecting with our youth and engaging them in social activities and important dialogue.

[Teaching Ideas and Resources to Help Students](#)

Resources for young people, from the New York Times, including thought-provoking prompts and commentary from public figures such as Kareem Abdul-Jabbar and Trevor Noah.

[Student Opinion/Discussion Section of the New York Times \(Ages 13-17\)](#)

An opportunity for adolescents to share their thoughts on recent events and read the comments of others, moderated by New York Times staff.

Resources for Practicing Self-Care and Managing Stress

[APA: Stress Relief is Within Reach](#)

Tips from the American Psychological Association on reducing stress and coping with traumatic events.

[Coping with Race-Related Stress](#)

Specific advice from the Illinois Counseling Center providing strategies for dealing with race-related stress.

[How Black Americans Can Cope with Anxiety and Racism](#)

A mindfulness approach to dealing with the stress from racism, from Dr. Jessica Graham-LoPresti, Dr. Tahirah Abdullah, Amber Calloway, and Dr. Lindsey West.

[Managing Strong Emotional Reactions to Traumatic Events](#)

Guidance from the National Association of School Psychologists on managing the impact of witnessing large-scale tragedy.