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How to Be an Anti-Racist Parent 5 Tips Every Parent Should Know

You don't use racial slurs. You teach your child to treat everyone equally. You expose your family to diverse cultures. That's enough to make sure your children don't grow up to be racists, right?

Not necessarily.

Most people think that racism is all about white hoods, burning crosses, and racial slurs. But racism is also about linking physical and intellectual abilities to racial differences. If you think about racism in this way, the truth is that all of us hold racist beliefs.

Here are 5 tips to keep in mind:

1. Your children will face racism, so prepare them for it

It's not unusual for children to hear their peers using racial slurs as early on as the first grade, even in the most diverse and open-minded communities. Don't assume that racism is a non-issue for your family.

2. Don't be colorblind

"Everyone is the same to me. I don't even see color!" Being colorblind is not possible and it should not be your goal. As NAACP Chairman Julian Bond says, colorblindness means being "blind to the consequences of being the wrong color in America today."

3. Make conversations about racism relaxed and frequent

Don't wait for A Very Special Moment to talk about race. Conversations about race should be as normal and casual in your family as discussions about "American Idol." In fact, "American Idol" can be a good starting point to talk about how people of color are portrayed in the media!

4. Lead by example

Actions speak louder than words. If you tell your children they should accept everyone, regardless of race, but you only socialize with people from one race, what message do you think your child will absorb?

5. Never stop dismantling your own racist beliefs

You can't lead by example if you don't work on yourself. Realize that you're not going to wake up one morning and be rid of all your racist beliefs. There are no shortcuts to becoming anti-racist. Be aware of your own biases and privileges, and never stop working to overcome them.



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Want to learn about race and racism but hate diversity training?

What comes to your mind when you think about diversity training?

- a) Listening to boring speakers who use meaningless diversity training buzzwords like “cultural competence” and “tolerance.”
- b) Participating in awkward diversity training workshop exercises. Privilege walk, anyone?
- c) Learning painfully obvious things, like “racism is bad.” As if you needed diversity training to tell you that.
- d) All of the above.

Now you can learn about race and racism without having to endure the misery of diversity training. Here are 3 different ways to get involved.

1. Join the conversation on our free podcast and blogs

Anti-Racist Parent

www.antiracistparent.com
blog on race and parenting

Racialicious

www.racialicious.com
blog on race and pop culture

Race in the Workplace

www.raceintheworkplace.com
blog on race and work

Addicted to Race

www.addictedtorace.com
podcast on America’s obsession with race

2. Sign up for our free mailing list

Visit www.newdemographic.com to join our mailing list. You will receive free weekly articles about race and racism, as well as a complimentary copy of the special report “The 10 Biggest Trends in Race and Pop Culture.”

3. Enroll in our Anti-Racism Action Group

The Anti-Racism Action Group is a 9-week-long course that takes an in-depth look at race, racism, privilege, and stereotypes. You can participate no matter where you are located geographically. In order to provide you with personal attention, we limit each group to just 12 participants. Visit www.newdemographic.com/arag for more info.