SHOW RACISM THE RED CARD

Dear Parents/Guardians,

We are pleased to inform you that [School Name] has partnered with *Show Racism the Red Card*, the UK's leading anti-racism education charity, to deliver an important workshop for your young people. This workshop is designed to educate and empower young minds to recognise, challenge, and combat racism in all its forms, fostering a more inclusive and respectful community.

During the session, your child will explore themes such as:

- Understanding and identifying racism.
- Stereotypes, unconscious bias, and their impact.
- Allyship and how to support those who experience racism.

The activities will include age-appropriate discussions, real-life examples, and group exercises, aiming to build empathy and inspire students to act as changemakers in their school and community.

Continuing the Conversation at Home

We encourage you to continue these important discussions at home. Here are some questions you might ask your child after the workshop:

- What did you learn about racism today?
- Can you share an example of a stereotype and why it's harmful?
- What does being an ally mean to you?

Show Racism the Red Card worked with Usborne books to create 'What is Racism' and a Lift the Flap questions about racism books which you may find useful if you want to continue to discuss anti-racism at home: Books about racism for kids | Usborne | Be Curious.

Supporting a Child Who May Experience Racism

If your child has experienced or may experience racism, sometimes attending anti-racism workshops can be challenging for them. We design our workshops to be empowering and to create a safe space.

- **Listen and Validate**: Create a safe space for your child to share their experiences without judgment. Let them know their feelings are valid and that they are not alone.
- **Reassure**: Remind your child that racism is unacceptable and that it reflects the prejudices of others, not anything about them.
- **Empower**: Help them understand that they have the right to speak out and seek support from trusted adults, including teachers or school staff.
- **Advocate**: If incidents of racism occur, work with the school to ensure that the matter is addressed appropriately.

If you would like to learn more about anti-racism SRtRC recommends the following resources:

1. **Books**
    a. *"Why I'm No Longer Talking to White People About Race"* by Reni Eddo-Lodge – A powerful exploration of systemic racism and privilege in the UK.
    b. *"Me and White Supremacy"* by Layla F. Saad – A guided workbook to help individuals unpack privilege and become effective allies.
    c. *"So You Want to Talk About Race"* by Ijeoma Oluo – A practical guide to having conversations about race and racism.
2. **Websites and Online Resources**
    a. Show Racism the Red Card – Offers videos, guides, and activities to learn about anti-racism and allyship.
    b. The Conscious Kid – Resources on parenting and teaching children about race and equity (although is US based has some lovely books and resources for young people)
    c. BBC Bitesize – Contains child-friendly materials about diversity and racism.
3. **Practical Parenting Resources**
    a. *"Racism and Mental Health"* (Racism & Mental Health | Guide For Parents | YoungMinds)
    b. *"Talking to Kids About Racism"* (by the American Psychological Association) – A concise guide for parents.

Thank you for supporting this critical initiative. By working together, we can foster a more inclusive environment for all our children.

If you have any questions or would like further information, please do not hesitate to contact us.

Kind regards,

Keziah Major,

North West Manager SRtRC
nwadmin@theredcard.org

For additional resources to explore together, *Show Racism the Red Card* offers valuable material, including videos and activities available on their website at www.theredcard.org

Scan the QR code to visit SRtRC North West.