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[ygrant@couragetobe.org](mailto:ygrant@couragetobe.org)

[www.couragetobe.org](http://www.couragetobe.org)

Racial Trauma Resources

**Children/ Adolescents Resources**

<https://www.prettygooddesign.org/blog/Blog%20Post%20Title%20One-5new4?fbclid=IwAR0mRKToNJTPb-k1W8-LCzgkRo6b0pM7jOvQSjPoPsx07MV4YWiDl3HhYb4>

<https://collincounty.momcollective.com/news-current-events/race-racism-and-activism-starting-a-conversation-with-your-kids/?fbclid=IwAR0_ox0JvmWtgCZJ0dAx1yTRhXkBIdIXViJPhcyZJAFNFW2WdoziEyFnF4Q>

﻿<https://www.pbs.org/parents/talking-about-racism?utm_campaign=currentevents_2020&utm_content=1591385237&utm_medium=social&utm_source=facebook>

<https://www.womansday.com/life/entertainment/g32748133/childrens-books-race-racism/?slide=18>

<https://www.boredteachers.com/books/50-books-about-race-for-kids-young-adults-to-read-right-now>

<https://www.embracerace.org/resources/teaching-and-talking-to-kids>

<https://www.townandcountrymag.com/leisure/arts-and-culture/g32743703/how-to-talk-to-kids-about-racism-books/>

Kindergarten teacher explains race to children:  <https://youtu.be/1vHymutysWU>

**Teens & Adult Resources**

<https://hclib.bibliocommons.com/list/share/619268670_hcl_featured/1652423936_race,_power_and_activism_in_america_resources_for_children_teens>

<https://lptutoring.com/talk-teens-racism/?fbclid=IwAR0Qf5aSMnuqInEkE5zggzES9UGw70D4k6k7_WB2VfQG86dWkDohBfsIDJg>

<https://www.apa.org/res/parent-resources/>

<https://centerracialjustice.org/resources/resources-for-talking-about-race-racism-and-racialized-violence-with-kids/>

<https://parade.com/1046031/breabaker/anti-racist-tv-movies-documentaries-ted-talks-books/>

<https://www.tolerance.org/the-moment/may-8-2020-affirming-black-lives-without-inducing-trauma>

<https://docs.google.com/document/d/1NqJD3lht7-h3pJZwpdG3C5tP7WqN7WS7FNLfeJ158Sk/mobilebasic>

<https://www.racialequitytools.org/home>

<https://drive.google.com/file/d/1Eg2S10NPYhAVEMKwicHn2SHpT6KKW0aP/view>

<https://www.self.com/story/black-mental-health-resources>

<https://www.socialwork.career/2020/06/anti-racism-resources-for-social-workers-and-therapists.html>

<https://theeverygirl.com/books-by-black-women/>

<https://www.blackmilkwomen.com/lifestyle/12-books-every-black-woman-needs-to-read-in-2019>

More Books

-My grandmothers hands

-The souls of black folks Du Bois

-The Fire Next Time Baldwin

-Urban trauma & Allyship by Dr. Maysa Akbar

-White Fragility

-I’m Still here, black dignity

-Me and White Supremacy by Layla

-A Black Woman’s History of the United States, Hood Feminism

-Still Becoming by Michelle Obama

-W.E. B Dubois essays (there are a few)