

ADDRESSING THE IMPACT OF RACISM AND ASSOCIATED TRAUMA

Resources to Support Youth in Schools and at Home

Research shows that acts of racism and discrimination negatively impacts students' mental health and well-being (Malone et al., 2022). Below are resources that caregivers and educators can use to help students process feelings and stress associated with racial trauma.

RESOURCE/LINK	SOURCE
Discussing Race, Racism, and Important Current Events with Students	CENTER ON POSITIVE BEHAVIORAL INTERVENTIONS AND SUPPORTS (PBIS)
Addressing Racism and Trauma in the Classroom: A Resource for Educators	THE NATIONAL CHILD TRAUMATIC STRESS NETWORK (NCTSN)
Talking to Children About Violence: Tips for Parents and Teachers	THE NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS (NASP)
Resources for Diversity, Equity, Inclusion, Antiracism & Accessibility	NATIONAL CENTER FOR SCHOOL MENTAL HEALTH (NCSMH)
Helping Youth after Community Trauma: Tips for Educators (Traumatic events such as a natural disaster; school violence; death; accidents (e.g., gas explosions, arson, transportation accidents))	THE NATIONAL CHILD TRAUMATIC STRESS NETWORK (NCTSN)
Resources to Support Children's Emotional Well-Being Amid Anti-Black Racism, Racial Violence, and Trauma	CHILD TRENDS



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Talking About Racism and Violence: Resources for Educator and Families Supporting School Mental Health in	¡COLORÍN COLORADO!
Supporting School Mental Health in the Context of Racial Violence	MENTAL HEALTH TECHNOLOGY TRANSFER CENTER NETWORK (MHTTC)
Addressing Racism, its Stress and Trauma	NATIONAL CENTER FOR SCHOOL MENTAL HEALTH (NCSMH)
Anchored in Our Roots: A Wellness Series for BIPOC School Mental Health Providers	NORTHWEST MHTTC
Talking to Kids about Tragedies in the News (English and Spanish)	NATIONAL CENTER FOR SCHOOL CRISIS AND BEREAVEMENT
Videos like the Tyre Nichols footage can be traumatic. An expert shares ways to cope	NATIONAL PUBLIC RADIO (NPR)
Racism and Police Violence	LEARNING FOR JUSTICE



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