

Research says...

In practice we as adults can...

8 yrs
& up

“Explicit conversations...about interracial friendship (helped) children dramatically improve their racial attitudes in a single week.”
(Vittrup, 2006; NurtureShock, Bronson and Merryman).

- be explicit about more complicated issues involving racism and inequality
- involve them in research and action (though research & action can be done by younger children as well!!)

3yrs
& up

“By the age of 36 months...as children become more aware of societal norms that favor certain groups over others, they will often show a bias toward the socially privileged group.”
(Patterson & Bigler, 2006; Katz & Kofkin, 1997).

“...three- to five-year-olds not only categorize people by race, but express bias based on race.”
(Aboud, 2008; Hirschfeld, 2008; Katz, 2003; Patterson & Bigler, 2006).

- ...talk to the children in our lives about racism in concrete terms of fairness and unfairness they can easily access.
- talk about "big" or "scary" issues (police violence, etc) by talking about people with brown skin being hurt or how it is NOT fair when people are forced to work without being paid.
- point out advertisements and books show a majority of people with "White" skin.

From
birth

“Infants are able to nonverbally categorize people by race and gender at six months of age.”
(Katz & Kofkin, 1997, p. 55)

- ...practice using proactive language with infants and babies describing skin tones (peachy, brown, olive, etc) as well as the words for the social constructs of "race" (White, Black, Latino, Asian, etc) to become comfortable and confident with being race conscious as opposed to color blind