



Clermiston Primary School



Responding to Racist Incidents

Responding to your child's needs when they have experienced racism

- Tune in to your child's feelings. You can do this by stopping, listening to what your child is saying and reflecting their feelings. For example, 'It makes sense that you feel angry. I'd feel that way too if someone did this to me'.
- Remind your child of their strength and everything that makes them proud of their identity.
- Reassure your child that they did the right thing to report the incident.
- Tell your child that what happened isn't their fault.
- Let your child know that they can come to you or a trusted adult at school/clubs/ etc whenever they want to talk.
- Your child will have engaged in supportive conversations at school, however, they may feel more comfortable to share their feelings at home. Ask your child if they have anything else they want to add or say that they felt they couldn't during conversations in school or if there is anything else they feel they need to support them. Please share these with school if you feel it is appropriate to do so.

See these links below for additional support:

How to start a conversation with your child -

<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>

How to support your child with their experiences of racism:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/racism-and-mental-health/#Howtosupportyourchildwiththeirexperiencesofracism> (scroll down on tips for how to look after yourself as a parent of a child who as experienced racial language or behaviours)

[We Are All Special: Newark Primary Against Racism \(youtube.com\)](https://www.youtube.com/watch?v=WbXOZyqb034) was developed by a group of school children in Glasgow. It talks about their individual experiences with racism and how this has made them feel. This is a good resource to show your child they are not alone in how they are feeling. It may also provide some ideas of what may help them after experiencing racism.

<https://www.youtube.com/watch?v=WbXOZyqb034>