



## Honoring & Celebrating Diversity in Our Community

Recent acts of violence throughout the country and in our own community have left many to process and nurture difficult, complex emotions. Here at SafeSpot, we recognize that each child and family who comes through our center is important, and their unique backgrounds, experiences, and emotions are valid. As a result of the movements happening in our nation, children, in particular, may experience anxiety, fear and a sense of personal risk. They may also sense anxiety and tension in those around them — friends, family members, and loved ones who all have a direct impact on their well-being. Knowing how to talk with your child about violence will play an important role in easing fear and anxieties about their personal safety in these tense times as well as helping them to manage rising concerns.

*"We can't teach coping skills if we pretend we never need to cope."*  
-Dr. David Schonfield

Visit our Website



In my own journey of self-education, here are some tips I've found that may help guide open-minded conversations with children and families:

- Practice what you want to say before you say it & be aware of your own biases
- Ask your child how they feel, directly, and listen to what they say
- Instill confidence in Black children through storytelling & help all children understand how to be an ally
- Monitor older children's exposure to the news & avoid repeated TV viewings of the same news event
- Develop an ongoing dialogue with your child regarding what is going on in the world

## Resources for Parents & Families:

- [Parents](#): How to teach children to fight hate - an age-by-age guide

- [Summer reading list](#) of books that celebrate diversity, inclusivity, and intersecting identities
- An [activity book](#) to help Black children cope with crises
- An essential reading guide for fighting racism compiled by [Buzzfeed](#)
- FCPS is offering free mental health support to both parents and children. Schedule a session [here](#)



**SPECIAL EVENT FOR Parents**

## Talking to Children Authentically about Race and Racism

[Click here](#) to access resources and guided discussions by PBS exploring questions such as:

- How can parents of Black children continue to instill confidence and pride in young kids while also explaining the racial inequity and barriers that continue today?
- How can parents of non-Black children help young kids understand their role in confronting anti-Black racism?

Hear questions from fellow parents and learn tips and resources you can use to continue to have these meaningful conversations now and into the future.

## June is Pride Month!

Parents, family and friends can have a big impact on children, especially in the lives of LGBTQ youth\*. Sometimes, these people are the ones who help us get the support we need. Learning is an ongoing experience, so it's okay to acknowledge that you might not know some things. I encourage you to browse these resources below. Part of being a good ally is continuing your education, and we're happy to be part of that journey with you.



\*The Trevor Project



[GenderSpectrum.org](#) provides many resources and educational materials for youth and parents to show support for their LGBTQIA+ loved ones.

Transgender Children & Youth - a comprehensive list of resources by the [Human Rights Campaign](#)

[Trans Youth Hotline](#) for crisis & emotional support: 877-565-8860

[The Trevor Project](#) is a great resource for education, resources, and emotional/crisis support for LGBTQ+ youth, adults, & families.

As we all continue to adjust to the impact of COVID-19 on our lives, many families may find they are in need of assistance or support. If you or your family is in need of basic needs or community resources - food, clothing, financial assistance - please reach out to your [Family Advocate](#) or caseworkers.

**Let's move forward together**