

Let's Talk!
Discussing Race and Racism with Your Children

Assess Your Comfort Level (from Dr. Marks' Agenda)

Consider the following statements and circle the one that best describes how you feel when it comes to talking about race/racism:

- I would rather not talk about race/racism.
- I am very uncomfortable talking about race/racism.
- I am usually uncomfortable talking about race/racism.
- I am sometimes uncomfortable talking about race/racism.
- I am usually comfortable talking about race/racism.
- I am very comfortable talking about race/racism.

Reflect on your comfort level by responding to one of the following prompts:

- *The hard part of talking about race/racism is ...*

- *The beneficial part of talking about race/racism is ...*

- *My own experiences of race taught me ...*

- *Other people's experiences of race may be different from mine because ...*