



TTAC
NYC Early Childhood
Mental Health
Training and Technical Assistance Center

Foundations of Resilience: Nurturing Emotional Health in Young Children through Racial Socialization and Play

Isha W. Metzger, PhD, LCP

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Who We Are

The New York City Early Childhood Mental Health Training and Technical Assistance Center (TTAC), is funded by the NYC Department of Health and Mental Hygiene (DOHMH).

TTAC is a partnership between the New York Center for Child Development (NYCCD) and the McSilver Institute for Poverty Policy and Research

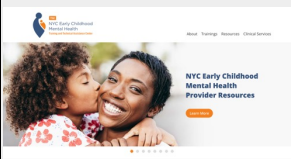
- **New York Center for Child Development** has been a major provider of early childhood mental health services in New York with expertise in informing policy and supporting the field of Early Childhood Mental Health through training and direct practice
- **NYU McSilver Institute for Poverty Policy and Research** houses the Community and Managed Care Technical Assistance Centers (CTAC & MCTAC), Peer TAC, and the Center for Workforce Excellence (CWE). These TA centers offer clinic, business, and system transformation supports statewide to all behavioral healthcare providers across NYS.

TTAC is tasked with building capacity and competencies of mental health professionals and early childhood professionals in family serving systems to identify and address the social-emotional needs of young children and their families.



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Updated TTAC Website



A Selection of Features:

- Seamlessly filter, toggle and search through upcoming and archived content, trainings and resources
- View videos, slides, and presenter information on the same training page
- Contact the TTAC team by clicking on Ask TTAC and filling out our Contact Us form
- And more!

Have questions or need assistance? Please contact us at ttac.info@nyu.edu and we'll be happy to assist you

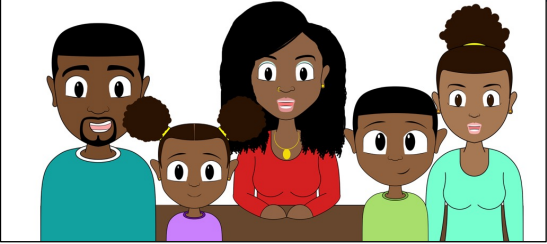
Explore all the provider resources at ttacny.org



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Foundations of Resilience: Nurturing Emotional Health in Young Children through Racial Socialization and Play

New York Center for Child Development (NYCCD)
Training & Technical Assistance Center (TTAC)



Monday, Feb 24, 2025; 12:00 – 1:30pm
Presented by Isha W. Metzger, PhD, LCP

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Engaging Minorities in Prevention Outreach/Wellness Education & Research

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Disclosures

Relevant Financial Relationships

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I have no conflicts to disclose

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Learning Objectives

By the end of this webinar, participants will be able to:

1. Understand the impact of racial stress and trauma on young children's development.
2. Explain how racial socialization can be a protective factor for emotional resilience.
3. Apply play-based strategies to integrate racial socialization into interventions.

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Agenda

- Overview, Ground Rules, Introductions
- Understanding Racial Stress and Trauma in Young Children
- Racial Socialization as a Tool for Emotional Resilience
- Play and Parent-Child Interaction in Racial Socialization
- Evidence-Based Strategies for Integration
- Take-Home Resources
- Acknowledgements, Questions, and Discussion

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Ground Rules

Actively contribute to the discussion (use the chat)

Lean into Discomfort, ask Questions

Uphold Confidentiality

Readings and Resources Available at
www.ishawmetzger.com

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RECOMMENDED READINGS

1. Metzger, I., Moreland, A., Garrett, R., Quiones, K., Spivey, B., Hamilton, J., & Lopez, C. M. (2023). *Black Moms Matter: A Qualitative Approach to Understanding Ethnic Differences in Service Utilization at a Children's Advocacy Center Following Childhood Abuse- Child Maltreatment*.
2. Metzger, I., Anderson, R., Are, F., & Ritchwood, T. (2020). *Healing interpersonal and racial trauma: Integrating Racial Socialization into TF-CBT for African American Youth*. *Child Maltreatment*, 26(1), 17-27.
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8. Phipps, R., & Thome, S. (2019). *Utilizing trauma-focused cognitive behavioral therapy as a framework for addressing cultural trauma in African American Children and Adolescents: A Proposal*. *Professional Counselor*, 9(1), 35-50.

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RECOMMENDED READINGS CONT'D

9. Metzger, I., Blevins, C., Calhoun, C., Ritchwood, T., Gilmore, A., Stewart, R., Bountress, K. (2017). [An Examination of the Impact of Maladaptive Coping on the Association between Stressor Type and Alcohol Use in College](#). *Journal of American College Health*, 65, 534-541.
10. Metzger, I., Cooper, S. M., Flory, K., & Zarett, N. (2013). [Culturally Sensitive Risk-Behavior Prevention Programs for African American Adolescents: A Systematic Analysis](#). *Clinical Child and Family Psychology Review*, 16, 187-212.
11. Metzger, I., Cooper, S. M., Ritchwood, T. D., Onyeuku, C., & Griffin, C. B. (2017). [Profiles of African American College Students: Alcohol Use and Sexual Behaviors, Associations with Stress, Racial Discrimination, and Social Support](#). *The Journal of Sex Research*, 54(3), 374-385.
12. Metzger, I., Cooper, S., Griffin, C. B., Golden, A., Opara, I., & Ritchwood, T., (2020). [Parenting Profiles of Academic and Racial Socialization: Associations with Academic Environment and Perception of Academic Ability of African American Adolescents](#). *Journal of School Psychology*, 82,36-48
13. Metzger, I., Salami, T., Carter, S., Halliday-Boykins, C. A., Anderson R. E., Jernigan, M. M., & Ritchwood, T. (2018). [African American Emerging Adults' Experiences with Racial Discrimination and Drinking Habits: The Moderating Roles of Perceived Stress](#). *Cultural Diversity and Ethnic Minority Psychology*.
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Personal Introduction



Sierra Leone

- Small country in West Africa
- United independence from Britain 1961
- Abundant natural resources include rubies, diamonds, bauxite, gold, iron ore, platinum
- Security and stability a major concern following end of war in 2002



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TF-CBT

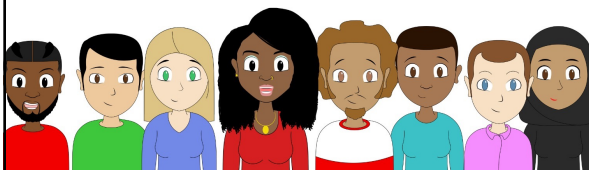
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Children and

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Audience Introductions/Reflections

Name/ Role/Position	Impact of Personal Identity and Aspects of Diversity	Common strategies you use to help clients cope with racial stressors	Questions you bring to today
			

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What Interpersonal Stressors do Youth Face?



Each Year:

- 58% of youth report experiencing or witness at least one stressful event
- 15% experience more than 6 stressful events

Types of Stressors Include:

• Sexual Assault, Abuse, or Exploitation • Victim / Witness of Violence / Abuse • Emotional Abuse • Loss of a family member • Changes in education	• Loss of housing/ employment • Witnessing interpersonal conflict e.g., parents • Accidents & Disasters • War / Terrorism / Refugee
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(DSM-5 APA, 2013)

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Trauma Impacts: Thoughts, Feelings, & Behaviors

Stressor	Ongoing physical/emotional abuse
 Inaccurate thoughts	• Nobody loves me, I'm worthless • If you are upset with someone you hit them
 Harmful Feelings	• Impacts to self-esteem, self-worth, and confidence • Problems with emotion regulation
 Risky Behaviors	• Perpetrating violence/ more deviant peers • Increased substance use

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What Problems are Associated with Trauma Exposure?



Internalizing:

- Depression/Sadness
- Anxiety/Fear/Worry
- Numbing/Dissociation
- Anger
- Low Self Esteem
- Suicidality
- Self-Harm

Externalizing:

- Aggression
- Sexualized Behaviors/
- Unsafe Sex
- Delinquency
- Noncompliance
- Post Traumatic Stress Disorder
- Oppositional Behavior/Defiance
- Substance Use/Abuse
- Hyperactivity
- Behavioral Withdrawal

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What is Racial Stress and Trauma?

Recent data on Black and other ethnically minoritized adults and youth as young as 8 suggest

- an average of 5 daily experiences with racial stressors (English et al., 2020)
- up to 90% report experiencing racial stressors each week (Pachter et al., 2010)

Can be due to an individual experience or ongoing collective experiences

- can be direct or vicarious, and
- can range in impact from stressful to potentially traumatic

Dangerous or frightening race-based experiences that "overwhelm one's coping capacity and impacts quality of life and/or cause fear, helplessness, & horror..." (Carter, 2007)

Racial stressors are common, and when you experience them, it's important to know that you are not alone or wrong in your reactions. What is an example of a stressor that you have experienced or witnessed recently that was based on the color of your skin? This could be something like being followed around a store or seeing someone getting bullied about their hair texture.



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What are Racial Stressors?



BLACK LIVES MATTER

THIS THE AMERICAN DREAM?

WHITE SILENCE IS VIOLENCE

JUSTICE FOR GEORGE FLOYD

99% OF THE PROBLEM

CAFEE

LIVE DIX

BLACK LIVES MATTER

I AM A CRIMINAL

CAFEE

LIVE DIX

BLACK LIVES MATTER

I AM A CRIMINAL

CAFEE

LIVE DIX

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Experiences of Young Children

Examples of Early Childhood Racial Stress:

- Witnessing racial violence or discrimination
- Implicit biases in educational and social settings
- Media exposure to racial injustice
- Bullying and isolation from peers

Early Impact

- Emotional Dysregulation
- Increased anxiety or fear
- Decreased self-esteem and confidence
- Somatic Complaints

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Common Reactions to Racial Stressors

Internal Dilemmas

- Should I say/do something?
- Saying something may make it worse.
- They'll probably think I'm overreacting.
- I should have been able to speak up
- Did I interpret that correctly?
- Did they say what I think they said?
- What did they mean by that?
- There is nothing I can do to control this

Psychological Consequences

- Anxiety and Fear
- Depression
- Sleep Difficulties
- Diminished Confidence
- Helplessness
- Loss of Drive
- Diminished Cognition
- Intrusive Cognitions
- Suicidality

You're so pretty for a Black girl

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How are Racial Stressors Traumatic?

Violates an individual's personhood and leaves the victim feeling disempowered and powerless

- Affect survivors in ways that are similar to the effect that rape and domestic violence have on their victims
- Events are unpredictable and uncontrollable

Subtle acts may be worse than overt acts

- May be challenged, ridiculed, or dismissed by others



'My demons won today': Ohio Activist and Organizer Marshawn McCarrall's suicide spotlights depression among Black Lives Matter leaders (2016)

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How is Racial Trauma Similar to PTSD?

Stressor	• Exposed or threatened death/ serious injury/ violence • Direct or vicarious exposure to [racial] stressor
Re-Experiencing (1)	• Recurrent distressing memories • Reporting stressors (e.g., discrimination) in higher numbers
Arousal & Reactivity (2)	• Irritability / Aggression • Exaggerated Startle • Concentration and Sleep Problems
Negative Emotions (2)	• Reduced Interest • Detachment • Loss of pleasure or constrained affect
Avoidance (1)	• Persistent, effortful avoidance of: • Thoughts and/or feelings • External reminders

(Herman & Daniel, 2013; Carter, 2007)

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Racial Socialization



Racial socialization is how adults transmit the behaviors, perceptions, values, and attitudes of their ethnic group in helping youth deal with stressors associated with their minority status.

Linked to improved outcomes

- Self-esteem
- Racial identity
- Academic & Job Performance
- Psychological Resilience
- Parent-Child Interactions
- Positive Emotional Coping
- Healthy decision making

Conveyed in various ways

- Oral communication
- Modeling
- Role playing
- Exposure

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Racial Socialization Messages

Racial Pride Teach about Black heritage, history, and culture to promote group unity and combat negative experiences.	Racial Resilience Focus on preparing for, coping with, and healing from experiences with racial stressors.	Racial Achievement Focus on individual achievement and the need to work twice as hard as other groups to be rewarded the same.
Spirituality/Religion Religion and/or spirituality to promote strength, resilience, and empowerment.	Appreciation of extended family involvement Emphasize the importance of others in child rearing and family management.	Racial Equality Emphasize that all races are equal and should live together peacefully.

Most Black families are already practicing racial socialization! What kinds of conversations like these are you having now?

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What are the Benefits of Racial Socialization?

Racial socialization helps prevent negative emotions, behavior problems, and health difficulties after stressful life events

Racial socialization encourages positive parent-child interactions, communication and support

Racial socialization boosts self-esteem, racial identity, perseverance, and resilience and healthy coping

Healthy views of race help promote healthy decisions like abstaining from drug and alcohol use and avoiding risky sexual behaviors

How does racial socialization benefit you?

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RACIAL PRIDE

Facts sheet

Meaning	Examples
Racial pride is a type of racial socialization message focused on Black heritage, history, and culture to promote group unity and combat negative experiences	• "Black is Beautiful" • Taking children to a Black history museum • Celebrating cultural holidays, like Kwanzaa • Praising the successes of other Black folks, from historical figures and celebrities to neighborhood kids • Engaging with Black-owned/made/endorsed goods (eg. books, haircare)
Benefits Racial pride can make up for a lack of representation and protect against messages that suggest Black people are less intelligent, beautiful, or other racist remarks.	

More Information: <https://www.empowerlab.org/what-is-racial-pride>

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RACIAL BARRIERS

Facts sheet

Meaning

One type of socialization message discusses the possibility of racism, like police brutality. This type of message focuses on preparing for, coping with, and healing from experiences with racial stressors.

Examples

- "The more you can communicate your thoughts & emotions to white folk, the less they can assume or make decisions about you without your input."
- The Talk, a conversation had in many Black and Brown families, discusses the possibility of police brutality and how to respond when faced with law enforcement.

Benefits

These types of messages prepare youth for discrimination, and can provide them with the tools needed to respond to racial stress and discrimination in the moment.

More Information:

@thepowerofblack on Instagram

<https://www.drlivingston.com/health-resources>



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RACIAL ACHIEVEMENT

Facts sheet

Meaning

Racial Achievement is a socialization message that focuses on individual achievement & the need to put in more effort than other racial groups to be rewarded the same.

Examples

- "If you want to get ahead in life, you're going to have to work twice as hard."
- "You can't have anything less than an A on your report card if you want to succeed."
- "You are worthy of rest. Find time to relaxation and restoration. Find balance."

Benefits

These messages recognize that many Black & Brown folk must put in more effort compared to white folk. They can prepare youth for this reality, and may provide resources they can use to succeed -- including tools for academic success and social support.

More Information:

@thepowerofblack on Instagram

<https://www.drlivingston.com/health-resources>



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SPIRITUALITY & RELIGION

Facts sheet

Meaning

Socialization messages about spirituality and religion promote the use of such practices (which can vary) to find strength, resilience, and empowerment.

Examples

- "If you're having troubles, turn to God and He'll guide you."
- "Make sure to say your prayers to Allah every day so He may protect you."
- "Talk to the ancestors if you're unsure about the path you need to take."
- Spiritual or religious practices in one's family (eg. going to church, leaving offerings) can communicate this message.

Benefits

Having a religious or spiritual practice can help youth find comfort outside of their friends & family, introduce them to a new community, & even create a healthy routine.

More Information:

@thepowerofblack on Instagram

<https://www.drlivingston.com/health-resources>



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FAMILY INVOLVEMENT

Facts sheet

Meaning

Family Involvement socialization messages emphasize the importance of others in child rearing and family management. It is not limited to biological families, but can also incorporate assistance from fictive kin and larger communities.

Examples

- "It takes a village."
- Be raised by more than just your nuclear family (parents and immediate guardians/caretakers), and being told that you can find seek and receive support from more than just your nuclear family.

Benefits

Extended family involvement allows youth and their nuclear family to have a larger support network that they can lean on.

More Information:

@theresearchis on Instagram

<https://www.drdmetzger.com/edfrc-resources>



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RACIAL EQUALITY

Facts sheet

Meaning

Racial Equality as a socialization message emphasizes that all races are equal and should live together peacefully. These may not always include discussing racial inequality in society.

Examples

- "You are just as good/smart/pretty as the white kids."
- "Everyone deserves equal treatment."
- "We should celebrate our differences and know that we all have unique strengths."

Benefits

This type of message forms a belief that everyone deserves love and respect, regardless of their race. This may help youth understand they have self-worth, even despite the discrimination they may face.

More Information:

@theresearchis on Instagram

<https://www.drdmetzger.com/edfrc-resources>



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Using Play to Nurture Resilience

Why Play Matters

- Safe way to process emotions and develop self-expression
- Promotes creativity, problem-solving, and emotional bonding

Play-Based Activities:

- Role-playing scenarios of bias and inclusion
- Storytelling with diverse cultural themes
- Interactive games that model coping and resilience

Parent-Child Engagement Strategies

- Engage in culturally relevant play and storytelling
- Use play to model coping and problem-solving strategies
- Create an affirming, inclusive home environment

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Racial Socialization through Play



Display a bowl of M&M's. Do not let kids touch the M&M's.

Then, ask:

- What do you see?
- What can you tell me about these M&M's just from looking at them? (e.g. different colors)
- Are there any of these M&M's better than the others?
 - acknowledge that some may have a favorite color
 - some may be cracked or broken
- steer conversation to the value of the candy itself

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Racial Socialization through playing with M&M's

We are all just like this bowl of M&M's. We may appear different on the outside, but we are alike on the inside

Let each child have one M&M to eat. Ask them to bite into it, if they can, to look at the inside.

Compare insides, noting how they are all the same.

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We may like the red ones or the green ones best, but that does not mean the yellow ones aren't as good. This is the same with people. There may be some people we like a lot, but this does not mean other people are not as good.

The M&M's are all made of the same ingredients to make chocolate. Just like M&M's, people are all made of the same things.

We all have blood, muscles, skin, a heart that feels, and yet we all look different on the outside.

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What if you were all the same size, shape or color? This world would not be as interesting or fun. Our differences are what makes life exciting!



Highlight differences in ability along with difference in size, shape or color.

Eat the M&M's!

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Assessing for Racial Stressors

What validated measures exist to assess for Racial Stress and Trauma?

Scale	Details	Assesses
Comprehensive Racial Socialization Inventory (CRSI)	Assesses understanding of racial identity and how individuals interact with people who have a different racial background	Caregivers
Race-Based Traumatic Stress Symptom Scale (RBTSSS)	Racist experiences and psychological and emotional reactions	Adults
Adolescent Discrimination Distress Index (AADi)	Contains subscales for educational, institutional, and peer discrimination	Adolescents
Daily Life Experiences – Racism (DLE-R)	Assesses frequency and impact	Adolescents, Caregivers
Assessing Racial Trauma Within a DSM-5 Framework: The UConn Racial/Ethnic Stress & Trauma Survey (UnRESTS)	Clinical	Older Adolescents, Caregivers

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Assessing for Racial Stressors

First • When is the first time you remember something negative happening to you because of your race? How do you remember responding?

Worst • What is the most significant racial stressor that you've ever experienced? Does it still impact you?

Last • Can you remember the most recent time you experienced a racial stressor?

Lots of Black kids say that they've experienced stressors just because of the color of their skin. Can you remember any times when you were treated badly, afraid, threatened, or watched someone experience something dangerous just because you or they were Black?

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Racial Stress and Trauma Psychoeducation

Allows you to **normalize, discuss** and **learn** about:

- Prevalence of racial stress and trauma
- Common reactions to racial stress and trauma
- Information about racial identity and racial socialization
- Client values and expectations for therapy

What is Racial Stress and Trauma?

Can be direct (discrimination in your daily life)

Can be indirect (viewing police brutality in the media)

Can take many forms:

- Microaggressions
- Individual racism
- Institutionalized racism
- Environmental racism
- Systemic racism
- Violence against
- Historical/collective racism

Racism takes a negative toll over time

Parents, grandparents, and trauma clinicians can help youth deal with racial stressors as they form their identities

Like the rain, racism can erode and weather us over time. It can fall on you directly through daily interactions, or it can leak through a hole in the roof through faulty structures and systems. Who in your life is your umbrella? Where can you go for shelter from racism?

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THE C.A.R.E. PACKAGE FOR RACIAL HEALING

UNIVERSITY OF GEORGIA
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Cultivating Awareness & Resilience through Empowerment

Self-Directed Cognitive, Emotional, and Behavioral Skills for Overcoming Racial Stressors with your Family, Friends, and Community

<http://www.dishametzer.com/care-package-for-racial-healing>

What Types of Stressors Do Children and Adolescents Experience?
What is Racial Stress and Trauma?
What is Racial Resilience?
How Can These Experiences Help, Hurt, or Change Us?
Similarities Between PTSD and Racial Trauma

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Psychoeducation: What are Common Responses to Racial Stressors?

- Fight**
 - Angry outbursts
 - Non-compliance
- Flight**
 - Avoiding peers, friends, classmates
 - Not participating in group activities
- Freeze**
 - Delayed reactions
 - Inability to respond to racial stressors in the moment
- Fawn**
 - "Fake" or feigned responses
 - Pretending to like or not be upset by stressors

What is a recent or significant racial stressor you experienced? How did you react?

Do you ever want to fight? Run away? Do you ever get stuck and not know how to respond in the moment?

That's actually a totally normal reaction! Are you surprised to know that lots of teens respond to racial stressors in these ways?

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RACIAL TRAUMA

What is it?
THIS IS A RESULT OF EXPERIENCING RACIAL DISCRIMINATION, VIOLENCE AGAINST PEOPLE OF COLOR, AND DISCRIMINATION. THESE EXPERIENCES ARE ASSOCIATED WITH NEGATIVE MENTAL HEALTH AND COGNITIVE PHYSICAL HEALTH OUTCOMES.

Symptoms
THESE SYMPTOMS OFTEN ALIGN WITH SYMPTOMS OF PTSD.

1. EXPERIENCING OF DISTRESSING EVENTS; RELIVING MEMORIES AND IDENTIFYING RACIAL STRESSORS IN DAILY LIFE
2. AVOIDANCE, A GREATER PERCEPTION OF BEHAVIORAL PROBLEMS AND PHYSICAL SYMPTOMS LIKE STOMACH PAIN
3. CHRONIC STRESS
4. NEGATIVE EMOTIONS: DEPRESSION, ANXIETY
5. HYPERVIGILANCE
6. ACCIDENTALLY LESS WILLINGNESS TO TAKE ACADEMIC RISKS, HIGHER SCHOOL DROP-OUT RATES AFTER RACIAL DISCRIMINATION IS RECEIVED

Coping

- RECOGNIZE AND UNDERSTAND SYMPTOMS AND EXPERIENCES
- BUILD A SUPPORT SYSTEM
- PRACTICE SELF CARE
- ENGAGE IN ACTIVITIES WITH YOUR COMMUNITY
- USE PRAYER, MEDITATION, SPIRITUALITY, AND JOURNALING TO KEEP GROUNDED AND FOCUSED

Communicate
CHILDREN AND YOUTH EXPERIENCE RACISM TOO. COMMUNICATE WITH YOUR CHILD ABOUT IT. THERE ARE ABOUT 100 WAYS TO DO IT, BUT THESE TIPS MAY HELP GUIDE YOU.

- GIVE THEM YOUR UNDIVIDED ATTENTION
- EXPLAIN WHAT RACISM IS AND HOW IT MIGHT LOOK
- ALLOW THEM TO EXPRESS THEIR EMOTIONS
- ACKNOWLEDGE YOUR EXPERIENCES AND FEELINGS TOO
- EMPHASIZE THAT THEY ARE SAFE AND SUPPORTED

Online Resources
<https://www.dishametzer.com/online-resources>

For more info, visit: <https://www.dishametzer.com/online-resources>

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Online Resources

<https://www.drishametzger.com/online-resources>

Racism Hurts

RACIAL TRAUMA
Racial trauma can result from racial stressors including racism, discrimination, and violence. Racial trauma can cause both physical and mental health symptoms.

TAKING CARE OF YOU
You need time to process and heal from trauma. It's okay to prioritize your health. Some ways you can cope with trauma include:

- Unplugging from social media
- Practicing self-care, like meditation or journaling
- Using your voice to advocate and protest
- Progressive Muscle Relaxation (relaxing, using water imagery, and challenging individual body parts until your entire body is relaxed)

SIGNS OF TRAUMA

- Anxiety
- High blood pressure
- Sleep and hyperventilation
- Withdrawing from activities
- Substance use
- Distraction

ADVOCATE
Racial trauma affects a vast majority of people. Advocating for change may help you cope and make a difference in your community. Here are some ways you can get started:

- Read literature by POC and about their experiences
- Support POC-owned businesses
- Demand anti-racist education
- Raise awareness about racial trauma
- Engage with the community through voting and peaceful protesting

Be an Ally Against Racism

RACIAL STRESS
Racial stressors include microaggressions, discrimination, and violence (experienced directly OR indirectly like witnessing an event or seeing it on social media). Knowing this, you can better identify when and how racism is happening to ethnically marginalized groups.

RACIAL TRAUMA
Racial stressors may lead to negative physical and mental health symptoms. Racial Trauma acts a lot like PTSD. Symptoms may include:

- High blood pressure
- Anxiety, anger and hyperventilation
- Withdrawing from activities
- Substance use
- Distraction
- Distressing memories

WHAT ALLIES CAN DO
Get involved! As an ally, your job is to LISTEN, SUPPORT, and ACT.

- Participate in conversations about race and bias openly
- Stay informed about social justice issues
- Use your privilege to amplify the voices of those who are affected
- Challenge acts of discrimination that you witness

HOW TO ADVOCATE
Advocating for change may help an entire community. Remember, though, to not put your voice over those who experience racism and racial trauma and about their experiences.

- Read literature by people of color and about their experiences
- Support POC-owned businesses
- Demand anti-racist education
- Support the community through voting and peacefully protesting

NATIONAL BOOK ROOM
It's time to read! Explore diverse voices and experiences. It's time to read! Explore diverse voices and experiences. It's time to read! Explore diverse voices and experiences.

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Online Resources

<https://www.drishametzger.com/online-resources>

RACIAL SOCIALIZATION

WHAT IS IT?
Racial socialization is how adults transmit the historical, contemporary, values, and attitudes of their ethnic group to their children. Racial socialization can be intentional or unintentional.

BENEFITS

- Empowerment
- Resilience
- Healthy self-esteem and self-confidence
- Healthy achievement and academic performance
- Psychological well-being

CONVEYING RACIAL SOCIALIZATION MESSAGES
Adult socialization can be conveyed in many ways. From verbal to non-verbal, parents, community peers, friends, the media, and even social media can convey racial socialization messages.

- Oral communication
- Modeling
- Body language
- Appearance

TYPES OF RACIAL SOCIALIZATION PRACTICES

Great parent! Your children already engage in racial socialization, whether or not they know it. Knowing the types of racialization practices helps families better understand their parenting practices and the messages they send their children to learn.

RACIAL PRACTICES

- RACIAL ACHIEVEMENT**
Focus on individual achievement and hard work. Encourage your child to be a role model for others.
- RACIAL SPIRITUALITY & RELIGION**
Religion and spirituality can provide a sense of purpose and meaning. Encourage your child to explore their faith and its values.
- RACIAL BASES**
Focus on the historical and cultural context of race. Encourage your child to understand the experiences of others.
- RACIAL QUALITY**
Encourage your child to be a role model for others. Encourage your child to understand the experiences of others.
- RACIAL FAMILY DEVELOPMENT**
Encourage your child to be a role model for others. Encourage your child to understand the experiences of others.

COPING WITH RACISM

FOR CAREGIVERS
When your child is exposed to racism, it can be an emotional and stressful experience. Here are some ways to cope with racism:

- Educate yourself and your child about racism
- Ask your child to tell you about racism they have experienced in their community or school
- Prepare your child for what they may see in the news or on social media
- Share the history of your ethnic group or community with your child
- Encourage your child to be a role model for others
- Encourage your child to understand the experiences of others
- Encourage your child to be a role model for others

FOR YOUTH
When you experience racism, it can be an emotional and stressful experience. Here are some ways to cope with racism:

- Educate yourself and your child about racism
- Ask your child to tell you about racism they have experienced in their community or school
- Prepare your child for what they may see in the news or on social media
- Share the history of your ethnic group or community with your child
- Encourage your child to be a role model for others
- Encourage your child to understand the experiences of others
- Encourage your child to be a role model for others

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Relaxation

CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION AND THAT IS AN ACT OF POLITICAL WARFARE.

AUDRE LORDE

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- Relaxation is important for coping with stress
 - Self-care
 - Recharging
- Clinicians can help youth identify ways to relax that can be used at home, work, or in the community
 - Toolbox analogy
 - Makeup bag analogy
- Cultural background and values can affect how youth respond to stress
 - Work twice as hard
 - Strong black woman schema, John Henryism

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Relaxation

How can caregivers and extended family help you relax? What about your friends? What kinds of things are you used to doing to relax?



Relaxation Strategies

- Listen to music
- Talk or text with my friends
- Controlled breathing, progressive muscle relaxation
- Exercise e.g., play basketball, run, do yoga
- Socialize with friends
- Go shopping
- Sleep, take a nap
- Read a book or magazine
- Surf the internet / Unplug from the internet
- Spend time with romantic partner
- Start a new hobby
- Imagine a relaxing place e.g., beach, cabin
- Cook and eat a nutritious meal
- Get a massage
- Take a bath
- Play video games
- Do some gardening
- Practice Progressive Muscle Relaxation

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Progressive Muscle Relaxation (PMR)

PMR is a Technique used to reduce stress in your body by tensing and relaxing your muscle groups from head to toe

Elicit memories of a stressor that allows us to make the connection between emotions and feelings and to practice the skill

- o (e.g., heart beating fast, difficulty breathing, clenched jaws or fists, shaking legs)
- o **Relaxation** as **resistance** to **racism**

Make examples culturally relevant

- **Start with breathing:** Take air into your lungs and fill your body with peace
- **Hands:** "When life gives you lemons, make lemonade," Beyoncé album
- **Shoulders:** Carrying the weight of the world on your shoulders
- **Arms:** Stretch your arms towards the heavens
- **Feet:** After the rain comes sunshine, but there can still be mud

Full Script available at www.drishamtozer.com/online-resources

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[illegible]

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Affect Identification

Instructions for Affect Identification

"The first thing we are going to do is to come up with a list of feelings, just so that we all know the different names we use for different feelings. OK, let's see how many feelings we can come up with. Name as many feelings as you can and I will write them all down (type in the chat) in the next two minutes..."

Now let's talk a little about each feeling you named, **in the context of racial stressors**. The first feeling on your list was 'mad'. Tell me how you know when you are mad or when others know you are mad... Has anyone ever done or said anything about your **race** that made you mad?"





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Affect Identification

Feelings Charades

People's body language tells a lot about how they are feeling. For instance, when some people are mad, they may grit their teeth or cross their arms and squint their eyes. Teaching Black youth how to 'read' body language will help them tune in to how other people are feeling. It will also help them tune in to their own body language and to better communicate their emotions, which can give them a sense of self control. This will go a long way in helping them to practice emotion regulation when faced with big emotions related to racial stressors.

To play Feelings Charades, have youth clients pick a card from the deck of feeling faces and act out the feeling written on the card. The clinician or another family member must try and guess what emotion they are acting out. Players take turns in different roles (i.e., actor, guesser)



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Affect Identification



Feelings Slap Game

Lay an assortment of cards or pictures of feelings face up. As you call out a feeling, the client must slap the card that has the feeling face you called.

Clients can play this alone or with a family member. When playing with two players, the player who slaps the feeling card first gets to keep it.



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Cognitive Restructuring

- Validate experiences with racial stressors and restructure responses to be more positive, goal directed, and value based
- Help clients distinguish between thoughts, feelings, and behaviors
- Understand how racial stressors can lead to inaccurate thoughts, distressing feelings, and problematic behaviors
- Build on "opposite actions" e.g., "if you're feeling angry, how else could you respond to not let them win?"

What was a recent stressor that you experienced because of your race that lead to a distressing thought or a negative emotion? What did you think? How did it make you feel? What did you do?

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Cognitive Restructuring in Response to Racial Stressors

- **Breathe**
 - Take a deep breath!
- **Locate**
 - Find exactly in your body where you feel the stress and relax it
- **Ask / Communicate**
 - Ask follow up questions e.g., "who are you referring to when you say that?" "what do you mean?"
 - What emotions are you feeling?
 - What self-talk is going on in your head?
 - How might this slight be interpreted by others?
 - What strategies for overcoming the racial stressor have you talked about as a family?
 - What have you tried to do? What else can you try?
 - Is there anyone else you feel comfortable discussing these issues with (e.g., family, coworkers, ombudsman, lawyer)
 - How can I support you?

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How can Racial Socialization Help in Response to Racial Stressors at School

Triggering Event: You finish a group project and everyone in your group gets acknowledgement but you

THOUGHTS
I didn't do a good job on the project and this is a reflection of my performance

BEHAVIOR
Speak up less, stop volunteering for group projects

FEELINGS
Embarrassed, angry, hurt

BEFORE

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- **Breathe**
 - Take a deep breath!
- **Locate**
 - Find exactly in your body where you feel the stress and relax it
- **Ask / Communicate**
 - Ask clarifying questions e.g., "can you describe the other students in your class?" "What are the ethnicities of other students?" "Of your teacher?" "Does your teacher often overlook you?" "Does your teacher often overlook other students in your class?" "How many students are in your class?"
 - What emotions are you feeling?
 - What self-talk is going on in your head?
 - How do other students in your class feel about the situation?
 - What have you done to try to advocate for yourself?
 - What has your family done or said about it?
 - What else can you try?
 - Is there anyone else you feel comfortable discussing these issues with (e.g., family, classmates, school counselor, gym teacher, ombudsman, lawyer)
 - How can I support you?

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How can Racial Socialization Help in Response to Racial Stressors in the Community

Triggering Event: The driver of your car gets pulled over by the police

THOUGHTS
I've seen this happen on the news. I'm going to get shot and killed because that's what they do to black people

FEELINGS
Anxiety, fear, anger

BEHAVIOR
Sudden movements, act out of character

BEFORE

- Breathe**
 - Take a deep breath!
- Locate**
 - Find exactly in your body where you feel the stress and relax it
- Ask / Communicate**
 - What makes you worry the most?
 - What sorts of things have you seen or heard about police violence?
 - What have you talked about with your parents?
 - How have you prepared?
 - What else can you tell yourself, so you don't feel so _____?
 - What tools that we've worked on can help you in a situation like this?
 - What about PMR?
 - How else might you react?
 - How else might that make you feel?
 - What other things can you do in similar police encounters? (Safety plan)

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Agenda

- Overview, Ground Rules, Introductions
- Understanding Racial Stress and Trauma in Young Children
- Racial Socialization as a Tool for Emotional Resilience
- Play and Parent-Child Interaction in Racial Socialization
- Evidence-Based Strategies for Integration
- Take-Home Resources**
- Acknowledgements, Questions, and Discussion

Isha W. Metzger, PhD

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Psychoeducation Handouts

Supporting Youth Who Experience Racism

Ideas for Parents and Caregivers

Watching children experience a racist world can be heartbreaking, but there are some powerful things parents and caregivers can do to help.

This handout includes three parts. Talk through them with your youth's counselor or another trusted person in your life. Or you can use these on your own and with your family:

Part 1 is to help you think about your family's experience so far.

Parts 2 and 3 give lots of ideas for helping youth cope with racism and build a healthy connection to their race or ethnicity.

These ideas come from the wisdom of generations of parents and caregivers of color, and from experts in the field. This approach has been shown to boost youths' self-esteem, decision-making and school performance. It also helps youth feel better about themselves and the world after they experience or witness something racist.

www.seattlechildrens.org/FAST
Seattle Children's
UNUSUAL. UNCOMMON. URBAN.

If you aren't doing these things already, don't worry—it's never too late to start!

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Part 1: Questions to think about and discuss.




What do you think your child or teen understands about racism? What have they experienced? What conversations have you had about racism? How else have you tried to prepare them?

How do you think knowing about or experiencing racism is affecting your child or teen? How do they seem to cope with it?

Do you see signs that your child or teen has come to believe negative things about their racial or cultural group, or their place in the world?

How are YOU coping as a parent or caregiver? How do you make sense of these things for yourself? Who do you go to for support? What gives you strength when you need it?

(Find links to the experts whose work informed this handout, and more great resources, on the third page.)

Caregivers on Race/Ethnicity – 1 of 3  Seattle Children's  FAST-T - Version 4.06.22

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Part 2: Ideas for Helping Kids Cope with Racism

The ideas on this page focus on responding to racism when it occurs. In Part 3 you'll find ideas for building a positive identity and connecting with cultural strengths, which also boost kids' coping.

- Ask your child or teen about racism they have witnessed (in their community or online) or experienced themselves. Provide support, answer their questions, and share how you cope and make sense of the situation.
- Share ways you make sense of the world's unfairness and the ways you cope and find meaning.
- Find ways to take action, together. This might be supporting your community (shopping at a business owned by someone in your racial or ethnic group) or another form of activism you are comfortable with (such as organizing a peaceful protest, voting in a local election, or calling a district attorney).
- Share about the history of your ethnic group, or your family history, including ways people have faced injustice, shown strength despite oppression, and achieved things you value.
- Talk with kids about upsetting current events you think they are likely to hear about. Be honest in answering their questions without over-sharing.
- Give youth messages about achievement in the face of barriers. One example is: "You will need to work twice as hard to be rewarded the same."
- Read books or watch shows together that involve race or racism, and use that as an opportunity to ask what your child noticed and felt, and share your own reactions.
- Celebrate other cultures and discuss the benefits of diversity. As a family, find ways to support other oppressed groups.
- When your stress about racism is high, consider talking to your kids about

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(such as organizing a peaceful protest, voting in a local election, or calling a district attorney).

- Prepare youth for what they can do in racist situations they are likely to face. Teach and practice skills they will need for those situations (like what to do or say). For many families, this includes practicing what to do during encounters with law enforcement.
- Let your kids see you managing stress: for example by talking to another adult, exercising to reduce body tension, doing activities that help bring your attention back to the present moment.
- When your stress about racism is high, consider talking to your kids about it. It can be hard to find ways that are age-appropriate to share about racist events, but even something as simple as "seeing people treated mean because of how they look makes mommy sad" helps kids see that you are not upset because of things they did, and it relieves some of the worry kids may feel. It also shows kids it's OK to have strong feelings, and they can learn healthy ways of coping by watching what you do.
- Encourage habits that can help your child or teen reduce stress levels, like getting enough sleep and regular exercise, or taking breaks from media.

This is a big list, so pace yourself! To start, pick just 1 or 2 things you'd like to try out now:

Caregivers on Race/Ethnicity – 2 of 3  FAST-T - Version 4.06.22

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Part 3: Ideas for Promoting a Positive Identity

- Teach your kids about the historical and systemic causes of inequality, so they won't see inequality as being caused by individual racial or cultural differences. Books, movies and documentaries about history can help explain hidden causes of inequality.
- Tell your kids that racial stereotypes that exist are false, and draw their attention to counter-examples whenever you come across them.
- Expose your kids to your racial or ethnic heritage, for example by telling stories about your family history, visiting museums or traveling.
- Show your kids the ways you feel pride in your racial or cultural identity. For example, share your excitement about an artist, author or musician who shares your identity; call out clothes or hairstyles you admire; or comment on your family's talents and good looks.
- Connect with a religious community or with spiritual beliefs if that is a source of strength for you. Share your own beliefs and spiritual practices, or learn together about the beliefs and practices of your ancestors.
- When possible, build strong connections between your child and their extended family members. Is there a cultural tradition of involving extended family in child rearing? If so, that can be a huge source of strength.
- Share your values and cultural traditions.



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- Expose your kids to role models (past or present) from your racial or ethnic group who demonstrate your values and represent your culture.
- Participate in community activities with others from your racial or ethnic group.
- Cook traditional meals or sample traditional foods.
- Be on the lookout for new books, films, or media that relate to your race or culture to enjoy together.
- Teach them that all races are equal and should live together peacefully.
- Using media, museums, or your own family stories, highlight examples of strength and determination shown by members of your group.
- Share ways your group has shaped the world or broader culture.
- If school textbooks don't cover your group's history, look for books that do. [Some examples!](#)
- Use [this list of great books, articles, videos and websites](#), by age and with descriptions.
- For more resources on coping, promoting positive identity, and talking to children about racism, visit the [Racial Trauma Guide](#).



Again, it's okay to pick just 1 or 2 things you'd like to focus on now. Write any ideas you have below:

This handout was inspired by [this paper](#) and created in consultation with [Dr. Isha Metzger](#). Learn more about supporting resilience and healing in African American youth at <https://www.drishametzger.com/care-package-for-racial-healing>. Check out related resources from [Alicia Elyse Anderson](#) and [embraceace.org](#) for help having "The Talk" with your kids. Sesame Street has a ton of [great resources for families](#) and you can find resources for Asian American parents supporting their kids during COVID in [English](#), and several [other languages](#).

Caregivers on Race/Ethnicity – 3 of 3

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For More:

Racial Trauma Trainings
<https://www.drishametzger.com/racial-trauma-trainings>

American Academy of Child & Adolescent Psychiatry
www.aacap.org



Trauma Focused Cognitive Behavioral Therapy
Training at MUSC
<https://tfcbt2.musc.edu/>

Racial Trauma Guide
www.drishametzger.com/racial-trauma-guide
<https://psychology.uga.edu/racial-trauma-guide>

Racial Socialization in TF-CBT
[Metzger et al., 2020, Child Maltreatment](#)



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Building Resilience & Promoting Emotional Wellness Through Empowerment

THE C.A.R.E. PACKAGE FOR RACIAL HEALING

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GEORGIA
Isha W. Metzger, PhD

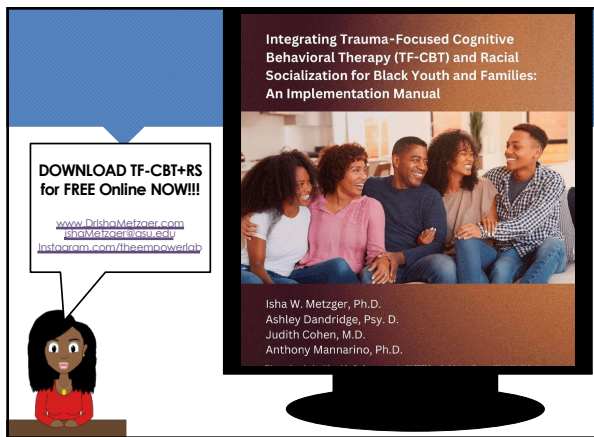
**Cultivating
Awareness &
Resilience through
Empowerment**

*Self-Directed Cognitive, Emotional,
and Behavioral Skills for Overcoming
Racial Stressors with your Family,
Friends, and Community*

<http://www.dishametzer.com/care-package-for-racial-healing>

What Types of Stressors Do Children and Adolescents Experience?
What is Racial Stress and Trauma?
What is Racial Resilience?
Similarities Between PTSD and Racial Trauma
What are Racial Resilience Skills?

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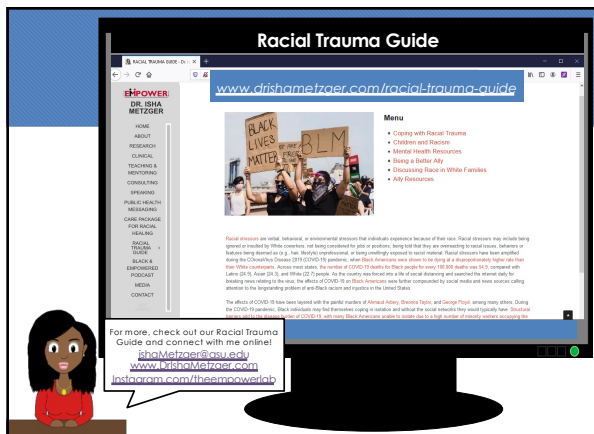
Integrating Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Racial Socialization for Black Youth and Families: An Implementation Manual

DOWNLOAD TF-CBT+RS for FREE Online NOW!!!

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Anthony Mannarino, Ph.D.

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Racial Trauma Guide

www.dishametzer.com/racialtrauma-guide

Menu

- Coping with Racial Trauma
- Children and Racism
- Mental Health Resources
- Being a Better Ally
- Discussing Race in White Families
- Ally Resources

For more, check out our Racial Trauma Guide and connect with me online!
ishametzer@su.edu
www.DishalMetzger.com
[Instagram.com/thesempowerlab](https://www.instagram.com/thesempowerlab)

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racism hurts Cope in Positive Ways    UNPLUG & PROCESS PROTEST PRACTICE SELF-CARE https://bit.ly/racismhurtspage	racism hurts Engage in Activism Read literature by People of Color (POC) Demand anti-racist owned businesses Support POC & anti-racist owned businesses Have conversations about racism & racial trauma Engage in action, voting, and peaceful protests
EMPOWER:   UNIVERSITY OF GEORGIA COLLEGE OF LEADERSHIP, ARTS & SCIENCES 	EMPOWER:   FOR MORE INFO & RESOURCES: https://bit.ly/racismhurtspage UNIVERSITY OF GEORGIA COLLEGE OF LEADERSHIP, ARTS & SCIENCES

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HOW TO TALK TO KIDS ABOUT POLICE VIOLENCE

Source: Melinda Wenner Moyer

AIM FOR A DIALOGUE, NOT A LECTURE.

ASK ABOUT FEELINGS. WITH LITTLE KIDS, ASK IF THEY FEEL SCARED OR ANGRY.

IF YOU'VE GOT TIME, ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE NEWS. ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE POLICE. ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE NEWS.

WITH OLDER KIDS, TALK ABOUT FEELINGS AND FEELINGS. ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE NEWS. ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE POLICE. ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE NEWS.

EXPLAIN WHY AND HOW POLICE VIOLENCE HAPPENED.

A crime may be something that is illegal, but it's not always a crime. It's a crime if it's against the law. It's a crime if it's against the law. It's a crime if it's against the law. It's a crime if it's against the law.

WHEN TALKING TO BLACK KIDS, EXPLAIN WHY THEY CAN GO TO THE POLICE TO GET HELP.



ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE NEWS. ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE POLICE. ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE NEWS.



ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE NEWS. ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE POLICE. ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE NEWS.



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ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE NEWS. ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE POLICE. ASK THEM TO TALK ABOUT HOW THEY FEEL ABOUT THE NEWS.

Illustration of a girl with dark skin and curly hair, wearing a red shirt, sitting on a brown bench.

Online Resources
<https://www.dishametager.com/online-resources>

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Online Resources

<https://www.drishametzger.com/online-resources>



Coping with the Stress of Racism

Helpful Information for Kids & Teens

Racism: when people are treated badly or unfairly because of the color of their skin or the way they look. Racism can happen to anyone, but it can be especially bad for Black and Latinx people.

Examples:

- being teased, bullied, or picked to work differently, for example for speaking up, following you around, or giving you bad assignments
- being left out or teased by other kids because of the color of their hair or skin (even if they are not Black or Latinx)
- people treating you in a mean or scary way because of the color of your skin
- being unfairly punished, discriminated, or judged based on the color of your skin
- seeing or hearing about someone getting hurt or sent to court, in jail, or in social media
- being with two friends, both of whom are Black or Latinx, feeling uncomfortable and not wanting to see them or talk to them for your community group (and you because they are not in the group, even though you are not Black or Latinx)

What are some common thoughts, feelings, and behaviors you might see or experience when coping with racism like this?

- Thinking about and worrying about what happened
- Thinking I'm stupid about what happened
- Thinking I'm alone from people who are different than me
- Thinking about what happened
- Feeling upset, angry, or sad
- Feeling nervous, anxious, or stressed
- Feeling angry about me, my friends, and other physical problems
- Feeling sad, lonely, or alone
- Feeling like I'm not safe, or like I'm being watched, or like I'm being judged
- Feeling like I'm not smart or smart enough in my own class
- Feeling like I'm not important enough, or getting picked on from too many people
- Feeling like I'm not like the people I want to be
- Feeling nervous about the future
- Feeling sad and giving up

What are some ways that you can protect yourself from racism like this?

- Feeling like I'm not like the people I want to be
- Feeling nervous about the future
- Feeling sad and giving up



Coping with the Stress of Racism

Helpful Information for Adults

Racism: when people are treated badly or unfairly because of the color of their skin or the way they look. Racism can happen to anyone, but it can be especially bad for Black and Latinx people.

Examples:

- being teased, bullied, or picked to work differently, for example for speaking up, following you around, or giving you bad assignments
- being left out or teased by other kids because of the color of their hair or skin (even if they are not Black or Latinx)
- people treating you in a mean or scary way because of the color of your skin
- being unfairly punished, discriminated, or judged based on the color of your skin
- seeing or hearing about someone getting hurt or sent to court, in jail, or in social media
- being with two friends, both of whom are Black or Latinx, feeling uncomfortable and not wanting to see them or talk to them for your community group (and you because they are not in the group, even though you are not Black or Latinx)

What are some common thoughts, feelings, and behaviors you might see or experience when coping with racism like this?

- Thinking about and worrying about what happened
- Thinking I'm stupid about what happened
- Thinking I'm alone from people who are different than me
- Thinking about what happened
- Feeling upset, angry, or sad
- Feeling nervous, anxious, or stressed
- Feeling angry about me, my friends, and other physical problems
- Feeling sad, lonely, or alone
- Feeling like I'm not safe, or like I'm being watched, or like I'm being judged
- Feeling like I'm not smart or smart enough in my own class
- Feeling like I'm not important enough, or getting picked on from too many people
- Feeling like I'm not like the people I want to be
- Feeling nervous about the future
- Feeling sad and giving up

What are some ways that you can protect yourself from racism like this?

- Feeling like I'm not like the people I want to be
- Feeling nervous about the future
- Feeling sad and giving up





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Online Resources

<https://www.drishametzger.com/online-resources>

The screenshot displays a collection of infographic resources categorized by topic:

- Microaggression Infoshet:** This psychoeducation flyer is designed for clinicians, teens, and adults to understand the different types of microaggressions.
- PTSD & Racial Trauma Infoshet:** This psychoeducation flyer is designed for clinicians, teens, and adults to understand the elements and intricacies of PTSD and Racial Trauma.
- Anxious?** This flyer is designed to help teens and adults manage their anxiety triggers and overall reduce anxiety.
- Long-term Anxiety Reduction:** This flyer is to help kids, teens, and adults manage their anxiety triggers and overall reduce anxiety.
- What is Grief?** This psychoeducation flyer is designed for clinicians, teens, and adults to understand grief.
- Trauma Infoshet:** This psychoeducation flyer is designed for clinicians, teens, and adults to help understand trauma with children and teens.
- How To Apply To Graduate School:** This flyer is designed to help future grad students find the right program for them and complete the necessary steps of the application process.
- Healing After an Attempt:** This psychoeducation flyer is designed for teens and adults to help guide them after a suicide attempt.

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Online Resources

<https://www.drishametzger.com/online-resources>

The screenshot displays a collection of infographic resources categorized by topic:

- Racial Identity Development:** This flyer delves into the ways in which our racial identity is formed. This process is not linear, and often takes it's own unique path!
- Progressive Muscle Relaxation:** This flyer is a guided PMR practical. Read each step and feel the tension leave your body.
- How Can You Help BIPOC Youth as a White Therapist?** This flyer is a guide for white mental health clinicians to best serve their clients of color.
- How to Talk to Kids About Police Violence:** This psychoeducation flyer is designed to help parents discuss police brutality with children and teens.
- HIV Basics:** This flyer is designed to educate you on how HIV presents itself symptomatically and how it's spread.

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Online Resources

<https://www.drishametzger.com/online-resources>

The screenshot displays a list of media recommendations categorized by type:

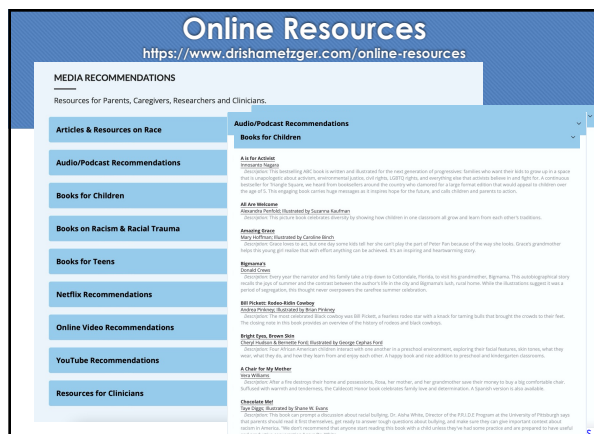
- Articles & Resources on Race**
- Audio/Podcast Recommendations**
- Books for Children**
- Books on Racism & Racial Trauma**
- Books for Teens**
- Netflix Recommendations**
- Online Video Recommendations**
- YouTube Recommendations**
- Resources for Clinicians**

The 'Online Video Recommendations' section is expanded, showing a list of video titles:

- Here are three videos to educate video materials online.
- [I Am Not a Hero: A Story](#)
- [10 Minutes Guided Meditation for Beginners to Clear Thoughts & Relaxation](#)
- [Creating the Center: "A Trip to the Grocery Store" - Dr. Jada Onyiah](#)
- [How to Talk to Kids About Race / The Parents](#)
- [Let's get to the root of racial injustice / Morgan King Francis](#)
- [Rebuilding the Strong Black Woman / Black & EMPOWERed](#)
- [Resmaa Menon's Bravely Space: Deep, Sacred Trauma Linked To Racism, Healing Practices / More / Dr. Jada Onyiah: Black Power 101 / The](#)
- [The Healing Community: Group and Story](#)
- [The Legacy of Inequality / A Jordanville Community](#)
- [What is Trauma? Psychoeducation for BIPOC / University of Kentucky Center on Trauma and Children](#)

On YouTube channel: [https://www.youtube.com/channel/UC.../additional-graphics-with-image-credits](#) for sure to like and subscribe!

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Agenda

- Overview, Ground Rules, Introductions
- Understanding Racial Stress and Trauma in Young Children
- Racial Socialization as a Tool for Emotional Resilience
- Play and Parent-Child Interaction in Racial Socialization
- Evidence-Based Strategies for Integration
- Take-Home Resources
- **Acknowledgements, Questions, and Discussion**

Isha W. Metzger, PhD

EMPOWER Lab
Engaging Minorities in Prevention Outreach-Women's Education & Research

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- The Georgia Center for Child Advocacy
- National Crime Victims Research and Treatment Center
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Engaging Minorities in Prevention Outreach-Women's Education & Research

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