

# ANTI-RACIST RESOURCE GUIDE

## CHILDREN'S RESOURCES

### How Do Children Learn Racial Bias?

Children learn about racial differences and racial bias from an early age and learn from their first teachers—their parents. The process of learning racial bias is a lot like learning a new language (e.g., a child raised bilingual vs. a child who starts learning Spanish in junior high). Biology determines a critical early learning period as well as a later window where learning is much harder.

- At birth, babies look equally at all faces regardless of race. By 3-months, babies look more at faces that resemble their caregivers
- Children as young as 2 will use race to reason or presume things about behavior
- By ages 2 to 4, children can internalize racial bias and tend to choose playmates based on race
- Ages 4-5 children verbalize explicit racial prejudices and associate racial groups with social statuses
- By age 12, many children become fairly set in their beliefs—giving parents a decade to mold the learning process, so that it decreases racial bias and improves cultural understanding. [healthychildren.org](https://www.healthychildren.org) & [Children's Community School](#)

[Multiracial Identity Development during a Sociopolitical Moment Hinged upon Identity Politics](#), Victoria Alexander

[Talking to Children About Racial Bias](#), Healthy Children.org

[Are Your Kids Too Young To Talk About Race?](#) The Conscious Kid

[The “New Racism” of K–12 Schools: Centering Critical Research on Racism](#). Kohli, Pizzaro, Nevárez

[31 Children's books to support conversations on race, racism and resistance](#), EmbraceRace.org

[Black Girls Matter: Pushed Out, Overpoliced, and Underprotected](#). Crenshaw.

[Young, Black & Lit](#)

[These Books Can Help You Explain Racism and Protest to Your Kids](#), New York Times

The Conscious Kid: [Website](#) | [Twitter](#) | [Instagram](#) | [Facebook](#)

[Multiracial college students' experiences with multiracial microaggressions](#), Jessica Harris

[How racism harms children](#), Harvard Medical School

[How to Talk to Kids about Race and Racism](#), Parent Toolkit

[What We Learned From Our Children: Raising Black Children Across Racial Lines Roundtable](#), The Cradle

[Transracial Adoptees On Their Racial Identity And Sense Of Self](#), NPR's Code Switch



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The Anti-Racist Resource Guide was created for anyone looking to broaden their understanding of anti-racism and get involved to combat racism, specifically as it relates to anti-Blackness and police violence. Within this guide, please find a variety of resources to explore practical ways to understand, explain, and solve seemingly intractable problems of racial inequity, white supremacy, police violence, & systemic injustice.

This document is a free resource but does require a great deal of labor to create and update. Should you wish to compensate this document's contributor, Victoria Alexander, please find her on Venmo at [victoriaalxndr](#), and on CashApp at [\\$victoriaalxndr](#). Please share widely to your friends, family, students, & colleagues. Thank you for leaning into this work.

