

### How to Talk about racism and violence:

- Racism and Violence: How to Help Kids Handle the News <u>https://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news/</u>
- ADL fighting hate for good <u>https://www.adl.org/education-and-resources/resources-for-educators-parents-families/les</u> <u>sons?ed\_cat\_id%5b216%5d=216</u>
- Talking to Kids About Racism and Justice: a list for parents, caregivers & educators <u>https://docs.google.com/document/d/1s0lCA3FlulVhK6DFE2d3uYCipc6ApY8Gn2rMw</u> <u>m6fYqw/edit</u>
- How to Talk with Kids About Racism and Racial Violence
   <u>https://www.commonsensemedia.org/blog/how-to-talk-with-kids-about-racism-and-racial
  -violence
  </u>
- How to Talk to Young Kids About Violence, Hate & Other Terrifying Things <u>https://thriveglobal.com/stories/how-to-talk-to-kids-about-violence-hate/</u>
- Anti-Racism For Kids 101: Starting To Talk About Race <u>https://booksforlittles.com/racial-diversity/?fbclid=IwAR39vJQQyCnHfhF0m66o67GnGgR9BuWc</u> <u>ImDQJXBQuUwznf1-YxaZxSzM\_I4</u>
- Anti-Racism Resources for Parents and Kids <u>https://www.healthline.com/health/parenting/anti-racism-resources-for-parents-and-kids</u>
- Anti-Racism for Kids: An Age-by-Age Guide to Fighting Hate <u>https://www.parents.com/parenting/better-parenting/advice/how-to-teach-your-kids-to-fight-h</u> <u>ate-an-age-by-age-guide/</u>
- On educating children on privilege: <u>https://wearyourvoicemag.com/6-ways-teach-kids-privilege/</u>
- On education children on Privilege: <u>https://youtu.be/QNEKbVq\_ou4</u>
- On teaching tolerance for parents: free PDF book <u>https://www.tolerance.org/sites/default/files/general/beyond\_golden\_rule.pdf</u>
- Helping Your Child Cope with Media Coverage of Community Racial Trauma: Tips for Parents

https://www.youtube.com/watch?v=0Qtn2ZFx6ZM&list=WL&index=4&t=0s

### How to Take care of Your Mental Health:

- Help for Mental Illnesses <u>https://www.nimh.nih.gov/health/find-help/index.shtml</u>
- Mental Health Resources <u>https://www.healthline.com/health/mental-health-resources</u>



- Conversations in Your Community <u>https://www.mentalhealth.gov/talk/community-conversation</u>
- Mental Health Resources <u>https://work2bewell.org/resourceshub/</u>
- Videos for any age group on anxiety, depression, suicide and much more <u>https://psychhub.com/individuals/</u>
- SAMHSA's National Helpline <u>https://www.samhsa.gov/find-help/national-helpline</u>
- Talking To Kids About Mental Illnesses
   <u>https://www.aacap.org/AACAP/Families\_and\_Youth/Facts\_for\_Families/FFF-Guide/Talking-To-K</u>
   <u>ids-About-Mental-Illnesses-084.aspx</u>

### Support for individuals and schools:

- Black Emotional and Mental Health Collective <a href="https://www.beam.community/">https://www.beam.community/</a>
- Support for schools during pandemics <u>http://smhp.psych.ucla.edu/pdfdocs/mhpractitioner/practitioner(6-3-20).pdf</u>





# **HEALING & ACCOUNTABILITY WHEEL**



BUILDING AND

MAINTAINING TRUST

SHARED DECISION MAKING

HONORING STRENGTHS

**CREATING SAFETY** 

#### SHARING POWER

- Working together to find solutions Sharing in responsibili-
- ties & child rearing
- Honoring and outlining commitments
- Transparency about intentions and choices

# CREATING SAFETY, TRUST & LOVE

- Respecting boundaries · Respecting mental, physical or emotional differences Learning and respecting their
- love language Respecting their health, HIV/
- STD status, gender, identity

### HONORING/ AFFIRMING FEELINGS

Communicating feelings assertively and clearly · Validating & respecting experiences/ opinions even when disagreeing · Not projecting intent onto partner's choices

## COMMUNICATING

resources are spent

SHARING IN ECONOMIC DECISIONS

Transparency about how shared

Honoring financial agreements

Honesty and openness about finances

 Speaking in a tone or manner that
 is not harmful or degrading to others · Being mindful of what your body

language is communicating Communicating when you need time to calm down to not be disrespectful and when you will return

## PLEASURE & CONSENT

Respecting when/how they want sex/touch and how they enjoy sex/touch · Respecting "no" whether verbal or non-verbal Honoring relationship agreements (polyamory, monogamy etc.) · Affirming their body

**STAYING PRESENT** 

 Not abandoning when difficult things come up/ ghosting Communicating when you need time alone and negotiating when things will be discussed Avoiding phone/devices
 when difficult things come up Engaging in active listening

#### BEING ACCOUNTABLE Taking responsibility for

your choices Getting support to change harmful behaviors

- Acknowledging the impact of your actions, regardless of intent
- Respecting space and time others need to heal from harm

ACCOUNTABILITY

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This wheel credits and builds upon the work of the Non Violence Wheel designed by New Hope For Women

