

# ADDRESSING THE IMPACT OF RACISM AND ASSOCIATED TRAUMA

## Resources to Support Youth in Schools and at Home

Research shows that acts of racism and discrimination negatively impacts students' mental health and well-being (Malone et al., 2022). Below are resources that caregivers and educators can use to help students process feelings and stress associated with racial trauma.

RESOURCE/LINK	SOURCE
<a href="#">Discussing Race, Racism, and Important Current Events with Students</a>	CENTER ON POSITIVE BEHAVIORAL INTERVENTIONS AND SUPPORTS (PBIS)
<a href="#">Addressing Racism and Trauma in the Classroom: A Resource for Educators</a>	THE NATIONAL CHILD TRAUMATIC STRESS NETWORK (NCTSN)
<a href="#">Talking to Children About Violence: Tips for Parents and Teachers</a>	THE NATIONAL ASSOCIATION OF SCHOOL PSYCHOLOGISTS (NASP)
<a href="#">Resources for Diversity, Equity, Inclusion, Antiracism &amp; Accessibility</a>	NATIONAL CENTER FOR SCHOOL MENTAL HEALTH (NCSMH)
<a href="#">Helping Youth after Community Trauma: Tips for Educators</a> (Traumatic events such as a natural disaster; school violence; death; accidents (e.g., gas explosions, arson, transportation accidents))	THE NATIONAL CHILD TRAUMATIC STRESS NETWORK (NCTSN)
<a href="#">Resources to Support Children's Emotional Well-Being Amid Anti-Black Racism, Racial Violence, and Trauma</a>	CHILD TRENDS



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<a href="#">Talking About Racism and Violence: Resources for Educator and Families Supporting School Mental Health in</a>	¡COLORÍN COLORADO!
<a href="#">Supporting School Mental Health in the Context of Racial Violence</a>	MENTAL HEALTH TECHNOLOGY TRANSFER CENTER NETWORK (MHTTC)
<a href="#">Addressing Racism, its Stress and Trauma</a>	NATIONAL CENTER FOR SCHOOL MENTAL HEALTH (NCSMH)
<a href="#">Anchored in Our Roots: A Wellness Series for BIPOC School Mental Health Providers</a>	NORTHWEST MHTTC
<a href="#">Talking to Kids about Tragedies in the News (English and Spanish)</a>	NATIONAL CENTER FOR SCHOOL CRISIS AND BEREAVEMENT
<a href="#">Videos like the Tyre Nichols footage can be traumatic. An expert shares ways to cope</a>	NATIONAL PUBLIC RADIO (NPR)
<a href="#">Racism and Police Violence</a>	LEARNING FOR JUSTICE



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