



STAND AGAINST  
RACISM & INEQUALITY

## Support for Dealing with Racism for you and your Children

### Some tips from all @SARlcharity

SARI is all too aware of the difficult climate we are in right now. Racism is nothing new but coronavirus and the situation in the United States has meant that the impact of racism and racial inequality is being widely advertised and talked about in a way it hasn't been for years. The level of protest and people trying to show their solidarity is on the rise with the press and social media going viral on the issue of race – some in a good way and some in a bad way.

This means that the ugly face of racism is very visible for us all – including our children/pupils and it can be upsetting and traumatising to see the images being shared especially for those of us who are Black, Asian and Minority Ethnic. For children who are non-White or with non-White parents or siblings it can be a disturbing and confusing time as they try and understand what racism is and why it happens and even worse if they have already experienced it. SARI has heard Black and Asian parents tell us that their children and teenagers are waking at night, some of them crying, some of them feeling compelled to try and go on social media to protest with the written word, others feeling angry, some wanting to join protests with the risks this could lead to with coronavirus. This is clearly a really worrying time for parents and all those working with children and young people. What is the right thing to say and do? How do we make it easier and better when the truth is we are not in an easy world?

SARI is not an expert charity on the topic of child psychology or for dealing with the psychological trauma caused by racism or fear of racism but we have done a bit of research on some useful resources that could help:

1. For anyone who is actually facing any racist incidents, faith-based incidents or other types of hate crime – report to SARI and we can offer advice and if you want, open a case to provide support. You can report to us via our website: [www.sariweb.org.uk](http://www.sariweb.org.uk) and see attached leaflet or poster for more information.
2. If you or your child/ children are worried about the current media on racism, about the impact of it and about what to do about it – you can call SARI to speak to one of our experienced caseworkers to get ideas and to offload. If your child has become particularly anxious, you could ask your school to refer them to SARI for 121 support or to invite us in to do a classroom session or an Assembly. Due to coronavirus this will have to wait until visitors are allowed or the school can bring us in online.
3. Check out Bristol Off the Record's Project Zazi: <https://www.otrbristol.org.uk/what-we-do/zazi/> - Zazi means '**Know Yourself, Know Your Strength**'. The project offers a mix of one-to-one support and different kinds of group work, where you can explore your

identity and culture, try new activities and learn new skills. The aim of Project Zazi is to promote good physical and mental health, healthy relationships and positive lifestyles.

4. We have also found some articles/ links and resources that you may find useful – see the below links but also find attached some guidance about Stop and Search for parents and children and some SARI info:

- <https://www.parenttoolkit.com/about/about-parent-toolkit>
- <https://www.psychologytoday.com/gb/blog/life-liberty-and-the-pursuit-insight/201310/racial-teasing-reflections-being-different-part-1>
- <https://www.psychologytoday.com/gb/blog/life-liberty-and-the-pursuit-insight/201311/six-ways-help-your-child-cope-racism-part-2>
- <http://www.stop-watch.org/>

5. If the situation is more serious and either you or your child has more serious symptoms of distress, anxiety or mental health needs – please contact your GP or a specialist mental health service to get expert advice. The sooner you deal with trauma the better outcomes you will have.

We hope the above is useful. The main thing is don't ignore how you or your child feels or play it down. It is completely understandable to be upset by what is going on around us in the world at the moment. But, equally, try not to panic, we are mostly staying safe and well and there are lots of good people and good services out there you can turn to if anything happens.

Please stay safe, stay well and speak out if you need support.

Kind regards

Due to Coronavirus, SARI will be keeping external visits, meetings and interventions to essential ones only. We will continue to take and respond to all referrals, phone calls, e-mails and agency contacts. We will continue to provide all possible support for our clients and partner agencies by phone and online. Urgent and unavoidable meetings and interventions will be delivered in line with government guidance. Please be aware we will have less capacity than usual for these as some of our staff cannot attend external meetings due to caring for vulnerable relatives or their own compromised immunity.

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