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parenting kids to be disciples of JESUS



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Talk with Children About Race

POWERSOURCE

ASK JESUS:

1. To guide your conversations about tough topics such as racism and discrimination.
2. To remove any stereotypes from your heart and mind.
3. To work through you to build a family and community filled with loving acceptance.

In addition to all the “normal” parenting challenges, 2020 has been filled with tough news and difficult situations to explain to kids. During a deadly and disruptive pandemic, protests erupted against racial injustice.

Even if racial conflict isn’t a hot topic in your particular community, church, or schools, all parents are faced with addressing race in age-appropriate ways. We may assume that kids are “color-blind” and need to be shielded from talk of prejudice; however, experts warn such assumptions can unintentionally perpetuate stereotypes.

Author Dallas Willard said people can unknowingly pick up beliefs like a wool jacket picks up lint, and it takes intentional effort to deal with all that “cultural lint.” Kids watch parents, listen to us chat, and

absorb the news, so while it’s a good start, it’s not enough to only say, “God loves everyone, and so should we.”

It’s true that God loves everyone, but he also created people differently. And as a God of justice, he wants his followers to stand up against all types of discrimination and prejudice.

Conversations about race can feel awkward, and societal problems can seem overwhelming. But as recent events in America have shown, *beginning* the conversation is an important first step. Read on for ideas about how you can address race and equality with your children.



TEACHABLE MOMENTS

Unity in Jesus

With tape, mark off an area not quite large enough for all family members to sit in. Set pillows near the area. Tell everyone to sit inside the tape. Then bring out stuffed animals and put them on the pillows. Say: **I'm sorry you're crowded, but pillows are only for our special guests.** Bring out more animals, and have people *stand* inside the tape to make room for the animal "overflow." Then bring out even more animals and have people stand *behind* the taped area.

Ask: **How did you feel when you couldn't sit on the pillows? when you had to give up your seat?** Say: **Years ago, black people had to sit in separate areas and attend separate schools—all because of skin color. Eventually, laws were changed so black people could be treated fairly, but racism and hatred still exist.**

Read Galatians 3:28. Say: **Jesus loves people of every color, and we're all very special to Jesus.** Rip up the tape, join hands, and close in prayer.

Stop Racism Before It Starts

Parents have many opportunities to take action against racism: Begin young, modeling how to embrace and celebrate all skin colors. Don't ignore racial differences. Answer children's questions honestly. Surround yourself with people who don't look like you, and listen to their stories and experiences. Forbid name-calling and racial slurs, and treat all people equally. Seek out multicultural activities, books, toys, TV shows, and films. Become secure in God's love for you, and affirm the dignity of all races.

Open Invitation Form two groups. Tell groups they can't speak or interact, but must work together to build a two-story house made out of Lego building blocks (or other blocks). Allow two minutes. Ask everyone to assess the result. Say: "Now we'll try again, but you're all one group and you can speak and interact." Allow two minutes. Ask what was different between the experiences. Read James 2:8-9. Say: "Jesus told us to love others as ourselves. How can we include others in our day-to-day lives?"

Same Shadows Use a bright light to cast shadows on a wall, and then make shadow puppets. Ask: "Which of your shadow puppets is your favorite? How are they all the same? different? How are we the same? different?" Say: "People are alike in so many ways. One way is that no matter our skin color, we all cast the same color shadow!"

Reflections Look into a mirror. Say: "I'm looking at a picture of someone God says is very special. Would you like to look? I'll show you, but don't tell who you see." Hold the mirror up to each person, one at a time. Ask: "Did we all see the same person? Who did you see?" Say: "God thinks we're *all* special and doesn't have a favorite. The person you saw doesn't

look exactly like anyone else. It's wrong to dislike someone because of how they look." Read 1 Samuel 16:7. Say: "No matter what you look like, God thinks you're special—because of what's inside your heart." Pray, thanking God for making everyone special.

Sound Off Beforehand, record four people talking. Play each voice, and ask: "Does this person sound kind? fun? Would you like to meet this person? What color is their skin? Does that matter?" Say: "Martin Luther King Jr. believed God wants us to love all people, no matter what they look like. King tried to change laws that treated people unfairly due to skin color." Read John 13:34-35. Ask: "What does it mean to love all people as God does? What does it mean to love each other equally?"

Face Mosaics Hand out white construction paper. Provide 1-inch squares of "skin"-colored paper (brown, black, pink, beige); "eye"-colored paper (blue, brown, green); red paper; and "hair"-colored paper (yellow, brown, black, red). Create mosaic faces combining all the skin colors. Then complete the faces with eyes, lips, and hair. Say: "God created us using all kinds of colors to make each person unique!"

MEDIA MADNESS



MOVIE

Title: *Mulan*

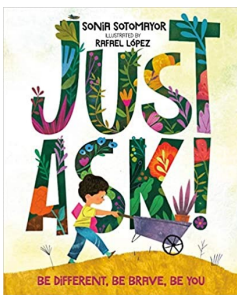
Genre: Action, Adventure, Family

Rating: PG-13

Cast: Liu Yifei, Donnie Yen, Jet Li

Synopsis: This film, based on Chinese folklore, is a live-action version of the 1998 animated hit—minus the hit songs. It's the first Disney live-action remake to receive a PG-13 rating (for violence). The main character, a Chinese maiden, conceals her identity so she can serve in the Imperial Army as a "male" warrior.

Our Take: As an epic tale of heroism, *Mulan* shows that young people—girls, too—can display strength and courage. The movie can serve as a springboard into researching Chinese history, traditions, and culture. Scenes of peril and battles may get intense.



BOOK

Title: *Just Ask!*

Author: Sonia Sotomayor

Synopsis: Subtitled "Be Different, Be Brave, Be You," this book from the first Latina U.S. Supreme Court justice features 12 kids who face various challenges and abilities. Through a community-gardening project, Sotomayor's picture book conveys the message that people's differences make the world more vibrant.

Our Take: Readers will learn that it's okay to be curious about other people's differences, to ask questions politely, and to become friends with them. Sotomayor, diagnosed with diabetes as a child, encourages a direct approach and an "honoring" attitude. Questions help families discuss and relate to each child's experiences.

Games, Podcasts & Apps

kubb

If you want to try a new outdoor family-friendly game, check out kubb. In this Nordic activity, nicknamed "Viking chess," team members throw wooden batons to knock down blocks. Kubb is becoming popular in the U.S. be-

Julie's Library

Acting legend Julie Andrews, along with her adult daughter, bumped up this podcast launch when the pandemic hit. The pair read children's books aloud, discuss the themes, and suggest enrichment activities. The book choices and lively chats help spark a love of reading. Geared toward ages 4 to 10.

Stay Play Grow

This new free app is designed to support parents of children from birth to age 5, especially during the pandemic. It offers learning activities, information about how to get basic needs met, self-care strategies, and advice about safety and health—including how to talk to kids about the pandemic and racism.

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CULTURE & TRENDS

Easing Re-Entry Students returning to classrooms this fall could face a newfound "universal stress" as well as separation anxiety. Experts are reminding parents that kids are resilient and often mirror the responses of adults in their lives. Schools, despite tight budgets, are trying to boost social-emotional supports—especially for families of color, who typically don't use mental-health resources as often as white families do. (*various sources*)

Getting in Step Resolving conflicts is easier when the two parties walk side by side, a study shows. Walking together builds rapport and empathy while reducing stress and improving mood. (*psycnet.apa.org*)

QUICK STATS

Perceptions Vary In a survey conducted last year, 78% of Black practicing Christians said the U.S. has a race problem, compared to 38% of White practicing Christians. (*Barna.com*)

Under Suspicion Only 25% of White adults say they've been in a situation where people act suspicious of them, while 65% of Black adults say that has happened to them. (*PewResearch.org*)