



▶▶ Taking a Stand Against Hate and Racism In the Classroom, School, and Community

Creating an Anti-Racist Space *What Does It Mean to Be Anti-Racist?*

To be antiracist is to work consistently towards equality for all racial groups, this includes unlearning former ways of thinking, relearning, and working towards dismantling structural racism in schools, communities, and at systemic and higher institutional levels.

Schools and classrooms should provide a safe space for students of all racial, ethnic, and diverse backgrounds to feel valued and supported. Students can also benefit tremendously from spaces to discuss social/community issues and events that affect them on a daily basis. This requires active steps and measures being taken by principals, teachers, counselors, school staff, students, and families.

Anti-racist work can be difficult and/or uncomfortable for individual persons, groups, and institutions. It can also bring up various feelings. In acknowledging this, we want to encourage the importance of supportive and meaningful discussions and collaboration.



Anti-racist work in all schools is essential. It is the exercise of hope, the practice of undoing and dismantling systems of oppression, the practice of freedom and truth-telling. Anti-racist work is the practice of healing and restoring; it is a practice of love.

– Jamilah Pitts



Anti-racism Resources

[Addressing Race and Trauma in the Classroom](#)

A guide that is intended to help educators understand how they might address the connection between race and trauma and its effects on students in the classroom.

[LACDMH Anti-Racism](#)

Provides a collection of resources on topics of anti-racism, racial equity and mental health.

[Educate to Liberate \(Edutopia\)](#)

Includes information and classroom practices that teachers can utilize to help validate and empower students from diverse backgrounds. Edutopia provides a variety of resources to help schools implement transformational strategies.

[Family Equality](#)

An organization with the mission to advance legal and lived equality for LGBTQ+ families. Included in their resources is a Black history and antiracist toolkit.

[LA vs Hate](#)

A campaign created by L.A. County to help create unity, provide resources, and encourage members of the community to stand up against hate and report it.

[Learning 4 Justice](#)

An organization dedicated to helping schools incorporate social justice issues into their curriculum. Resources include articles and PDFs that can be downloaded and shared.

[UCSF Multicultural Resource Center](#)

Provides programming, services, and resources rooted in social justice and cross-cultural frameworks. Included in the resource collection is the focus on racial equity and anti-Black racism, and healing for BIPOC (Black, Indigenous, and People of Color).

[Wellbeing4LA](#)

Online learning platform with resources, self-guided courses, and videos designed to provide psychoeducation on student's mental health and wellbeing, implicit bias, racial equity and social justice, trauma and resilience informed care, and professional development.



Racism is a mental health issue because racism causes trauma. And trauma paints a direct line to mental illnesses, which need to be taken seriously.

– Mental Health America, "[Racism and Mental Health](#)"



Practicing and Teaching Empathy

- Reflect on your own thoughts, feelings, and emotions.
- Assess your own level of empathy, e.g., [Toronto Empathy Questionnaire, understood.org](#).
- Incorporate a daily warm-up near the beginning of class to help students build empathy.
- Utilize diverse books, educational materials, and learning opportunities.
- Create real-life empathy opportunities and activities, e.g., have students interview or get to know someone they don't know, incorporate restorative circles in the classroom.
- [Empathy in Your Classroom](#) – A guide meant to help teachers build empathy and community in their classroom.
- [Restorative Practices](#) – Contains step-by-step instructions for teachers and school staff to teach restorative practices and skills in the classroom.

