


Session 6: Continuing Your Anti-Racist Parenting Journey



Extension


UNIVERSITY OF WISCONSIN-MADISON





I acknowledge that University of Wisconsin-Madison Extension occupies the sacred and ancestral lands of Indigenous Peoples.

I honor the land of the Dakota, Ho-Chunk, Menominee, Ojibwe and Potawatomi Nations.

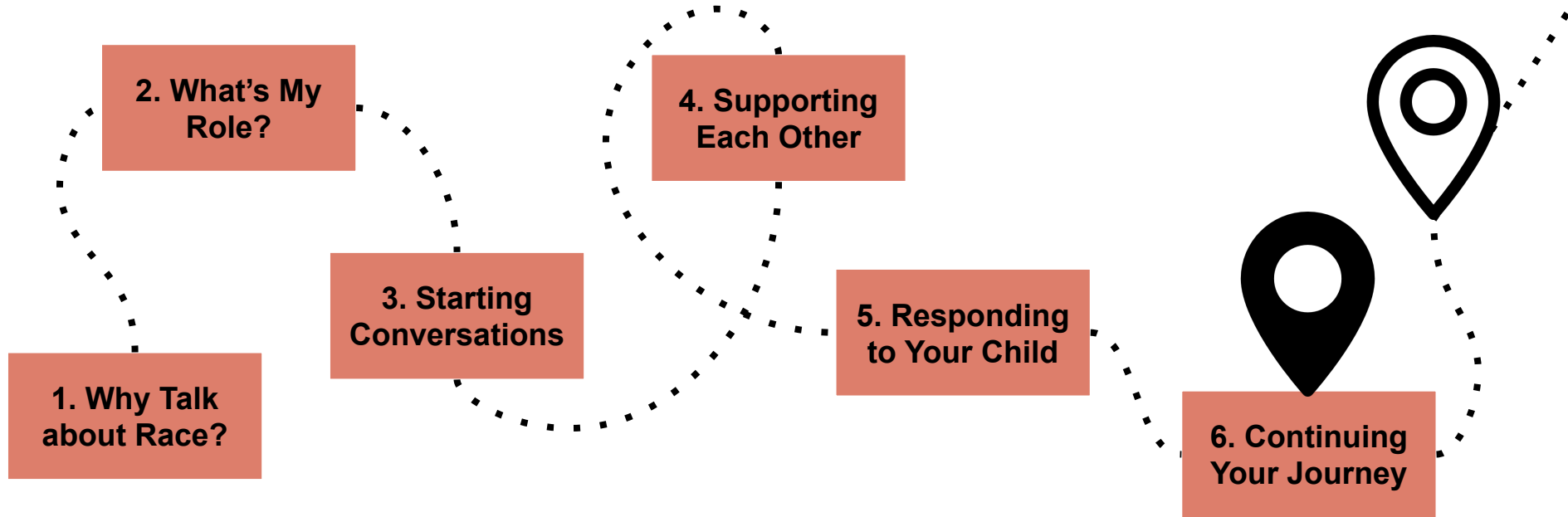


**Check In: Give me three words that
describe how you're feeling.**

Settling In



Our Anti-Racist Parenting Journey



Where we've been...



- **Committed to pursuing** an anti-bias approach to parenting
- **Chosen courage** to engage in open, honest conversations about race and racism and built skills to persist when the going gets tough
- **Started building** an anti-racist habit by having regular conversations with your children

Where we're going...



Session 6

By the end of the session, you will...

- **Provide feedback and support** to other parents and yourself in having conversations about race and racism in the world
- **Set goals** for yourself as you continue on your anti-racist parenting journey

Group Agreements

1. Listen without judgement: We will have mutual respect for multiple ways of knowing and acting in the world.
2. Create a safe space for learning and uncomfortable growth: tolerance for different levels of experience
3. We will use “I” statements and speak from personal experience.
4. We will all take responsibility for our impact.
5. Step up, and step back.



Parents Helping Parents

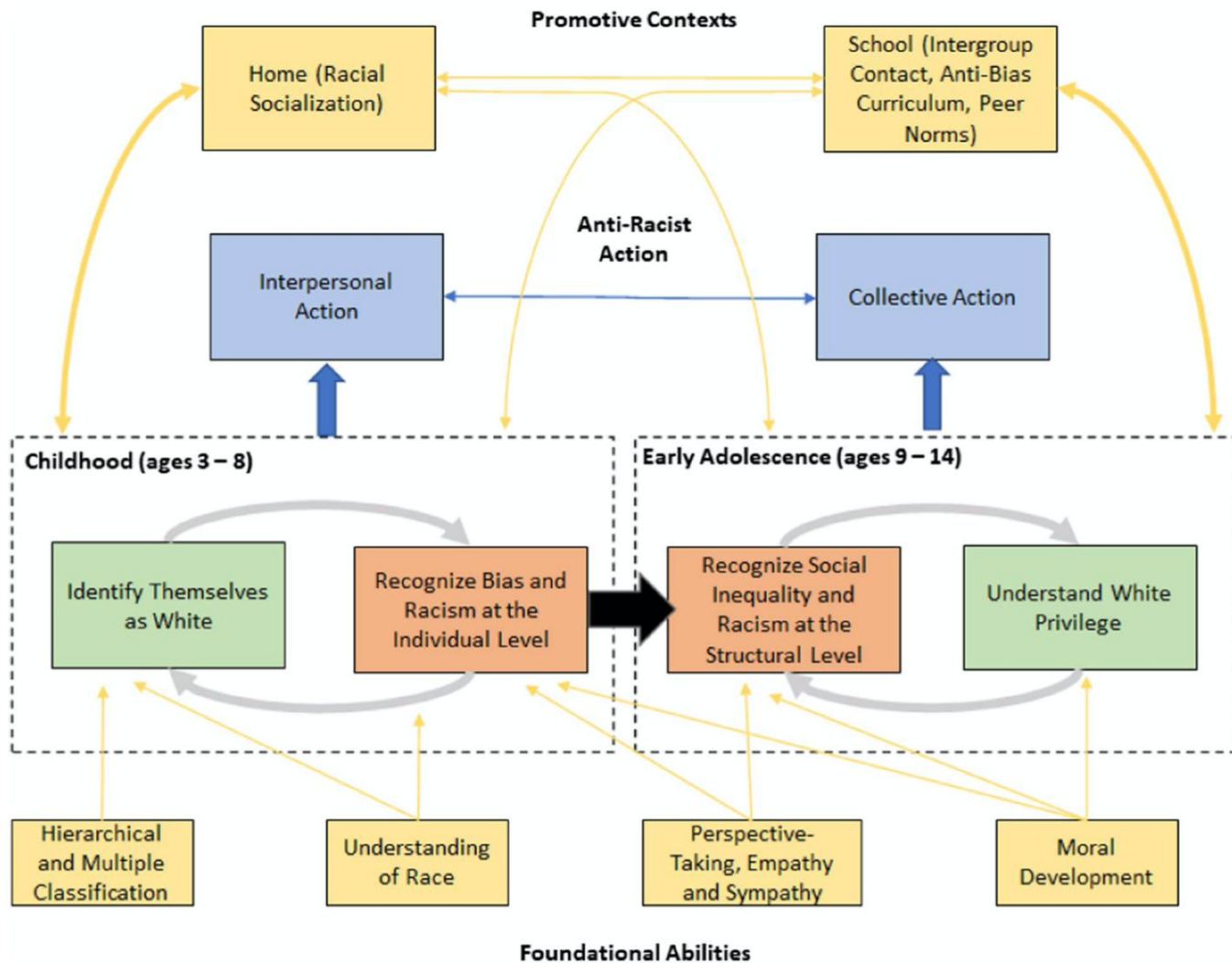
1. One volunteer shares a “newspaper headline” of their challenge.
2. Volunteer describes the last time the challenge occurred.
3. Other members of the group brainstorm ideas of how to handle the situation.
4. Volunteer chooses a suggestion to try.



Handbook
Page 41



Anti-racism is a lifelong commitment.



Social Justice Development Jigsaw

1. In small groups, explore Social Justice Standards, reading through Anti-Bias Scenarios.
 - a. **Group 1:** Identity
 - b. **Group 2:** Diversity
 - c. **Group 3:** Justice
 - d. **Group 4:** Action
2. **Q:** How do these skills develop over time?
3. Share out to the whole group.



See handbook
page 93





The best way to communicate a commitment to anti-racism to your children is to be actively engaged yourself.

Walk the Walk

1. In small groups, explore anti-racist action resources.
2. Identify the key takeaways and 2-3 **specific actions** you can do and how you can involve your child.
3. Share as a whole group.



See handbook
page 43

Where You've Been



See handbook
page 42

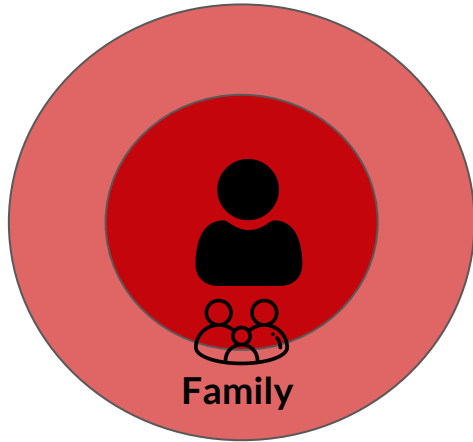
1. Think about your journey to anti-racist parenting so far, what has been one success or milestone you've experienced?
2. Looking back over the last six weeks, describe your experience in this course in one word or short phrase.



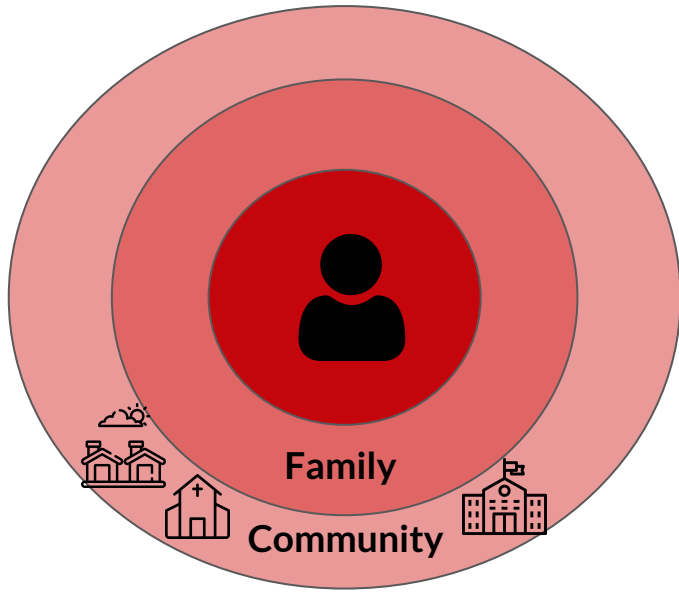
Where You're Going



What work do you need to
continue for yourself as you
pursue your anti-racist
parenting practice?



What has this course taught
you that you are eager to
pass on to your children?

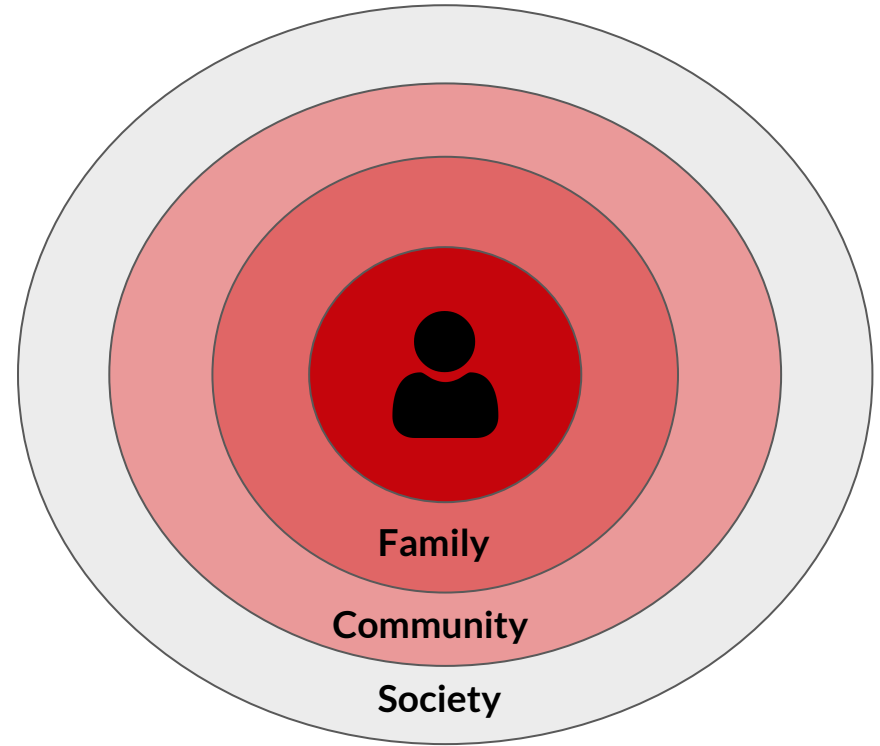


What has this course
taught you that you are
eager to pass on to other
parents?

What are your short-term goals for your
anti-racist parenting practice?
Long-term goals?

What supports will you need in continuing this work? How will you seek them out?

Working with our Intentions



Recap



Session 6

Today you...

- **Provided feedback and support** to other parents and yourself in having conversations about race and racism in the world
- **Set goals** for yourself as you continue on your anti-racist parenting journey
- **Practiced** working with your intentions to stay the course

Dive Deeper

Resources:

- See your handbook for additional information about the topics and content covered today!
- **Stay in touch** with those from this class via discussion group.
- **Seek out** community organizations and other resources working towards anti-racist goals.