



# WORKSHEET: HOW TO RAISE AN ANTI-RACIST CHILD

## Moms Against Racism Canada

Our mission is to educate our members in anti-racism, cultural competence, and decolonization so they have the tools and support to dismantle racism within themselves, their families, and their communities.

We believe we have the power to change the world through the relationships we build with “our” children. We have the power to shape the next generations. We have the power to end racism where it starts - in the home.

This worksheet is provided so you can actively follow along, take notes, capture insights, and document your commitments throughout this presentation.

### Definitions:

Term	Definition	Notes
Racism		
Racial prejudice		
White supremacy		
Systemic racism		
White privilege		
White Washing		
Emotional Labour		

Term	Definition	Notes
Anti-Racism		
Actively Racist		
Overt Racism		
Passively Racist		
Covert Racism		
Actively Anti-Racist		

## Anti-racist parenting

is both a \_\_\_\_\_ and an \_\_\_\_\_

## Two shifts in thinking needed to raise an anti-racist child:

1. You need to shift the belief that \_\_\_\_\_
2. You need to shift the belief that \_\_\_\_\_



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## SEEK to be the Change

	Stands for:	Examples of actions:
S		
E		
E		
K		

## Three qualities of a Change Agent:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

## Anti-Racist actions I can take tomorrow/this week/this month:

What	When



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Kerry Cavers

Founder & President



Connect with us

[www.MomsAgainstRacism.ca](http://www.MomsAgainstRacism.ca)

Email:

[Info@MomsAgainstRacism.ca](mailto:Info@MomsAgainstRacism.ca)

Events: [www.MomsAgainstRacism.ca/Events](http://www.MomsAgainstRacism.ca/Events)

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