



## Is Your Child Experiencing Racial Trauma?

### DID YOU KNOW?

**DID YOU KNOW THAT WHEN YOUR CHILDREN EXPERIENCE RACISM AT SCHOOL, EVEN IF IT IS NOT OVERT, THEY CAN EXPERIENCE SIGNS AND SYMPTOMS OF TRAUMA?**

**KNOW WHAT TO LOOK FOR!**

**Racism is violence and like all violence is also traumatic.**

### WHAT IS TRAUMA?

Trauma is defined as a physical and/or psychological threat on one's sense of self, safety, survival or loved one. Regrettably, traumatic events such as abuse, neglect, serious illness, natural disaster and war affect the lives of many children.

*(Children's Mental Health Research, Quarterly - Simon Fraser University).*

What trauma looks like in our children:

- Anger, anxiety, sadness or moodiness, feelings of hopelessness, hypervigilance or anxiety
- Lack of confidence, Self hate and internalized racism
- Difficulty sleeping or remaining asleep
- Nocturnal enuresis (bed wetting)
- Problems with food (not eating or overeating)
- Challenges being alone (seeking ongoing nearness to caregiver) or increased isolation
- Trouble focusing in school, challenges in work completion, low school attendance
- Fatigue or body pains, etc

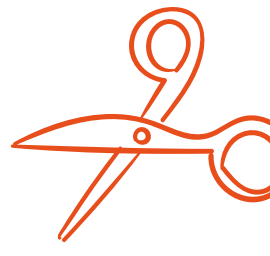
*\*\*Evidence also shows that Black youth who do not access treatment are likely to face difficulty in school, family conflict and increased contact with the justice system.*



**A**



**B**

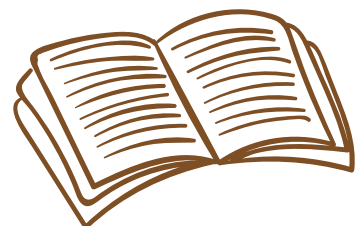




## Is Your Child Experiencing Racial Trauma?

As your child's parent/guardian, you can help increase your child's mental wellness by doing the the following:

1. Create a safe space for your child, validate their experiences and emotions
2. Recognize the symptoms of unwellness
3. Seek mental wellness support from a Black mental health specialist. See your family practitioner if your child is expressing suicidal thoughts or behaviours
4. Be intentional in acts of self care. Eat well, get sleep, unplug from devices, exercise are a few acts of self care that can help mitigate against stress.
5. Build Black Identity by teaching your children to love their Black bodies and history. Tell your children the truth about our story. Our stories did not start during the Transatlantic Slave Trade
6. It is imperative that **parents practise their own self care**. Create a toolkit to increase mental wellness



### Resources for parents

- **Black Youth Helpline** (416) 285-9944, 1-833-294-8650, text RISE to 686868
- **Kids Help Phone** tel:1-800-668-6868, Text: 686868
- <https://kidsYhelpphone.ca/get-info/trauma-what-it-is-and-how-to-cope/>
- **Naesha Youth Helpline Muslim Services** - 1 (866) 627-3342 <https://naseeha.org/>
- <https://www.studentandfamilyadvocate.com>
- **Taibu Community Health Centre** - <https://www.taibuchc.ca/en/>
- **Parents of Black Children Family Supports** - [www.parentsofblackchildren.org](http://www.parentsofblackchildren.org)
- <https://www.toronto.ca/wp-content/uploads/2020/01/96a4-t4a-abr-bmh-resources.pdf>