

Social Media.
Resilience.
Healthy Relationships.
Stress.

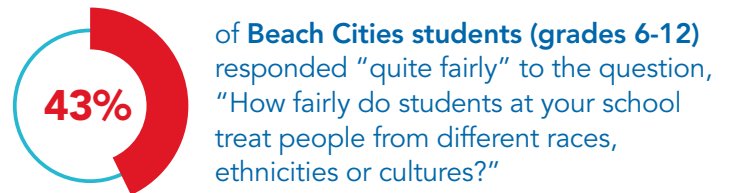
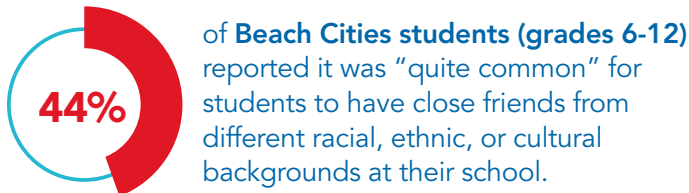
Talk About **It.**

Empathy.
Social Justice.
Vaping.
Mental Health.



Social Justice

How diverse, integrated and fair is school for students from different races, ethnicities or cultures?



*Panorama Ed survey, 2020

Lesbian, gay, bisexual, transgender, and questioning or queer (LGBTQ) youth are at elevated risk for bullying and violence victimization, mental health problems, drug and alcohol use, and exhibiting poor performance in school.

LGBTQ youth are:



About 30 percentage points more likely than non-LGBTQ youth to experience harassment and bullying at school



30 to 40 percentage points more likely to exhibit chronic sadness

*California Healthy Kids Survey, 2017-18

It's never too early – or too late – to start the conversation.

Whatever "it" is, have the talk.

Find tips at bchd.org/talk.

Beach Cities Partnership For Youth



Tips to Talk About It

Listen to your child and create an environment that supports social justice.



Always keep conversations open and honest



Come from a place of love, even when you're having tough conversations



Provide positive reinforcement



It's never too early – or too late – to start the conversation

Top tips to help your child address social justice:

- Do your research: Be knowledgeable on the topic and have resources available to share with your child. These can include books, documentaries, podcasts or movies.
- Confront misinformation and talk about common misconceptions.
- Be patient when explaining, especially for young children who are confused or surprised when told about social justice issues or misinformation.
- Emphasize to your children to respect and appreciate differences, whether it be race, religion, gender, etc.
- Be patient with your child and allow them to ask questions.

Have the talk.

Find tips at bchd.org/talk.

For parenting resources, blogs and videos,
go to southbayfamiliesconnected.org

Information sourced from:

<https://kidshealth.org/en/parents/talk-about-race.html>
<https://www.nytimes.com/2020/06/05/us/talking-to-kids-about-racism.html>
<https://www.savethechildren.org/us/charity-stories/tips-teach-explain-racism-to-children>
<https://www.edutopia.org/blog/teaching-young-children-social-justice-jinnie-spiegler>
Panorama Ed survey, 2020
California Healthy Kids Survey, 2017-18

Hanson, T., Zhang, G., Cerna, R., Stern, A., & Austin, G. (2019) Understanding the experiences of LGBTQ youth in California. San Francisco, CA: WestEd.
Russell, S. T., & Fish, J. N. (2016). Mental health in lesbian, gay, bisexual, and transgender (LGBT) youth. Annual Review of Clinical Psychology, 12, 465-487.
See calschls.org/reports-data/dashboard/

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