

Portland Public Schools' *Supporting Students & Families of Color*  
*Enduring Racism*

["Supporting Kids of Color in the Wake of Racialized Violence"](#) (audio interview with Dr. Allison Briscoe-Smith and Dr. Sandra "Chap" Chapman)

["Black Pain, Black, Joy, & Racist Fear: Supporting Black Children in a Hostile World"](#) by Angel Dunbar (from APA)

["Tips for Self-Care: When Police Brutality Has You Questioning Humanity and Social Media is Enough"](#) by Dr. Imani J. Walker in *The Root*

[Emotionally Responsive Self-Care for People of Color](#) (Brandi Jackson Wellness, YouTube)

[Family-Care, Community-Care, and Self-Care Tool Kit: Healing in the Face of Cultural Trauma](#) from Community Healing Network and the Association of Black Psychologists

["7 Virtual Mental Health Resources Supporting Black People Right Now"](#) by Jesse Sparks in Healthyish blog (May 30, 2020)

["Self Care in the Face of Racial Injustice"](#) on Therapy for Black Girls

["Self Care for People of Color After Psychological Trauma"](#) on Just Jasmine

["Black Lives Matter Meditation for Healing Racial Trauma"](#) on Dr. Candice Nicole blog

["Self Care Tips for Black People Who are Struggling With This Very Painful Week"](#) by Rachel Miller for *Vice*

["Addressing Race & Trauma in the Classroom: A Resource for Educators"](#) from the National Child Traumatic Stress Network

[The Link Between Racism & PTSD](#) by Dr. Monnica T. Williams in *Psychology Today*

[Black Women's Health Imperative](#) (non-profit for and by Black women)

[“44 Mental Health Resources for Black People Trying to Survive in This Country”](#) by Zahra Barnes in *Self*

[“49 Phrases to Calm an Anxious Child”](#) by Renee Jain, MAPP

[“Coping Skills Checklist”](#) (for younger kids)

[Coalition to Support Grieving Students](#) (while this is designed for loss of a family member, and for students of all races, it is a useful “what not to say” video)

[“Choosing to See the Racial Stress that Affects our Black Students”](#) by Riana Elyse Anderson, Farzana T. Saleem, and James P. Huguley in the *Phi Beta Kappan*

[“George Floyd Video Adds to Trauma: When is the Last Time You Saw a White Person Killed Online?”](#) by Alia E. Dastagir in *USA Today*

[“After a Crisis: How Young Children Heal”](#) from the National Child Traumatic Stress Network

[“George Floyd. Ahmaud Arbery. Breonna Taylor. What Do We Tell our Children?”](#) Interview in *USA Today* with Dr. Beverly Daniel Tatum and Dr. Erlanger Turner about conversations with kids of color and White kids about racist violence

[“Living with the Bear”](#) by Lauren Mascareñaz (from *Teaching Tolerance*; about how exposure to violence through social media, and in particular racist violence, impacts children)

[Tips for Talking with and Helping Young Children and Adolescents Cope After a Disaster or Traumatic Event](#)

[“Affirming Black Lives Without Inducing Trauma”](#) (series of three articles in *Teaching Tolerance*)

[“If We Aren’t Addressing Racism, We Aren’t Addressing Trauma”](#) by Dena Simmons in *ASCD*