Resources to understand race and racism
There are lots of resources that can help families learn about race and racism.

Typically, children become aware of race at age 4. For some families “choosing” whether or not to talk about race is an option that many parents don’t have. Sadly, some children may learn about it by confronting racism in their everyday lives. We know that talking about this and learning about these complex issues can be challenging.

Here, we have collected a list of different resources that can help children and young people with autism and their families learn about racism.
10 books to introduce race

A list of books that start to talk about race

A list of picture books representing and celebrating diversity

A list of books for young people collected by BAME Teach Network (various)

This Book is Anti-Racist: 20 lessons on how to wake up, take action, and do the work by Tiffany Jewell (long read)

6 things white parents can do to raise racially conscious children by Bree Ervin (short read)

Talking to your children about culture by Parent Lives (medium read)

Why talk about Whiteness? By Teaching Tolerance (long read)
Elmo from Sesame Street and Luipta Nyong’o love the skin they’re in (2 minutes)

Discrimination explained in a short animal with Olly Pike (5 minutes)

Oscar winning short film Hair Love (7 minutes)

Staying culturally connected by parent.tv (3 minutes)

How and when to talk to your children about race (8 minutes)

Is my skin brown because I drank chocolate milk? by Beverly Daniel Tatum at TedXStanford (15 minutes)

For families teaching a child or young person

For young people

Race and privilege explained in the race for £100 (4 minutes)

Two young women at TedX talk about being racially literate (10 minutes)

Celebrating cultures and differences by Childline (8 minutes)

Videos

For children

Elmo from Sesame Street and Luipta Nyong’o love the skin they’re in (2 minutes)

Oscar winning short film Hair Love (7 minutes)

How and when to talk to your children about race (8 minutes)

Is my skin brown because I drank chocolate milk? by Beverly Daniel Tatum at TedXStanford (15 minutes)
Audiobooks and podcasts

**For children**
- The story of John Newton and his role fighting for the abolition of slavery by BBC Teach (10 minutes)
- We're all different by Twinkl (3 minutes)
- Various audio books on different cultures and festivals (10 minutes)

**For young people**
- Teenager Nupol Kiazolu talks about her role in Black Lives Matter on Activist, you! (20 minutes)
- Teenager Alvin Owusu talks about how to be an activist on the BBC podcast (20 minutes)
- The big questions: About race with Reni Eddo-Lodge (40 minutes)

**For families teaching a child or young person**
- Talking race with young children by Parenting Difficult Conversations (25 minutes)
- Talking to kids about race by Therapy for Black girls (30 minutes)
- How to talk about racism and Black Lives Matter with children on Women's Hour, BBC Radio 4 (55 minutes)
We are Ambitious about Autism

Ambitious about Autism is the national charity for children and young people with autism.

We provide services, raise awareness and understanding, and campaign for social and policy change. Through TreeHouse School, The Rise School and Ambitious College, we offer specialist education and support.

Our ambition is to make the ordinary possible for more children and young people with autism.