

Anti-Racism

Combatting racism and becoming
a more inclusive classroom



In Partnership With

M★**LK**
FLUENCERS

Ages: 8-16

Time: 60 minutes

Materials: 'Put a finger down'
'How can I be anti-racist'

Preparation

In preparation for this session, you can print out the resources attached to enhance the experience for the students – but it is not necessary to complete the lesson.

Due to the sensitive nature of this topic, it's important to be mindful throughout this session of students that may have personal experience, whether it's with themselves or family/friends.

This exercise has been developed in partnership with Loti Nambombe, Milk Education's Anti-Racism Ambassador & Diversity and Inclusion Speaker, adapted from the presentations he can offer.

For more information about Milk Education, our Diversity speakers, and how we're making a change in education - go to www.milk-education.co.uk

Introducing a 'safe space' & inclusive environment

Creating a safe space is crucial when delivering this lesson, and ensuring the classroom is an inclusive environment at all times. Encouraging the students to be respectful and aware, and making sure you are sensitive when it goes to discussion and sharing individual's ideas and thoughts.

Explain to the class that nobody will be judged on their answers or opinions, and make it clear that it's okay to say the wrong thing, or question things - as long as we learn and correct them where needed. Respect is the key.

At Milk Education, we encourage an open and honest approach to discussing these 'stigmatised topics' – and want that to extend to your classroom.

Ice Breaker (5-10 minutes)

'PUT A FINGER DOWN' / BINGO CHALLENGE

This ice breaker is designed to get the students to start thinking of how racism impacts their lives and others. It's a great way to warm up and ease into the more difficult subjects.

Depending on the age of the group and the vulnerability – you could offer the option to make it a more active game, or alternatively make it anonymous. If they are reluctant to share their personal experiences, offering an option to comment anonymously would work best.

Give students the option to either:

- Use their hand and put fingers down after each statement
- Draw a 'bingo' style grid and cross out as they go
- Give out post it notes (can be kept for a later discussion)

Statements:

- 1) If you know what racism is**
- 2) If you've ever been called names by others**
- 3) If you've ever felt sad because of someone in school**
- 4) If you've experienced racism**
- 5) If you've seen racism in school**
- 6) If someone in your family has experienced racism**
- 7) If you've made fun of someone because they were different**
- 8) If you know what a stereotype is**
- 9) If you know what being 'anti-racist' means**

What is Racism (10 Mins)

Begin by asking the students what they think racism is and discuss in small groups / on their tables. Allow 5 minutes for discussion and then begin the next section.

So let's learn a bit about what racism is and how it can show up in school or in your life...

“Racism is when someone treats another person differently because their skin colour is not the same as theirs, they speak a different language, or have different religious beliefs.” (source: <https://www.bbc.co.uk/newsround/52965984>)

What could racism look like in school?

- Bullying because of someone's skin colour
- Not letting someone hang out with you
- Not welcoming new students from different countries
- Treating someone badly because of their race

So, what does ANTI-RACISM mean to you?

Doing the opposite of being racist... anti-racism.

- Recognise and celebrate differences
- Being kind
- Having the courage to stand up
- Being yourself
- Being human and treat others the same
- Loving people

Challenging Stereotypes & Stigmas (20 minutes)

The first part of this activity is to explain what stereotypes and stigmas in relation to race (and difference) are to the group.

A stereotype is an assumption about what someone will be like / what they will do / how they behave... based on what group they belong to (such as someone's race)

Racism occurs a lot of the time because people have stereotypical views of groups, and have not learned properly about the importance and positivity of difference and inclusion.

Recognising stereotypes activity (10 mins)

Ask the class if they can think of an example of a stereotype of a person / animal etc

Prompt... a stereotype is normally a negative thought / feeling about a group of people, or thing.

Help... an example could be:

- Girls should just play with dolls / boys should just play with trucks
- Sharks are aggressive creatures and scary - only like the film 'jaws!'
- In the film Aladdin... the evil characters have non-american accents (Jafar and Gazeem) whereas the other arabic characters speak american

Get them to discuss their answers and review why we think these things/ why others think these things and why it's wrong.

Challenging Stereotypes & Stigmas Cont.

Celebrating Our Differences activity (10 mins)

It's important for us all to talk about our differences! It's not racist to talk about race - but we need to be open and welcoming about all of our differences.

In small groups, get the students to write down their differences and then you can discuss as a whole class.

Prompts:

- Activities you enjoy
- Songs you like
- Hair colour
- Skin colour
- Eye colour
- Subject that they like
- Favourite film/ tv show

Quote - "If you were all exactly the same... things would be boring" "Your difference is your superpower!"

Using their differences in a positive way! Encourage the class to consider their uniqueness, and how it makes you YOU.

Difference is a good thing!

What Will I do Now To Be Anti-Racist (15 minutes)

Examples you can lead with...

- Recognise and celebrate differences
- Be curious
- Talk openly

Ask your group to each commit to celebrating difference and fight racism by filling out the 'one thing I will do today to be anti-racist' template. This final exercise encourages looking at all those differences and things that make people unique.

You can print these templates out and then create a display of how the class are working together to become an anti-racist classroom.

What Will I Do To Become Anti-Racist?



A large rectangular box containing six horizontal dashed lines for writing.



PUT A FINGER DOWN IF..

<p>If you know what racism is</p>	<p>If you've ever been called names by others</p>	<p>If you've ever felt sad because of someone in school</p>
<p>If you've experienced racism</p>	<p>If you've seen racism in school</p>	<p>If someone in your family has experienced family</p>
<p>If you've made fun of someone because they were different</p>	<p>If you know what a stereotype is</p>	<p>If you know what being 'anti-racist' means</p>