
EFFECTS OF RACISM; POLICE VIOLENCE ON CHILDHOOD HEALTH AND DEVELOPMENT.

FATHERS CORPS 10/2020

BEVERLY KYER, MSW, CSW, ACSW

OBJECTIVES

- Understand the brain and body traumatic effects due to police violence
- Understanding your child's potential emotional and behavioral reactions to Police threats.
- Being able to communicate both risk and safety factors to children; tell them the truth.

SUMMARY OF GOALS FOR TODAY

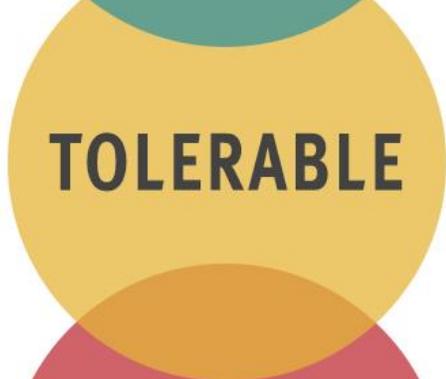
- This training will address effects of racism; police violence on childhood health and development. We will explore How fathers address the balance between teaching your children their rights and teaching them how to come home alive.
- We will consider types of communications for fathers to engage in to inspire and encourage their children to employ the wisdom that overrides misguided pride when faced with the threat of police violence.

According to our Surgeon general, Dr Nadine Burke, racism is a threat to our children in that it produces Toxic stress which differs from the other two stress states e.g. positive and tolerable, such that it alters the architecture of the brain.....





Brief increases in heart rate,
mild elevations in stress hormone levels.



Serious, temporary stress responses,
buffered by supportive relationships.



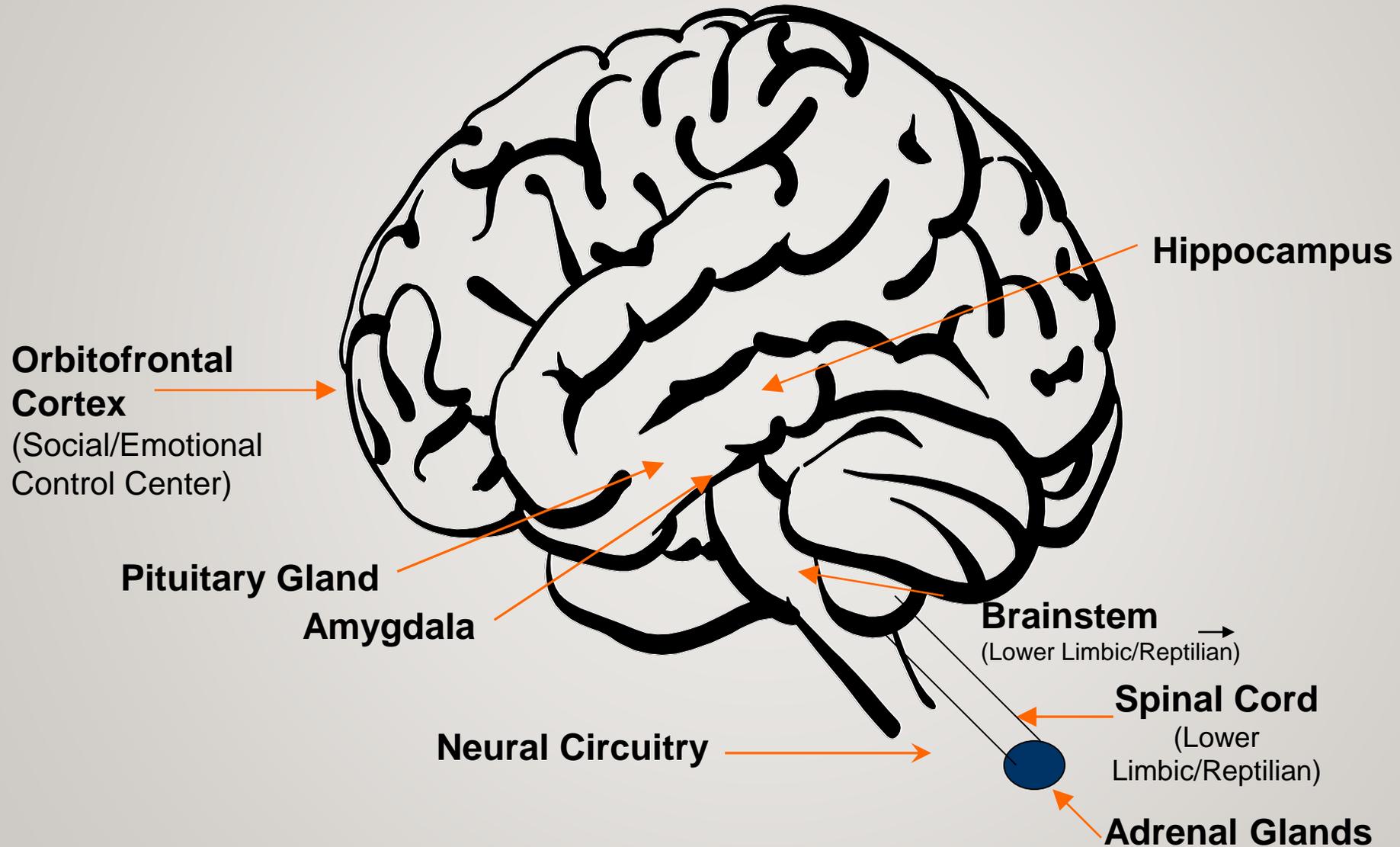
Prolonged activation of stress
response systems in the absence
of protective relationships.

HISTORICAL AND PRESENT MEMORY IMPRINTS

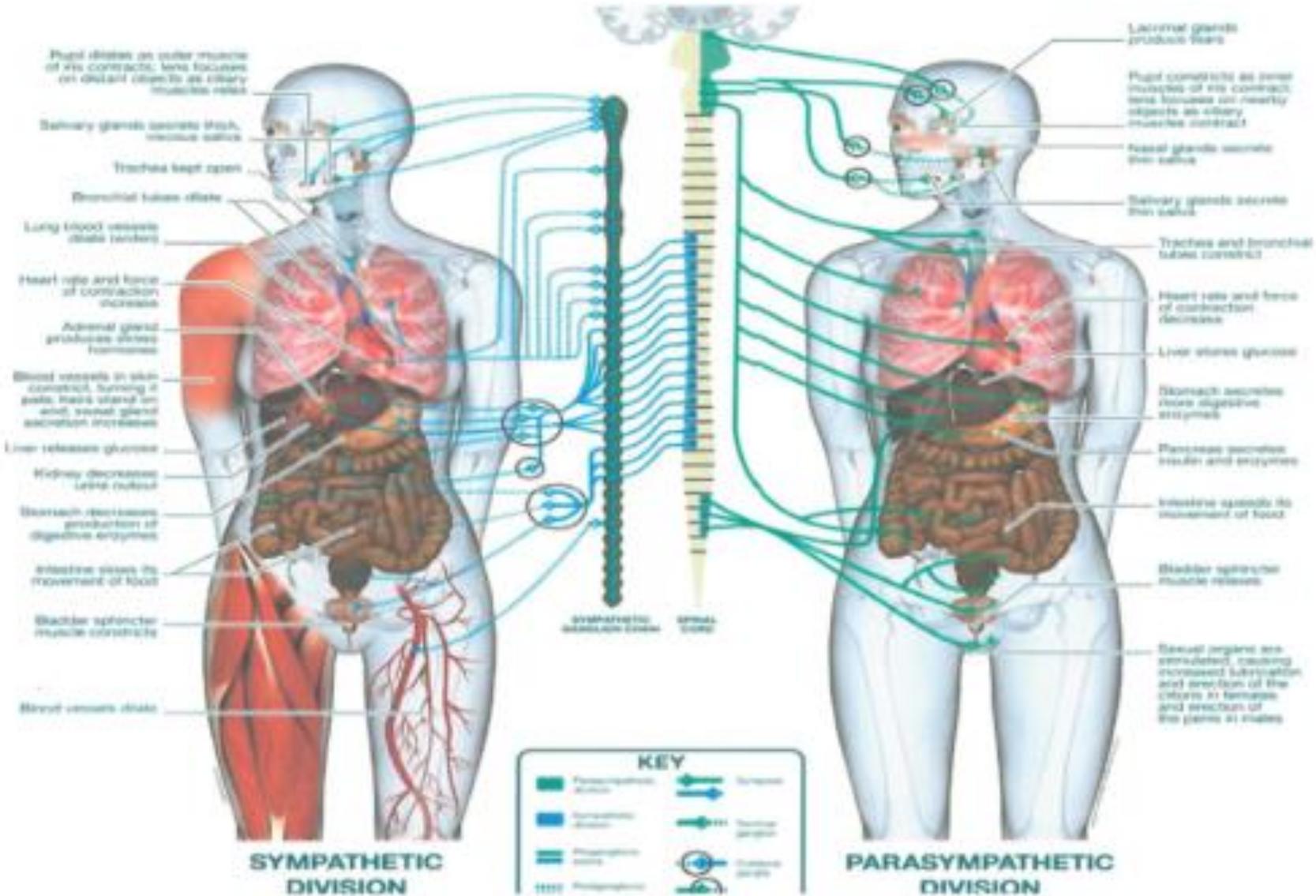
- According to the American Academy of Pediatrics, For Black and brown children in the United States, racism begins before they are born, and impacts their physical, mental and educational health for their entire lives.
- “Racial violence is a trauma,” said Burke Harris. “...When we see the image of George Floyd and because of (the) history of violence, people of color experience higher doses of toxicity.”
- This chronic activation of stress hormones leads to inflammation in the body and predisposes individuals to physical and mental health problems.

THE BRAIN SCIENCE BEHIND TOXIC TRAUMATIC STRESS

7



THE IMPACT ON THE PHYSIOLOGY



The American Academy of pediatrics; AAP recommends parents proactively engage their children around these traumatic events, taking into account their age and development.

“As a parent, you have to assume children of almost any age are hearing about what is happening in our nation today,” “Ideally you can talk with your child first before they hear the news from other sources and help to frame the events in an age-appropriate way. Fathers should be having these conversations now.”



Children may hear adult conversations, see a video on social media platforms, or watch news coverage of violent protests. Children may be fearful about their own safety or their family's safety, or have questions about what the protests mean, or why people have been killed by police.

-
- Parents of black and brown children can and should acknowledge that people are treated differently based on the color of their skin and where they live, and share examples of this happening.”” As an adult, tune into your own emotions and check that you are ok. If you are not, ask for help to deal with the trauma and emotional impact of these images.
 - At the top of the threat list is Negative police interactions that result as a threat to adolescents’ psychological and physical health and can lead to death.

-
- Check in with your child. Ask what they know, what they've seen, what they have experienced and how they are feeling. Validate their feelings and reassure them it's normal to feel emotions. You know your child best and what information they can handle. For younger children, you can tell them what you are doing to keep your family safe. For pre-teens and older children, you can ask if they've experienced mistreatment or racism, or witnessed this happening.
 - Watch for changes in your child's behavior – some children may become more aggressive, while others will become withdrawn. If you are concerned about your child suffering more severe anxiety, fear or distress, reach out to your pediatrician or mental health provider for additional support.



THE TALK-GREY'S ANATOMY VIDEO



<https://www.youtube.com/watch?v=McDeTvh9sbU>

VIDEO: THE TALK

Black and Brown families have had to have these conversations for generations, But if this is not something other families have discussed yet, what is happening right now is an essential and unavoidable, teachable moment.

Miranda and Ben talk to their son about police violence on Greys anatomy

Grey's Anatomy - 14x10 Miranda & Ben Give Ben The Talk

359,576 views. YouTube

•Jan 28, 2018. 6.4K48SHARESAVE

WHAT ARE YOUR COPING STRATEGIES? WHAT WOULD BE YOUR SAFETY PLANS?

Create a list of your own COPING and SAFETY strategies, and when you need to use them, tap into that list.

- _____
- _____
- _____
- _____

Buffering And Strengthening Their Self Worth

Critical is the importance of teaching your children about their racial ethnic heritage; All that they have to be proud of.

What they get to contribute to the world. Address with them the vast number of ways their lives are so valuable to you and the world.

This can go a long way in enabling them to choose actions in the face of police threat that may allow them to get home alive.



RESOURCES

IF YOU STRUGGLE TO FIND THE “RIGHT” WORDS, CONSIDER USING **MOVIES**,
BOOKS OR OTHER RESOURCES TO SHARE WITH YOUR CHILD.

The Great Debaters, Denzel Washington

If Beale Street Could Talk, Regina King

Stand and Deliver, Edward James Olmos

The Long Walk Home, Whoopie Goldberg

The Titians, Denzel Washington

Pride, Bernie Mack

Hidden Figures, Octavia Spencer

42, Chadwick Bozeman

Ruby Bridges,

Invictus, Morgan Freeman

Souder, Paul Winfield

COLIN KAPERNICK CAMP
KNOW YOUR RIGHTS