Using SEL to Reflect on Racism

Using social and emotional learning (SEL) as a lens for every part of our lives equips us to handle challenging conversations, connect with others, and most importantly, listen and reflect. Providing yourself time to reflect on recent events related to racism can evoke many emotions. It's important to use SEL skills and emotional intelligence (EQ) as the foundation of your thought process so that we all—adults and children—can remain focused on relating to others openly and respectfully, avoiding assumptions, and seeking progress.

Tips for Discussing Racism with Children

Talking with children about racism can be uncomfortable, and that is the main reason we must talk about it, with a goal of helping them understand and cope with their emotions. Racism is a heavy topic—it's important to be brave and to lean into the discomfort. Keeping our SEL skills at the forefront of our conversations is key.

Create norms for respectful conversation (Self-Management): Encourage self-management skills by allowing one person to talk at a time and to listen with an open mind.

Listen and validate (Relationship Skills): Try to validate children's feelings, although at times it's tempting to minimize how they feel. This creates a strong bond and a feeling of safety.

Recognize that identity is complex (Social Awareness): Our identities include much more than race, such as gender, nationality, hobbies, and so forth. Increase social awareness by pointing out commonalities and celebrating differences.

Avoid assumptions (Responsible Decision-Making): Model making responsible decisions by sharing what you think, what you know, and what you prefer rather than making assumptions. Allow time for children to do the same.
Tips for Having Intentional Conversations with Children and Teens about Racial Injustice

First, Reflect:
- What emotions are present for you as you reflect on recent events?
- How might your identity affect your perspective?
- How might your identity affect your students' perceptions?

Plan the Conversation:
- How can you help students emotionally prepare for the conversation?
- Will this be live or virtual?
- Will you allow students to opt out if they feel the need?

Begin the Conversation with Student Reflection:
- Ensure that you have set class norms.
- Share an age-appropriate resource to relay accurate information.
- Allow students to reflect individually through a journal entry.
- Invite students to share or to keep their reflections private.

Invite Ongoing Dialogue:
- Encourage students to consider what is at stake and what needs to happen now.
- Help students come up with a safe, impactful plan of action.

For more resources, visit www.myframeworks.org/resources

Summer Opportunity for Students

A VIRTUAL STUDENT WORKSHOP SERIES
PROVIDED BY FRAMEWORKS OF TAMPA BAY

SEL STRONG: SOCIAL AND EMOTIONAL LEARNING (SEL) SUPPORT FOR A STRONG TRANSITION BACK TO SCHOOL

These interactive virtual workshops aim to enhance the social and emotional skills that students need to return to school strong and resilient after the impact of COVID-19. Strategies and resources will also be provided to parents and guardians for at-home support!

Option 1: June 15-June 19
Option 2: June 22-June 26
Option 3: June 29-July 3

Open to students in grades 3-12 ★ Space is limited!
1-hour virtual workshops facilitated via Zoom (M-F)
Registration Fee: $40 (total of 5 sessions)

Frameworks supports students of all ages in their pursuit to enhance their SEL skills. Contact Kaitlin Kizer, kkizer@myframeworks.org, to inquire about scholarship opportunities.

Resources:
Click on the images for online resources

"SEL as a Lever for Equity" (Collaborative for Social and Emotional Learning)

"Talking with Children About Racism - Guidelines by Age" (Frameworks of Tampa Bay)

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