

Dear Parents/Guardians,

In the past month alone, our Falcons have been inundated with racial violence. But these tragedies impact all of us, not just the students. Here are some resources that I hope will help you intentionally practice caring for yourselves and your children as we live through these difficult times:

1. American Psychological Association: [Racial Stress & Self-Care Toolkit](#)
2. TeamUp for Children: [Self-Care](#)
3. University of Georgia: [Helping Children & Teenagers Cope with Racial Stressors](#)
4. EmbraceRace: [Managing Racial Stress & Teaching Kids to Do the Same](#)
5. Parents.com: [How Racial Stress Impacts My Parenting](#)

And, if you're looking for resources on how to have conversations about current events with your student, take a look at these:

Common Sense Media: [How to Talk to Kids About Racism and Racial Violence](#)

Amaze Works: [Resources to Support Children in the Derek Chauvin Trial](#)

Embracerace: [Being Honest about Racial Violence Without Traumatizing Kids](#)