

## OCTOBER IS BLACK HISTORY MONTH!

Schools in England are not currently required to teach Black history. Despite Black people being part of UK society since Roman times, history books have failed to document their achievements, and their stories have been forgotten.

Black History Month takes place every October in the UK to acknowledge and celebrate the contributions of people from African and Caribbean backgrounds and to challenge racism. Teaching UK history from a multicultural perspective can help address racist notions that people of colour are 'new to this country' or 'don't belong'.



This year's theme is **Reclaiming Narratives**, inspiring Black communities to take control of their stories, celebrate their heritage, and ensure their voices are heard.

Why not watch [this short video](#) with your child to learn more about the campaign.



Children are never too young to learn about differences and acceptance. [Words for Life](#), created by the National Literary Trust, has put together a Black History Month Booklist [here](#).

They have also put together some 'Learn to be an Anti-Racist' toolkits for [5-8-year-olds](#) / [9-12-year-olds](#) / [13+](#). Each webpage includes age-appropriate videos and news articles exploring race and identity.

- ❖ Learning history is always easier when it's fun! Oti Mabuse from *Strictly* fame introduces a selection of sketches and songs from the ['Horrible Histories'](#) series.
- ❖ [BBC Bitesize](#) has informative cartoons and quizzes to expand your child's knowledge.
- ❖ Older children and young people can watch videos on pivotal moments in Black British history [here](#), including the New Cross house fire of 1981, the 1960s Black Power movement, and the murder of Stephen Lawrence.



Click on the picture to watch videos with your child about Black heroes including Maya Angelou, Barack Obama, Bob Marley, and Usain Bolt!

The educational journey can be a daunting and emotional experience for families and children. [Parents of Black Children UK](#) is an advocacy group that supports families to facilitate equitable outcomes for Black children, through accountability and transformational change.

Racism is sadly still a part of life for many of us, affecting our mental health and wellbeing. The following websites support young people who are affected by racism:

[Racism and mental health – Mind](#)

[How To Deal With Racism - YoungMinds](#)

[Stop Hate UK](#)