

# Black History Month

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October is Black History Month.

We celebrate achievements of African and Caribbean communities.

Learning different cultures and histories helps to understand each other and stop racism.

Click to watch why Black History Month is important.

Click to learn about important Black people in history.

Click to read about young people's Black heroes.



If you or a friend is affected by racism, please speak to a teacher or parent.

You can also get support by clicking the hearts below.

[Mind website](http://www.mind.org.uk)

[Young Minds](http://www.youngminds.org.uk)

[Stop Hate UK](http://www.stophateuk.org)