

## OCTOBER IS BLACK HISTORY MONTH!



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. This bulletin explores how people of all races and cultures can get involved and make a lasting impact on how Black history is told and taught.

The first Black History Month in the UK took place in 1987, the 150th anniversary of the abolition of slavery in the Caribbean. It's an important opportunity to celebrate the contributions of people from African and Caribbean backgrounds and to challenge racism.

In [this video](#) young people explain why Black History Month is personally important to them. Ask yourself, **why is Black History Month important to you and to society as a whole?**

Black UK history is not widely taught in schools. But did you know Black people have been living in the UK since at least Roman times? You can learn about the Ivory Bangle Lady, Henry VIII Black trumpeter, and Britain's first Black queen [here](#). Try testing your knowledge [in these quizzes!](#)

Why not ask your teachers if you can share these stories in assemblies or lessons? They don't need to only happen in October; it's important that Black history is taught all year round. This gives a more rounded understanding of the UK's multicultural heritage and can help stop some people's racist attitudes that people of colour are 'new to this country' or 'don't belong here'.

As part of the **Reclaiming Narratives** theme, it's important to hear directly from Black people to fully understand personal experiences, not just learn about history online. This means that going forward, Black history will be taught authentically and not forgotten or overwritten.

[This video](#) explores what it's like to be young, Black, and British and you can listen to the experiences of Black Newsround and CBBC presenters [here](#).



Click on the picture to watch videos about young people's Black heroes, including Maya Angelou, Barack Obama, Bob Marley, and Usain Bolt!

Racism is sadly still a part of life for many of us, affecting our mental health and wellbeing.

If you or people you know are affected by racism, reach out to a trusted adult – don't suffer alone. You can also find support using these links...

[Racism and mental health – Mind](#)

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

[Stop Hate UK](#)