

RAISING AWARENESS: INTERSECTING IDENTITIES AND MENTAL HEALTH

A guide for parents and families

TABLE OF CONTENTS

For Families

- Podcast and Introduction- 2
- Conversation Starters - 3
- Listening Activity- 4
- Books and Media- 5



WHAT IS MENTAL HEALTH?

Mental Health is our psychological, emotional and social well-being that impacts how we think, feel, and act.



WHAT DOES BIPOC STAND FOR?

BIPOC is an acronym for Black, Indigenous and People of Color.

We all hold many different identities whether it be our race, gender, ethnicity, or the roles we hold in our family or society (i.e. daughter, mother, teacher). Exploring how we are impacted by experiences, within the context of our identities, can help us help us to better understand ourselves. These experiences, and our responses to them, can shape the status of our mental health and wellness.

July is dedicated to raising awareness about the disparities of mental health access in BIPOC communities. In July, we aim to increase access to, and decrease stigma around, obtaining mental health treatment and support. July was officially recognized as BIPOC Mental Health Month by U.S. House of Representatives in 2008 due to the efforts of BeBe Moore-Campbell and Lisa Wharton-Boyd.

Raising Awareness About Mental Health and Diversity

The way we respond to experiences and how they impact our mental health and wellness can vary greatly because experiences are individualized, and are given context by our intersecting identities. Some examples of identity are race, ethnicity, sexuality, gender, and religion. While each of these identities alone might ascribe us to a certain group, it is the intersection of these identities that makes us individuals. It is important to remember that while we may be able to relate to others based on a shared identity, everyone's individual experiences are different. Experiences and reactions that are held by certain groups, specifically groups that are generally marginalized, may lead to collective trauma which impacts whole communities and individuals. These traumas may be compounded by other individual traumas or experiences that are given meaning based on our intersecting identities, cultural view, or other past individual experiences.

Want to Learn More?

Tune in to our podcast, Safe Keeping

Join SAH Staff as we discuss the history of BIPOC Mental Health Month, disparities in access to treatment and services, and the impacts of racism and other discriminatory practices that impact individuals based on their intersecting identities.



[!\[\]\(a870788d6ed9b8fd294b7654a8c8526b_img.jpg\) **Raising Awareness: Mental Health and the Intersection of Identities**](#)

Let's Talk About It!

Conversation starters and tips for talking about identity and diversity

Tip #1

Introduce language around identity early and talk about it often.

What is something that you appreciate about your identity?

Is there something about another culture that you find interesting or would like to learn more about?

Your identity is all the different things about you that make you, YOU! Like race, ethnicity, religion, and gender!

Tip #3

Find teachable moments to encourage empathy and understanding. Help children to recognize where they may hold different privileges (like more rights or opportunities) because of their identity.

What did you notice about how that person was treated? How would you feel if you were them?

Have you ever had an experience that was made more pleasant or less pleasant because of your identity?
Can we talk about it?

Tip #2

Celebrate your child's identity, your family's culture, and identities and cultures different from your own!



BOOKS AND MEDIA RESOURCES

Consider including more BIPOC-representing books and multimedia to enhance and diversify children's learning and empathy towards others who might be different from them. Here are some recommendations to help get you started.

BOOKS

KIDS:

- "I Am Human" by Susan Verde
- "Peekaboo Morning" by Rachel Isadora
- "Finding Your Spot in the World (a story about diversity)" by Diane Alber
- "That girl on TV could be me" by Leticia Ordaz
- "B is for Breathe" by Melissa Boyd
- "He's got the whole world in his hands" by Kadir Nelson

TEENS:

- "This Poison Heart" by Kalynn Bayron
- "Firekeeper's Daughter" by Angeline Boulley
- "Punching the Air" by Ibi Aanu Zobo
- "The Marrow Thieves" by Cherie Dimaline
- "Tokyo Ever After" by Emiko Jean
- "Almost American Girl" by Robin Ha
- "To All the Boys I've Loved Before" by Jenny Han (also a movie on Netflix)
- "The Poet X" by Elizabeth Acevedo



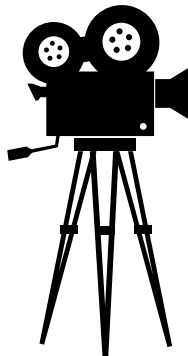
MOVIES/VIDEOS

PG

- Remember the Titans
- Hidden Figures
- Zootopia
- The Color of Friendship

PG-13

- Selma
- Mangrove (Small Axe)
- To Kill a Mockingbird
- Minari
- 13th



MUSIC

KIDS:

1. Culture Queen; her affirmations and upbeat music will help boost your child's confidence.
2. Uncle Devin; uses percussion instruments to take kids on a musical journey with impacting life lessons.
3. Akili and Me; the YouTube channel features 4-year-old Akili who is learning the alphabet, shapes, counting and more through fun songs.

TEENS:

1. Saul Paul; uses motivational songs to inspire and empower our next generation.
2. Little Miss Ann; her music is full of soulful originals and reinvented classics.

