

BIG BROTHERS BIG SISTERS OF NYC | SOCIAL JUSTICE MATCH RESOURCES FOR BIGS

AGES 7-9

- **Videos:**
 - [A Kids Book about Racism by Jelani Memory](#)
- **Conversation Starters:**
 - If you had \$1,000 to invest in a change in the world, what would you invest that money in?
 - Can you name something you think is special about your family today?
 - If you could change one thing in the world, what would you change?
 - [Conversation Starters](#)
- **Book Lists:**
 - [Books that support kids to think critically about race inequality](#)
 - [Common Sense Media Coretta Scott King Book Award Winners](#)

AGES 10-13

- **Conversation Starters:**
 - If you had \$1,000 to invest in a change in the world, what would you invest that money in?
 - Can you name something you think is special about your family today?
 - If you could change one thing in the world, what would you change?
 - [Conversation Starters](#)
- **Book Lists:**
 - [Social Justice Books.org](#)
 - [Common Sense Media Coretta Scott King Book Award Winners](#)

AGES 14-18

- **Videos:**
 - [Systemic Racism Explained](#)
- **Conversation Starters:**
 - What factors shape our values and beliefs?
 - When is it necessary to question the status quo? Who decides?
 - How are prejudice and bias created? How do we overcome them?
 - [Conversation Starters](#)
- **Books:**
 - [Social Justice Books for Teens](#)
 - Stamped: Racism, Antiracism, and You: A Remix of the National Book Award-winning Stamped from the Beginning by Jason Reynolds & Ibram X. Kendi
 - More than Enough by Elaine Welteroth
 - This Book is Antiracist by Tiffany Jewell
 - All American Boys by Jason Reynolds

BIG BROTHERS BIG SISTERS OF NYC | SOCIAL JUSTICE MATCH RESOURCES FOR BIGS

- **Movies:**

- Selma
- The Hate U Give (also a book)
- Fruitvale Station
- The Death and Live of Marsha P Johnson

AGES 18+

- **Television Shows:**

- When They See Us
- Dear White People
- The Black Power Mixtape (YouTube)

- **Movies:**

- Just Mercy (also a book)
- If Beale Street Could Talk (also a book)

- **Podcasts:**

- NPR Code Switch
- Good Ancestor Podcast w/ Layla Thee Ancestress
- NYT Still Processing
- NYT 1619
- Speaking of Racism w/ Myisha T.
- Intersectionality Matters

BIG BROTHERS BIG SISTERS OF NYC | SOCIAL JUSTICE MATCH RESOURCES FOR BIGS GOBIG APP MISSION (ALL AGES): CREATE AN IMPACT

Step 1: Research a cause. Visit a local library and research an issue that's impacting your Little's neighborhood. Look for something that you are both passionate about. Then talk to your Little about why he/she believes the problem currently exists and what can be done to alleviate it. Find organizations that are working to solve the problem.

Step 2: Be a volunteer. Find an organization that works on resolving the issue and reach out to ask about volunteer opportunities. When you find a good fit, spend your next outing volunteering with them.

Step 3: Sustain the benefits. If you and your Little enjoy the first day of volunteering, ask the leader/coordinator how you could continue working together. Talk to your Little about the takeaways from helping others and create a goal to continue.

Step 4: Reflect on your impact. After you've completed the volunteer engagement in Step 3, draft an email together to send to the leader/coordinator and your case manager. Outline what got you both involved with the organization and the difference you have both made. Have your Little ask the leader/coordinator to be a reference.

BIG BROTHERS BIG SISTERS OF NYC | SOCIAL JUSTICE MATCH RESOURCES FOR BIGS

LEARNING RESOURCES FOR BIGS:

- [NY Times, "Talking to Kids about Racism"](#)
- [Embrace Race "I \[Still\] Can't Breathe": Supporting kids of color amid racialized violence](#)
- [Child Mind Institute, "Racism and Violence: How to Help Kids Handle the News"](#)
- [Ted Talk, "How to Teach Kids about Taboo Topics"](#)
- [The Great Unlearn w/ Rachel Cargle](#)
- [Let's Talk: A Teaching Tolerance Guide](#)
- **Books List:**
 - *So You Want to Talk About Race* by Ijeoma Oluo
 - *Me & White Supremacy* by Layla Saad
 - *How to be an Anti-Racist* by Ibram X. Kendi
 - *I'm Still Here: Black Dignity in a World Made for Whiteness* by Austin Channing Brown
 - *Stamped from the Beginning* by Ibram X. Kendi
 - *Good Talk* by Mira Jacob
 - *Minor Feelings* by Cathy Park Hong
- **Social Media:**
 - Rachel Cargle (@rachel.cargle)
 - Rachel Ricketts (@iamrachelricketts)
 - The Conscious Kid (@theconsciouskid)
 - Monique Melton (@moemotivate)
 - Sinikiwe Stephanie (@sinikiwe.stephanie)
 - Ibram Kendi (@ibramxk)
 - Equal Justice Initiative (@eji_org)
- **Additional Tips for Bigs:**
 - Communicate to your Little that you are here to talk to them about any topic they would like. This will ensure your Little knows that you are open but does not force them to participate in a conversation they are uncomfortable with.
 - Be aware that your Little may not want to talk to you about social justice and that is ok.
 - It is important to always affirm that you care about them, that you are in their corner, and you are here to help them achieve whatever goals they set for themselves.
 - Explore and actively engage in their interests which may or may not be related to social justice.
 - Leverage your network and social capital to open up new experiences and opportunities for your Little.