



Mountain View PAC Education Series

Self-advocacy and Perspectives Anti-Racism in SD43

April 14, 2026

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k^wik^wəłəm
Kwikwetlem First Nation

Land Acknowledgement for Coquitlam School District 43

We acknowledge that the Coquitlam School District operates on the traditional, ancestral and unceded territory of the k^wik^wəłəm (*Kwikwetlem First Nation*). We thank the k^wik^wəłəm who continue to live on these lands and care for them, along with the waters and all that is above and below.

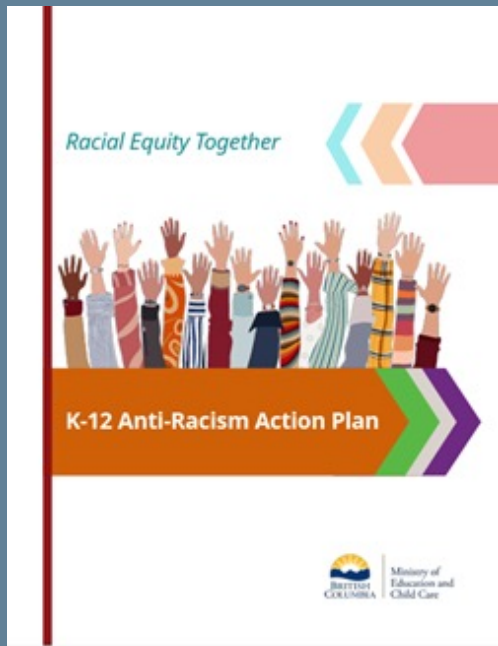
Agenda

- As a parent, why should I care about anti-racism?
- How can I talk to my child about anti-racism?
- What are some parent resources?
- How can I support my child when racist remarks are made?

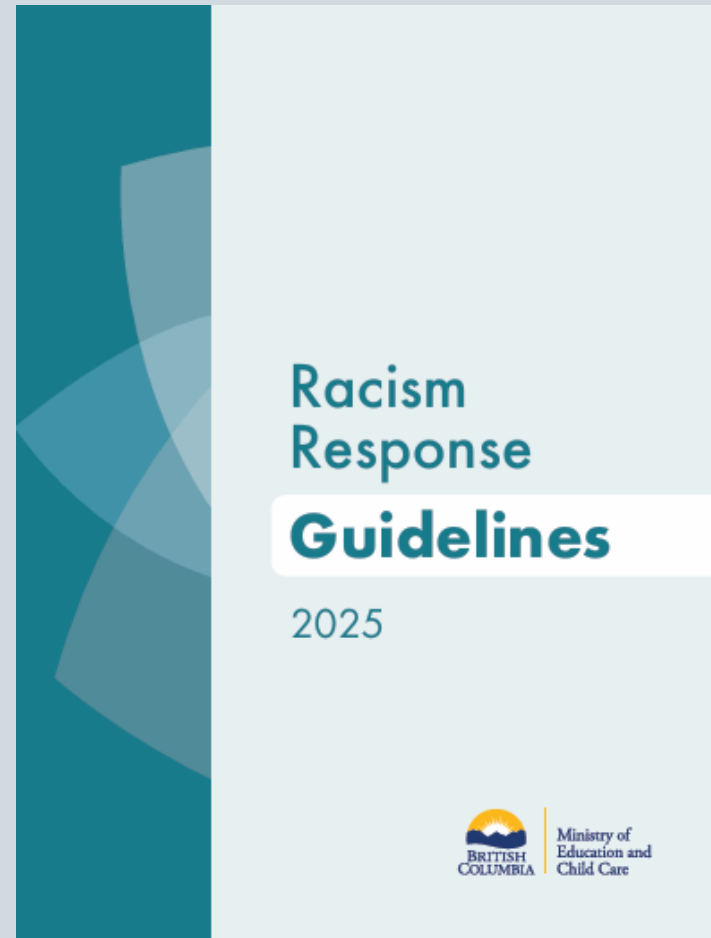
Some Questions and Answers...

- **As a parent, why should I care about anti-racism?**
- How can I talk to my child about anti-racism?
- What are some parent resources?
- How can I support my child when racist remarks are made?

Why does ANTI-RACISM matter?



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NEXT...

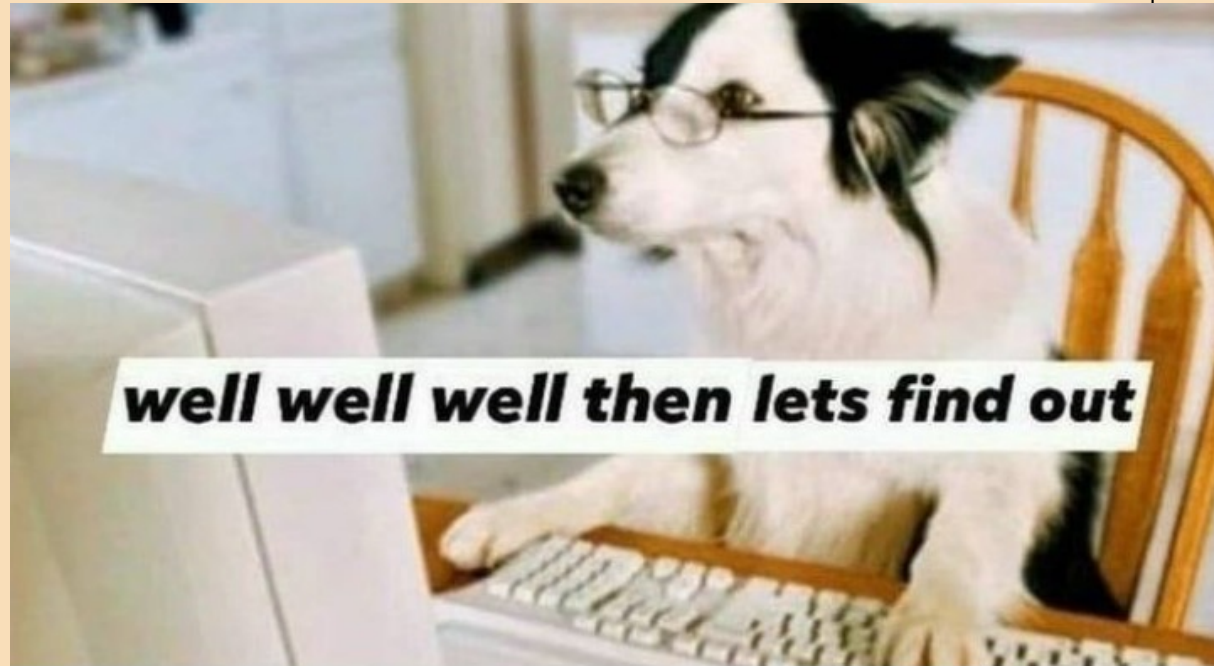
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Start early...



Be honest...

- Open dialogue
- Answer questions
- Know yourself



well well well then lets find out



A Moment of Parent Reflection

- What messages about race, difference, or belonging did I grow up hearing – spoken or unspoken?
- When my child raises issues of race or fairness, what emotions come up for me first (discomfort, defensiveness, fear of getting it wrong)?
- Are there topics I avoid because I don't feel equipped or because they make me feel uncomfortable?

Model inclusive behaviour...



Encourage critical thinking...



Emphasize empathy...



NEXT...

- As a parent, why should I care about anti-racism?
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- **What are some parent resources?**
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Community Events

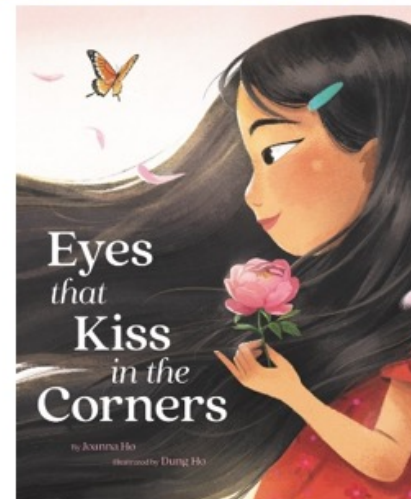
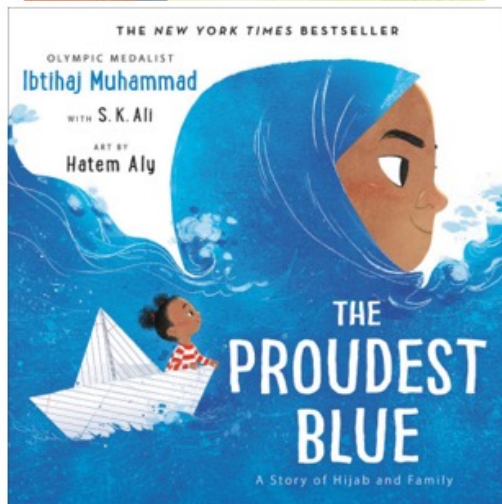
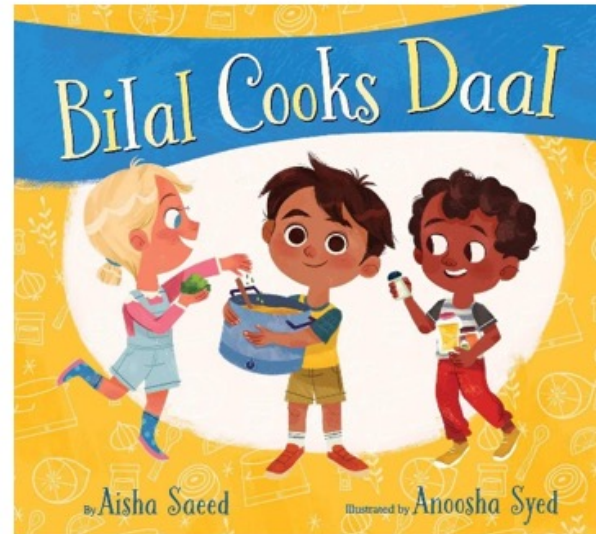
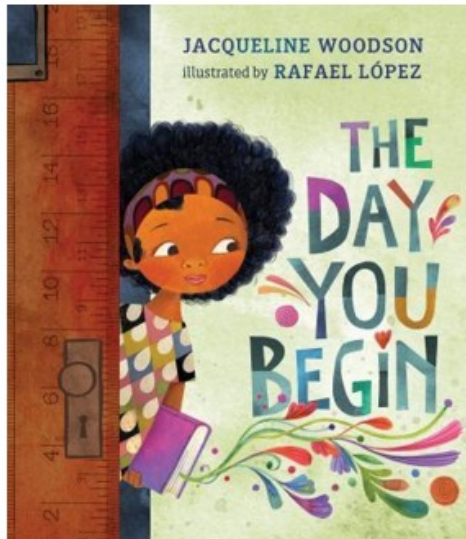


Some RESOURCES

<https://www.unicef.org/parenting/talking-to-your-kids-about-racism>

<https://kidshealth.org/en/parents/talk-about-race.html>






Learning About Anti-Racism

[All Kids](#)[2-5 years kids](#)

Join Gary, Tony and Janaye as they learn to stand up against racism. From exploring concepts like equity, race and racism, to celebrating the differences that make everyone unique, these segments will help young viewers learn how to be anti-racist in a fun and engaging way!



S1 | 1. Proud To Be Me!

June 18, 2022 | 14 min 



<https://gem.cbc.ca/learning-about-anti-racism-with-cbc-kids>

AND...

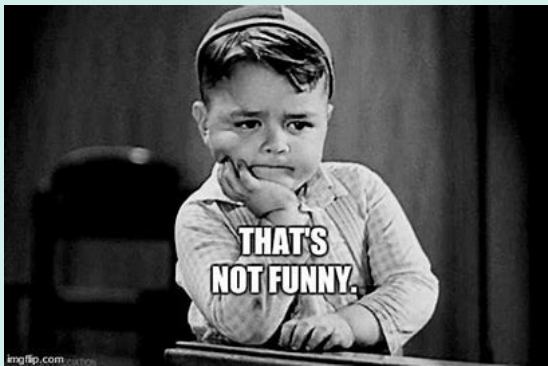
- As a parent, why should I care about anti-racism?
- How can I talk to my child about anti-racism?
- What are some parent resources?
- How can I support my child when racist remarks are made?

Validate feelings



I support you

Teach Responses



Seek Support

- Counsellor/Teacher
- Admin
- Mentors
- Organizations
- Allies





Promote Self Confidence

Foster Open Communication



Supporting Your Child

- Stand up against racism/report racism
- Do your own research and do reflect on your own lived experiences
- Encourage open communication



Q & A

Q1: My child doesn't want me to pack a culturally traditional lunch. What should I do?

Q2: My child asks me not to speak our home language with them at school or in public. How should I respond?

Q3: My child wants to change or shorten their name because it is 'too hard' for others to pronounce. What can I do?



Final Reflection

What is one belief or habit I want to be more mindful of as a parent moving forward?

Thank You!

- For your time
- For your involvement
- Equity is the work of all – and you are so important in this!

Contact me: wyu@sd43.bc.ca

