**Primary Schools**

**Anti-Racism and Emotional Wellbeing and Mental Health**

**Reflecting on your school’s culture and environment**

This factsheet aims to help teachers evaluate the current culture and environment of their school, and consider where improvements can be made to be a more inclusive and to prevent racist bullying.

[Reflecting+on+your+school’s+culture+and+environment.pdf (squarespace.com)](https://static1.squarespace.com/static/574451fe37013bd0515647ac/t/5b5eca566d2a73ec3d470634/1532938847794/Reflecting%2Bon%2Byour%2Bschool%E2%80%99s%2Bculture%2Band%2Benvironment.pdf)

**Our experience - why do people bully?**

This animation helps children to understand that there can be many different reasons why someone may bully others, and that often it is a reaction to how they’re feeling, or to something happening in their life.

[Your experience - why do people bully? : Mentally Healthy Schools](https://mentallyhealthyschools.org.uk/resources/your-experience-why-do-people-bully/)

[Why do people bully? - Own It - BBC](https://www.bbc.com/ownit/its-personal/your-experience-why-do-people-bully)

**Anti-racism and mental health in schools toolkit**

A toolkit of 10 practical resources to improve education staff's understanding of racism and the impact it can have on mental health.

[Anti-racism toolkit (mentallyhealthyschools.org.uk)](https://mentallyhealthyschools.org.uk/media/2782/anti-racism-toolkit.pdf)

**Ways to respond**

A child’s experience will be directly affected by the response they get from the adult. We need to listen and get it right. It’s about the personal touch, and we should always be mindful of this.

<https://respectme.org.uk/anti-bullying-practice/ways-to-respond/>

**Celebrating difference exploring stereotypes and anti-racism**

[Exploring stereotypes and Anti-racism](https://static1.squarespace.com/static/5b602e3a8ab722cbfa307afa/t/5c4eef0342bfc120279b078a/1548676873246/22391_RESPECTME_REDCARD_V4.pdf)

**Resources for Primary Schools**

From Leeds City Council

[Anti-Racism Resources | School Wellbeing](https://www.schoolwellbeing.co.uk/pages/anti-racism-resources)

**Talking with children and young people about race and racism**

This guide will give you confidence to talk to children and young people about race and racism and develop their understanding and awareness.

[Talking with children and young people about race and racism | British Red Cross](https://www.redcross.org.uk/get-involved/teaching-resources/talking-with-children-and-young-people-about-race-and-racism)

[14 Children's Books About Race And Racial Diversity | Book Riot](https://bookriot.com/childrens-books-about-race-and-racial-diversity/)

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| **This Resource has been put together by the ESSEX Council Education**SEMH Strategy TeamSEND Strategy and InnovationIf you have found this helpful to if you find anything else that you can share on this topicPlease email to let us knowsemhstrategy@essex.gov.uk |