



Worksheet: Black Cultural Pride

Teaching Black children with ADHD about cultural pride and how to navigate bias and relationships provides a dual benefit: it strengthens their sense of identity and equips them with practical tools to overcome the compounded and unique challenges of being both Black and neurodivergent. This comprehensive support helps promote emotional well-being, social competence, and a positive trajectory into adulthood.

Objective: Help parents nurture a sense of cultural pride, identity, and resilience in their children, fostering confidence and appreciation for their Black heritage. It is also designed to help parents guide their Black children in understanding and managing bias, discrimination, and relationships with both in-group (other Black individuals) and out-group (non-Black individuals) members.

Part 1: Understanding Cultural Pride

Why is Cultural Pride Important?

- It strengthens self-esteem and identity.
- Encourages resilience in the face of adversity.
- Connects children to their heritage and community.
- Instills a sense of belonging and purpose.

Reflection Question:

What does Black cultural pride mean to you, and why is it important for your family?

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Part 2: Celebrating Black Heritage and History

Ways to Teach and Celebrate:

1. Share Stories of Black History and Achievements:

Highlight the contributions of Black leaders, inventors, artists, and activists.

Activity Idea: Read books about figures like Harriet Tubman, Martin Luther King Jr., and Mae Jemison.



2. **Celebrate Cultural Traditions:**

Incorporate traditions, music, food, and art that reflect Black culture into your family's life.

3. **Attend Cultural Events:**

Participate in community festivals, Juneteenth celebrations, or African American museum visits.

Activity:

Write one way you can incorporate each idea into your family life this month:

- Sharing Stories: _____
 - Celebrating Traditions: _____
 - Attending Events: _____
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Part 3: Building Positive Identity

Fostering Confidence in Black Identity:

1. **Encourage Open Conversations About Race:**

Talk about what it means to be Black and the beauty in diversity.

Conversation Starter: "What do you love most about our family's culture and traditions?"

2. **Teach About Resilience:**

Share stories of overcoming adversity and emphasize the strength in unity and perseverance.

3. **Highlight Representation:**

Ensure your child sees positive Black representation in books, movies, toys, and media.

Reflection Question:

What messages about being Black do you want your child to carry with them as they grow?

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Part 4: Understanding Bias and Discrimination



What is Bias?

Bias refers to preconceived opinions or attitudes about someone based on stereotypes rather than individual merit.

What is Discrimination?

Discrimination occurs when biases lead to unfair treatment of individuals based on their race, ethnicity, or other characteristics.

Why is it Important to Address This?

- Helps children recognize unfair treatment and advocate for themselves.
- Encourages resilience and self-esteem in the face of challenges.
- Teaches empathy and understanding toward others.

Reflection Question:

What are your biggest concerns about your child facing bias or discrimination?

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Part 5: Preparing Your Child to Face Bias and Discrimination

Key Strategies:

1. Build Self-Awareness and Pride:

Help your child develop a strong sense of identity and confidence.

Activity: Share family stories, traditions, and cultural achievements to emphasize pride in their heritage.

2. Teach Them to Identify Bias:

Discuss what bias and discrimination might look like and how to recognize it.

Example: "If someone makes a comment about your hair being 'too different,' that's an example of bias."

3. Empower Them to Respond:

Practice responses they can use when faced with bias or discrimination.

Example: "I don't appreciate that comment—it's not respectful."

Activity:

1. Write down one way you will teach your child to respond to bias:
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2. What message will you use to instill pride in their identity?
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Part 6: Your Action Plan

Goals for This Week:

1. What conversation will you have with your child about bias and discrimination?
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2. How will you help them strengthen relationships within the Black community?
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3. What will you do to support their relationships with non-Black peers?
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Tips for Parents:

- Be a role model: Demonstrate respect, resilience, and pride in your own actions.
- Stay informed: Educate yourself on topics of race and equity to guide your child effectively.
- Seek support: Build a network of family, friends, and community resources to help your child navigate challenges.

Reflection Question:

What is one lesson or value you hope your child takes away from your guidance on these topics?

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Part 7: Strengthening Resilience and Emotional Health

Ways to Build Resilience:

1. **Affirm Their Worth:**
Regularly remind your child that they are valuable, capable, and deserving of respect.



2. Provide a Safe Space to Talk:

Encourage your child to share their experiences, feelings, and concerns openly.

3. Teach Coping Strategies:

Help your child develop tools to handle stress or hurtful experiences, such as deep breathing, journaling, or talking to a trusted adult.

Reflection Activity:

1. Write down one affirmation you will share with your child:

2. How will you encourage them to talk about their feelings?

Part 8: Navigating Relationships with In-Group Members

Building Strong In-Group Connections:

1. **Foster a Sense of Belonging:**

Help your child connect with peers and mentors who share their cultural background.

Activity: Attend community events or join clubs that celebrate Black culture.

2. **Discuss Diversity Within the Black Community:**

Teach your child to embrace differences in experiences, perspectives, and traditions among Black individuals.

3. **Address In-Group Challenges:**

If your child experiences criticism or exclusion within their community (e.g., being told they're "too Black" or "not Black enough"), discuss the importance of individuality and self-acceptance.

Reflection Question:

What are some ways you can help your child feel connected to the Black community?

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Part 9: Navigating Relationships with Out-Group Members

Building Healthy Relationships Across Groups:



1. Encourage Open Conversations About Race:

Teach your child to talk about race respectfully and confidently with non-Black peers.

2. Set Boundaries:

Help your child recognize when someone's behavior crosses a line and how to assertively address it.

Example: "You can tell a friend, 'That joke isn't funny—it's offensive.'"

3. Teach Empathy:

Encourage your child to understand different perspectives while standing firm in their values.

Activity:

Write one way you can help your child build respectful and positive relationships with non-Black peers:

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Part 10: Strengthening Community Connections

Building a Sense of Belonging:

1. Connect with Role Models:

Introduce your child to mentors or leaders in your community who inspire pride and ambition.

2. Join Cultural or Civic Organizations:

Engage in groups that promote Black culture, education, and advocacy.

3. Encourage Friendships Within the Community:

Help your child build relationships with peers who share similar cultural backgrounds and experiences.

Activity:

List three people, organizations, or events in your community that you could introduce your child to:

1. _____
2. _____
3. _____



Part 11: Affirmations and Positive Reinforcement

Daily Affirmations for Cultural Pride:

- “I am proud of who I am and where I come from.”
- “My history is full of strength and courage.”
- “I can achieve great things and inspire others.”

Activity:

Work with your child to create their own affirmation. Write it below:

- My affirmation: _____
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Part 12: Your Parenting Plan

Set your Goals for This Week:

1. What is one new way you will teach your child about Black history or culture?

2. How will you encourage your child to express pride in their identity?

3. What community activity or event will you explore together?

Reflection Question:

What is one thing you’ve learned or been reminded of about your own cultural pride through this exercise?

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Tips for Success:

- Be intentional: Look for teachable moments to instill cultural pride.
- Stay positive: Celebrate progress and growth in your child’s confidence and identity.
- Lean on community: Build a supportive network to help reinforce these values.



By celebrating Black culture, sharing stories of resilience, and fostering strong connections, you are empowering your child with a deep sense of pride and identity that will guide them throughout life. Also, by providing your child with the tools to navigate bias, build positive relationships, and embrace their identity, you're empowering them to thrive in a complex world with confidence and strength.