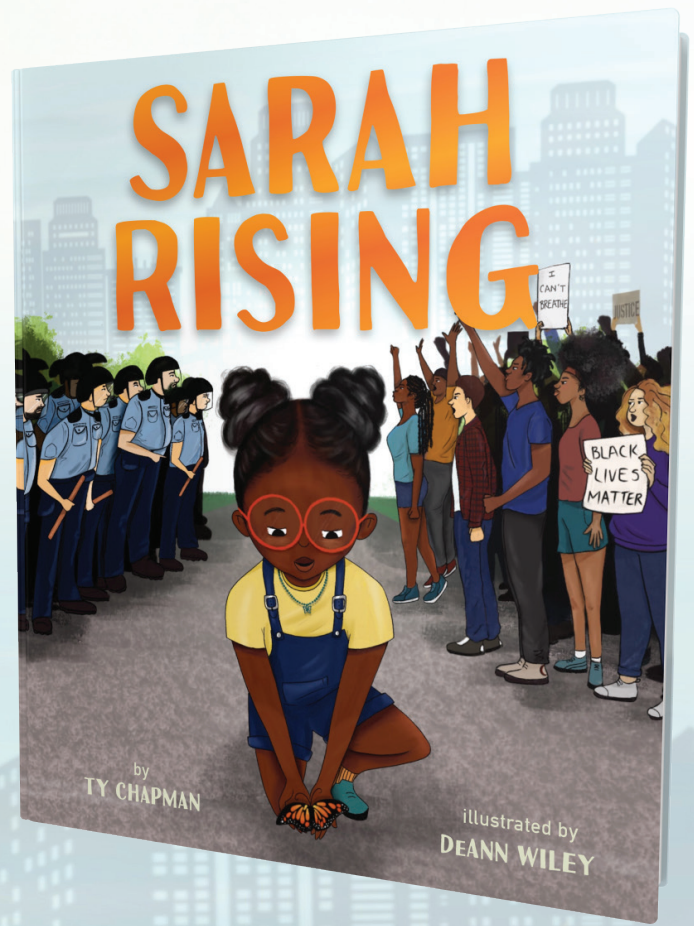


SARAH RISING

EDUCATOR'S GUIDE



ABOUT SARAH RISING

Sarah starts her day like any other day: she eats her toast and feeds her bugs. But today isn't a day like any other day. Today, her dad brings her to a protest to speak out against police violence against Black people. The protesters are loud, and Sarah gets scared. When Sarah spots a beautiful monarch butterfly and follows it through the crowd, she finds herself inside the no-man's land between the police and the protesters. In the moments that follow, Sarah is confronted with the cruelty of those who are supposed to protect her and learns what it feels like to protect and be protected.

Inspired by the protests that happened during the Minneapolis Uprising after the police killing of George Floyd, *Sarah Rising* provides a child's-eye view of a protest and offers an opportunity for children to talk about why people take to the streets to protest racial injustice.

DISCUSSION GUIDE FOR PARENTS AND EDUCATORS

Talking to kids about race, racism, and violence in policing can seem daunting. But kids of any age can start learning about this difficult reality. It's okay if you don't have all the answers. You can be a safe person for kids to talk to about this topic just by listening and caring.

HERE ARE A FEW PROMPTS AND TIPS TO GUIDE YOUR DISCUSSION:

- **Ask:** How did this story make you feel?
- **Ask:** What questions do you have about this story?
- **Ask:** How did people help each other in this story?
- **Discuss:** Do police help or hurt?
- **Discuss:** Why do people protest?

HOW YOU CAN HELP

There are many ways to create change in your communities, from small acts of kindness to big gestures of solidarity.

- Speak up for classmates who are being bullied (for their race, their gender, or any reason).
- Have difficult conversations at home about race.
- Read books by BIPOC (Black, Indigenous, and people of color) writers and books about their experiences.
- Ask your teachers difficult questions about race and history.
- Encourage friends and family to treat BIPOC individuals with kindness and respect.
- Make friends with people who are different from you.
- Make posters about racial equality.
- And above all else, be ready to learn! Keep an open mind about race issues and the hardships that other people experience.

CONTINUE THE CONVERSATION

Talking about racism and police violence with kids is not a one-time conversation. If you need more resources, connect with an educator, librarian, or local activist with experience in talking about racial injustice with kids. Just like in this story, there's a community of people around you ready to help.