

A resource to support youth and adults who advocate for young people in schools. **SAY THEIR NAMES!**

NAMING RACIAL STRESSORS

Racial stressors are harmful and threatening *experiences* that disrupt and hinder a student's ability to learn.

56%

RM students represent 56% students enrolled in U.S. schools

A **stressor is racial** when it is directed toward the **cultural identities and expressions** of young people **racially marginalized** (RM) in the U.S.

SAY THEIR NAMES!

ALIENATION

To disrupt and remove a young person from a physical or emotional connection.

DISCRIMINATION

Unfair treatment or exclusion toward a young person.

INVALIDATION

Messages that question a young person's ability or capacity in a demeaning or hurtful way.

HARRASSMENT

To physically and/or emotionally threaten or cause harm to a young person.

Use the law to your advantage: In 2023, many states across the nation aimed to counter **Critical Race Theory** by adopting legislation that promotes dignity and nondiscrimination. If these laws aim to reduce any form of discrimination or adverse treatment solely or partly due to race, then racial stressors are against the law. When we NAME racial stressors, we leverage the law to advocate for our children.



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