

Anti-racism and mental health in schools toolkit

Experiencing racism has significant mental health consequences for young people. That's why anti-racism needs to be considered as part of any school's whole-school approach to mental health.

School leaders and staff have a critical role to play in creating an anti-racist culture, as well as directly supporting those who experience racism.

To help schools in this process, the Anna Freud Centre has created a set of 10 practical resources to improve education staff's understanding of racism and its impact on mental health. These resources were co-authored by the Anna Freud Centre and anti-racism experts Hon. Stuart Lawrence and BLAM UK.

This toolkit is made up of these 10 anti-racism resources.

The set of resources is designed around our whole-school framework, the 5 Steps to Mental Health and Wellbeing. The resources in this toolkit are split into five steps: leading change, working together, understanding need, promoting wellbeing, and supporting staff.

The resources can be worked through as a full set, but they can also be used individually, depending on which areas are current priorities for your school.

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Leading change

Reviewing existing school policies

A guide to reviewing all of your existing school policies with an anti-racist lens.

[Go to resource](#)



Anti-racism policy template

A template for writing your own anti-racism policy in consultation with representatives from across the whole school community.

[Go to resource](#)



Working together

How to practise cultural exchange in schools

How to facilitate cultural exchange in schools and things to consider.

[Go to resource](#)



Representation in the curriculum

An instructional case study from a school that set up a working group looking at diversifying their curriculum and ensuring that it is representative of their student population.

[Go to resource](#)



Understanding need

Gathering student voice on racism and mental health in schools

Ways for schools to gather student voice, including suggested questions to add to a student survey.

[Go to resource](#)



Microaggressions: staff meeting presentation and guidance

A PowerPoint and guidance on delivering a presentation to staff members about microaggressions.

[Go to resource](#)



Promoting wellbeing

Teaching curriculum topics linked to racism and handling racist world events

A lesson planning guide for teaching a curriculum topic that is linked to race and racism, or for when a potentially traumatic racist incident occurs in the wider world.

[Go to resource](#)



Supporting students who have experienced racism

Information for staff on how best to support a student who has experienced racism and where else to seek support.

[Go to resource](#)



Supporting staff

Supporting staff from racially minoritised groups

Information about the impact of racism on school staff, and guidance for schools on how to foster a safe and supportive environment for staff.

[Go to resource](#)



Improving school staff knowledge and confidence

Lists of books, videos, articles and more that educators can use to explore and develop their racial literacy.

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