

# Black History Month toolkit

Black History Month takes place every year in October across the world. The month presents an opportunity for children and young people to learn more about Black history through lessons, assemblies and other activities across their community. It is also an opportunity for schools and colleges to emphasise their dedication to supporting and uplifting Black students.

You may have already planned some curriculum content around Black History Month, looking at cultural or historical Black figures. The resources shared here focus on mental health themes, helping school staff to explore ideas around diversity, self-belief, identity and the impact of racism on those who experience it.

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**Anna Freud**  
National Centre for  
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## Primary schools

### The same but different assembly – Mentally Healthy Schools

Explore the concept of diversity and how our differences make us special with this assembly.

[Go to resource](#)



### The same but different lesson plans – Mentally Healthy Schools

Three lesson plans for different ages, which will help children think about the things that make us different but also the things that we have in common.

[Age 4 to 5](#)



[Age 5 to 8](#)



[Age 9 to 11](#)



### **Time to level up – Brent Council**

A short film for children about self-belief, identity and positive relationships, featuring Black role models. It tells the story of Malachi, a young boy learning about what being confident really means.

[Go to resource](#)



### **A parent's guide to Black Lives Matter – Yoopies**

A resource for parents to help explain and explore the Black Lives Matter movement with children. Schools could share this with parents to mark Black History Month.

[Go to resource](#)



## **Secondary schools and FE settings**

### **Celebrating Black History Month: humanitarians – British Red Cross**

This lesson, created for Black History Month, looks at themes of kindness and resilience by teaching students about Black British humanitarians.

[Go to resource](#)



### **Diversity lesson plan for 11-14 year olds – Equality & Human Rights Commission**

A lesson plan which will help students understand the diversity of the UK population, and celebrate the benefits diversity brings to their lives.

[Go to resource](#)



### **Racism and mental health: a guide for young people – YoungMinds**

Being treated differently or unfairly because of race, skin colour or ethnicity can negatively affect young people's mental health. This webpage shares information for young people on how to get help if they have experienced racism.

[Go to resource](#)



## Exploring stereotypes and anti-racism lesson - RespectMe

This lesson plan explores the importance of celebrating difference, and to increase awareness of prejudice, stereotypes and racism in society.

[Go to resource](#)



## Whole-school approach

These resources can be used by senior leaders or in staff meetings to think about a whole-school approach to supporting Black students.

### Addressing inclusion: effectively challenging racism in schools - RespectMe

Detailed guidance for schools on challenging racism and racist bullying in schools.

[Go to resource](#)



### Reflecting on your school's culture and environment – Show Racism the Red Card

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.

[Go to resource](#)



### How to be a better ally to your students: Black allies – BBC Teach

In this video, Black students and teachers share their experiences of racism in school and offer tips for safeguarding students.

[Go to resource](#)



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