

Black History Month Toolkit

Secondary and FE

October is Black History Month in the UK. The 2025 theme, 'Standing Firm in Power and Pride', celebrates resilience, identity and the ongoing contributions of Black communities.

Our toolkit brings together free resources and activities to help promote inclusion, belonging and wellbeing across your setting. It offers opportunities to explore:

- the role of positive role models in promoting hope and confidence
- how racism and inequality can affect mental health and ways schools can respond
- the importance of belonging, culture and identity as protective factors for wellbeing
- the role of empathy, inclusion and respect in strengthening your whole school community.

We hope the toolkit gives you practical ways to spark reflection and celebration in your setting and to support pupils and staff in standing firm together - not only this October, but throughout the year.

This month's featured resources

Resources for students

Being black and being me – *Mindmate*

A short video featuring the voices of many young Black British people, talking about their mental health and the impact discrimination has on their wellbeing.

[View 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.

[View resource](#)

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.

[View resource](#)

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

This resource shares guidance and information for young people on how to get help if they have experienced racism.

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Resources for staff

Anti-racism: a whole-school or college approach – Anna Freud

Take a whole-school or college approach to anti-racism and mental health with our free resources, e-learning, and podcast for education staff.



[View resource](#)

Framework for developing an anti-racist approach – National Education Union (NEU)

A framework to help schools and colleges embed anti-racist approaches and build inclusive, equitable environments for students, staff and the wider community.



[View resource](#)



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