

# Resources for Black History Month



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 and to celebrate the contributions Black people have made to society. This year, Black History Month is dedicated to honouring the achievements of Black women, with the theme of 'saluting our sisters'.

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 schools to explore ideas around diversity, self-belief, identity and the impact of racism on those who experience it.

## Primary



### [The same but different assembly](#) – Mentally Healthy Schools

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

### [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.



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Mentally Healthy Schools

## [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.

## Secondary and FE

### [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.

### [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.

### [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.

### [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.

## Whole-school approach



Take a whole-school approach to anti-racism and mental health with our 10 free resources for education staff.

The resources include a template anti-racism policy, a guide to teaching curriculum topics linked to race and racism, and a PowerPoint for a staff meeting about microaggressions.

[Download them for free now.](#)

