

# Franklin S. Edmonds Elementary School

## Support Team for Educational Partnership (STEP)

### February 2025 Newsletter

Black pride and self-esteem are closely linked and can both contribute to positive mental health. Self-esteem is a person's sense of self-worth, and Black pride is a sense of connection to one's racial identity.



#### *Benefits of Black children learning Black History*

shape identity  
strengthen resilience  
develop self-esteem  
increase self-worth  
foster cultural pride  
enhance self-love  
build empowerment

#### *Celebrating Your Black Identity Is Self-Care*

[Tiffany Eve Lawrence – jedfoundation.org]

As a Black youth, celebrating your Blackness is a way to take care of yourself that has many positive effects on your mental health. It creates a strong sense of pride and connection to your racial identity, which has been shown to act as a buffer against the negative impacts of discrimination.

Don't just think of it as something you do as a response to prejudice. Enjoy the beauty of your community that exists outside of others' opinions. Building a sense of community around acknowledging the beauty of Black identity can improve your mental health!

Here are ways you can celebrate—big and small.

- support Black-owned businesses
- share traditional recipes
- recite affirmations
- learn cultural dances
- visit Black museums
- attend local events that celebrate Black culture
- find your people
- find your Black joy
- create your own cultural traditions

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Whatever we believe  
about ourselves and our  
ability comes true for us.  
—Susan L. Taylor

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