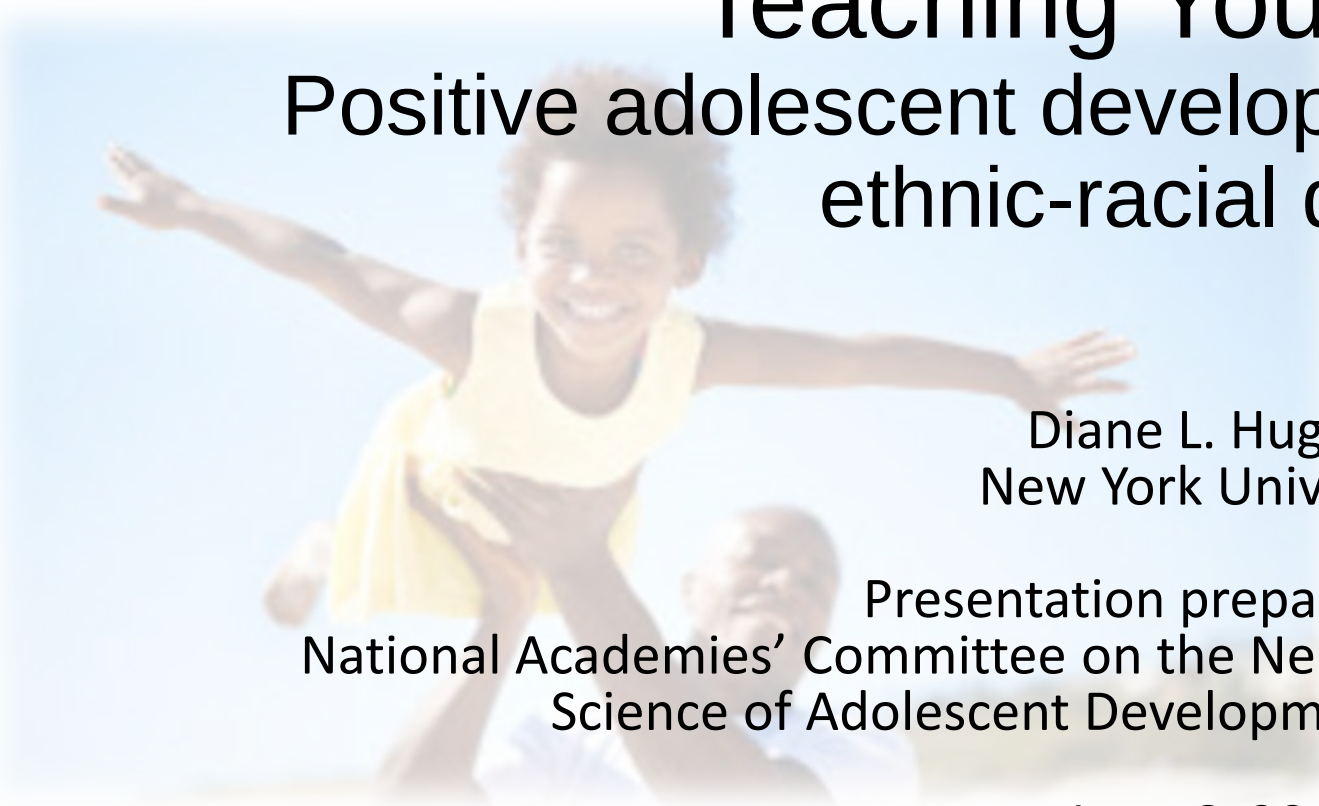




Teaching Youth to Fly:

Positive adolescent development in the context of ethnic-racial diversity

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Science of Adolescent Development and Its Applications

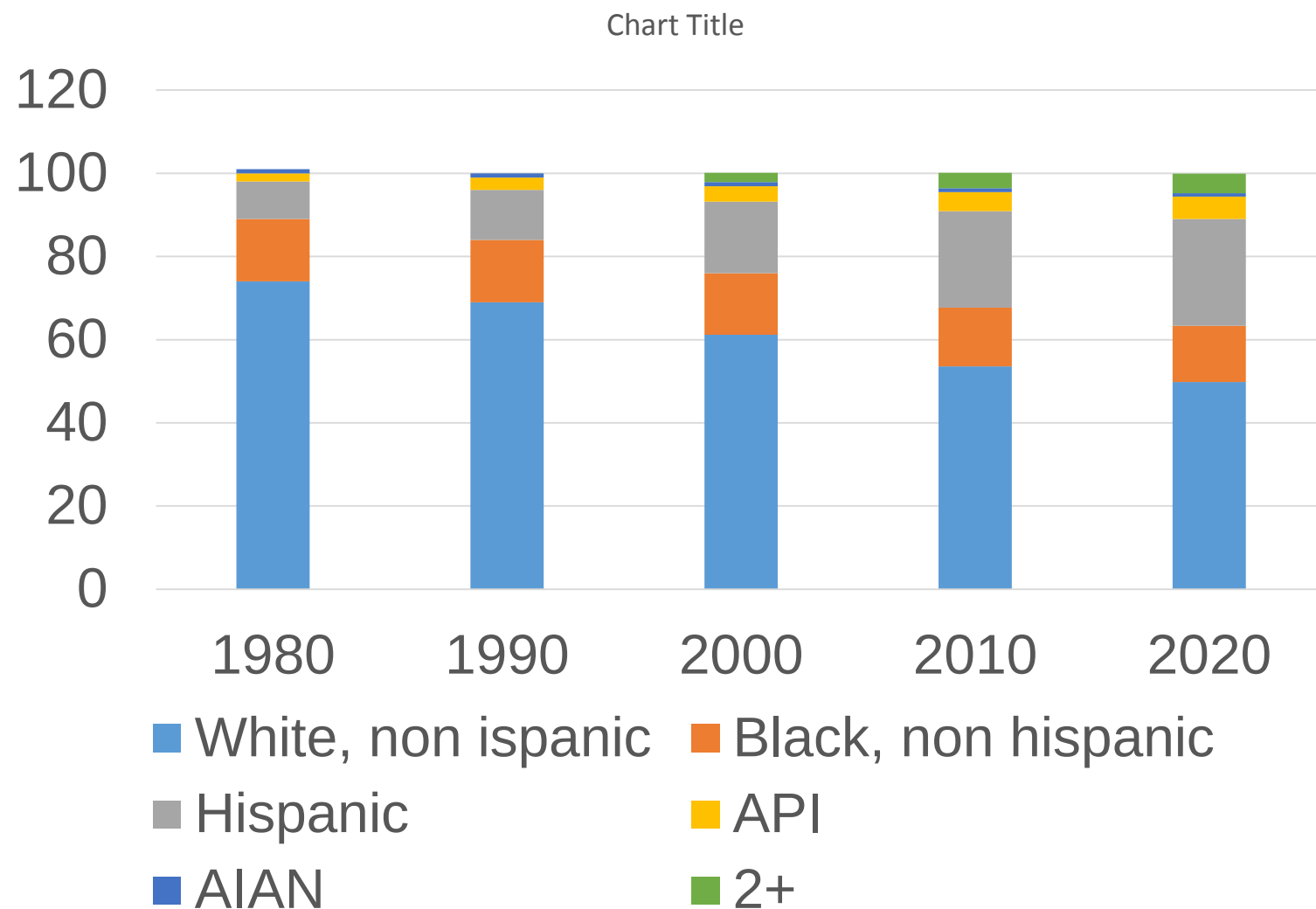
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Relevant points for today

- Major demographic shift = increasing ethnic-racial diversity
- Children quite aware of ethnicity/race and learn it early
- One source of learning is via discrimination experiences, a racial stressor
- Family racial socialization messages can compensate for or even buffer the negative consequences of discrimination



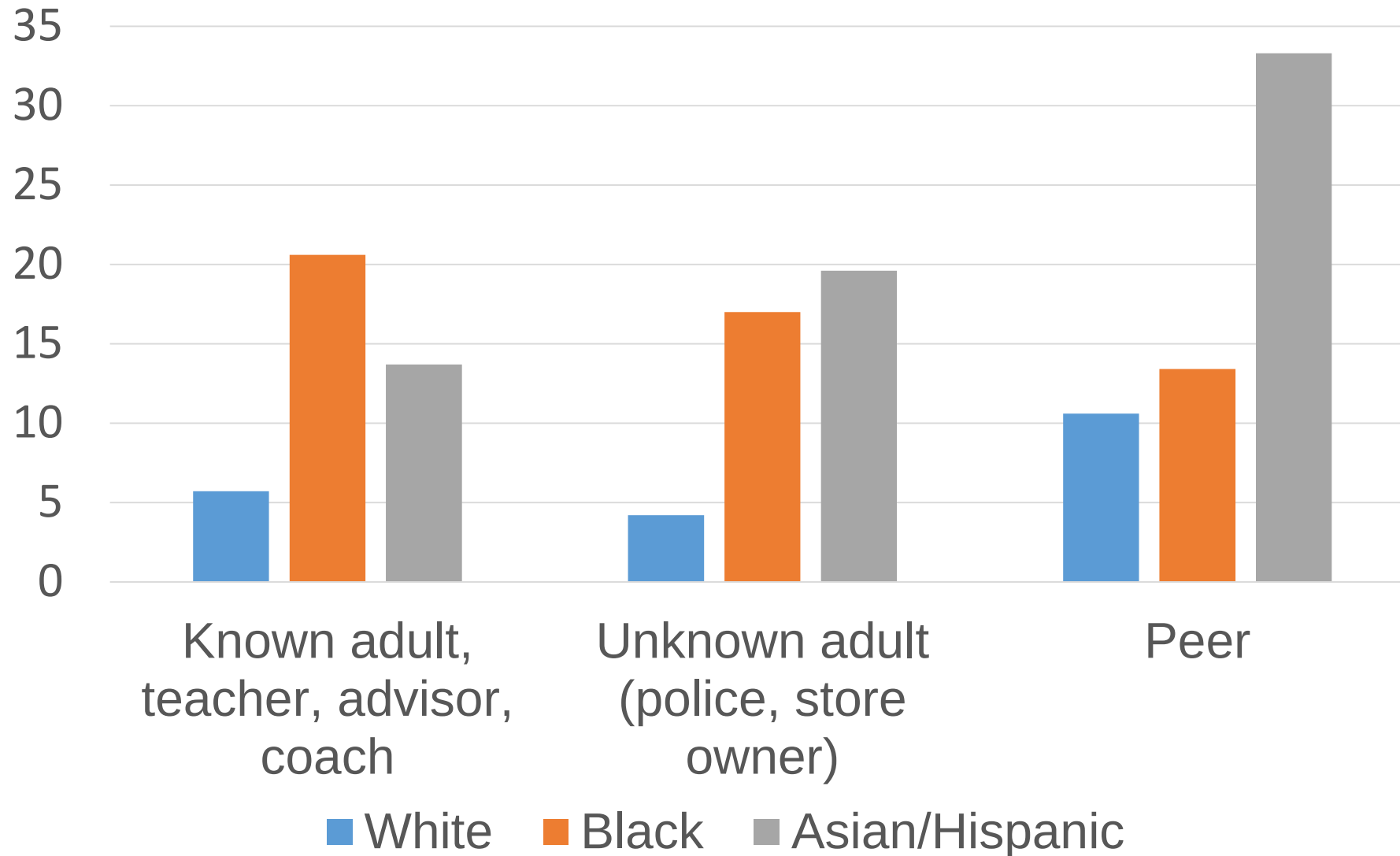
The U.S. Child population is more ethnically-racially diverse than it has been in our history



Family ethnic/racial socialization processes are critical because

- Youth are already learning race on their own
- Youth are living in racialized contexts
 - high racial disparities
 - segregation
 - negative media representations of race
- The discrimination youth experience is a developmental risk factor

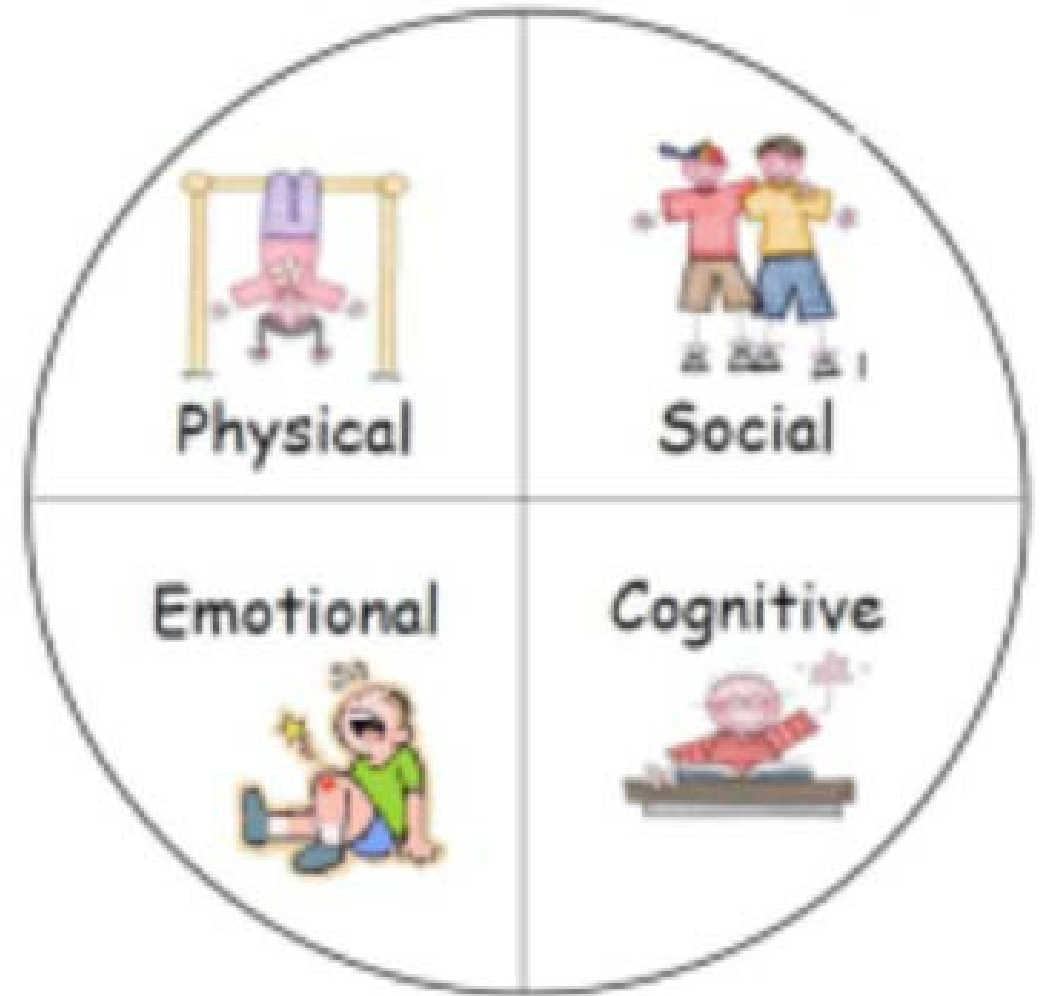
Percent of youth who reported unfair treatment from each source AND cited race
as a reason from among many reasons (grade in school, gender, way you look)
EARLY ADOLESCENT DEVELOPMENT STUDY (Hughes, 2000)



Sample = 958
White, Black,
Asian/Latino 3rd,
4th, and 5th
graders

Discrimination is a developmental risk factor for ethnic-racial minority youth

- Associated with poorer outcomes across multiple developmental domains
- Not just a temporary set back
 - Among Black, Dominican and Chinese early adolescents
 - Discrimination in 6th grade = poorer psychological, academic, and social adjustment in 8th grade
 - Discrimination in 8th grade = poorer psychological, academic, and social adjustment in 11th grade (Hughes, Del Toro, Harding, Way & Rarick, 2016)
 - Cumulative discrimination assessed during adolescence was more important than discrimination during adulthood in predicting some cortisol patterns among Black and White youth (Adam et al., 2015)



Parental ethnic-racial socialization messages that are compensatory or protective

Cultural Socialization

Socialization of cultural knowledge, awareness of group history, heritage, group traditions, and practices

- Grounds youth in solid and positive sense of themselves
- Promotes youths' group attachment, pride, and positive identities as group members
- Promotes resilience in the face of race-related stressors
- Promotes resistance

Preparation for Bias

Socialization about the existence of discrimination, racial bias, and racial stereotypes accompanied by strategies for overcoming or coping with these

- On one hand, at moderate levels can buffer negative effects of discrimination on adjustment
- BUT, can promote expectations of discrimination as well

