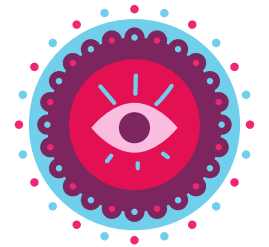


5 Easy Ways to Help Kids



"See It to Be It"!



Say it: "Women can be fighter fighters too."

"Men can be nurses too."

"Daddies sing lullabies too."

"We say mail carrier instead of mailman to include everyone."

Show it: Choose movies, TV shows and books that are diverse and inclusive.

The Scully Effect:

more women went into STEM fields because they saw Dana Scully, a character on the X-Files, as a role model!



Discuss it: "What did you think of that scene in this movie we're watching?"

Examine and critique the media you take in with your kids. We can't prevent them from seeing every thing we wish we could, but we can discuss it, call it out, and say what we don't like about it.

Shout it out: See something good? Point it out to your kids! "I really like the way this book included people with lots of skin colors." Or, "I really like how this show includes people with disability, it's important that everyone can see themselves on the screen, not just a certain kind of person."



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We can help! Check out the **Being Bold Podcast and Blog**, we've made it easy for you to share inspiring stories with the kids in your life, they're written/told at kid level. The stories kids take in matter, we're telling good ones! Find all the free resources at **BeingBold.me!**

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