



## The WHALE Study Family Newsletter

June | 18<sup>th</sup> | 2021

### Honoring Juneteenth

In light of another year of increased attention to systemic oppression and police brutality disproportionately affecting Black families, we must recognize that work remains to be done to advance civil rights and liberties of Black people. At the same time, we must also take time for cultural celebrations, such as this weekend's

Juneteenth. Short for June Nineteenth, the holiday, [newly established as a federal holiday](#), commemorates the end of slavery on June 19, 1865 in Galveston, Texas, two years and a half years after the Emancipation Proclamation was issued on January 1, 1963.

While we as adults know eradicating slavery was complicated and not ended in a single day, children often need to begin with simplified stories, adding more detail as they mature. It's natural to feel uncomfortable talking about heavy subjects with youth, but children are already absorbing information from their environment. Conversations with *you* can help them make sense of the world, and allow you the opportunity and answer their questions about challenging topics. This weekend provides another opportunity to teach your children about the history of race relations in the US. If you feel under-prepared to talk about race, [EmbraceRace.org](#) has fantastic resources about [talking to children about race](#) and even [structural racism](#). [Last June](#) we provided several resources on talking to your young children about race, including [this graphic](#) showing the importance of starting conversations early!

There are a number of events happening in the Triangle this weekend as featured on [TriangleOnTheCheap.com](#) including local festivals (see links by city below) and [Chapel Hill Public Library's](#) local storytelling and book lists! You can also recognize the holiday in your own home by supporting [Black-owned businesses](#), helping kids draw or color a [Juneteenth](#) or [Pan-African](#) flag or [learn about](#) and engage in the long-standing tradition of making red foods to commemorate enslaved persons and celebrating strength, spirituality, life and death. These activities can help your family learn and connect together.

Check out the page below for **Juneteenth** and **community** resources!

Click [here](#) to tell us what topics you want covered in future newsletters!



Please reach out if you have any questions, comments, or concerns regarding The WHALE Study or the COVID-19 situation. Staff can be reached by call, text, or email: [whalestudy@unc.edu](mailto:whalestudy@unc.edu) | 919-914-0588

Find us on Twitter: [@circlelab\\_unc](#), Instagram: [circlelab\\_unc](#), and [Facebook!](#)

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## REMINDERS

**\*\*Reminder:** Please refer your friends if they have a 4-6-year-old and you think they would be interested in participating in the WHALE study. For every eligible family that you refer to us, you will receive \$10! Email us at [whalestudy@unc.edu](mailto:whalestudy@unc.edu) or call/text us at 919-914-0588 with their information. \*\*

## JUNETEENTH + COMMUNITY RESOURCES (CLICK BLUE LINKS)

- More resources for talking to kids from [Parents.com](https://www.parents.com), [IndysChild.com](https://www.indyschild.com), and [PittWire at Pitt.edu](https://www.pitt.edu)
- TEDx talk (13min) by [Beverly Daniel Tatum "Is my skin brown because I drank chocolate milk?"](#) explaining race and slavery in a child-friendly way
- More kids activities: [OutSchool Blog](#), [coloring Juneteenth flag](#), [Worksheets from KidsKonnnect.com](#)
- Videos for kids from [PBS Kids](#) and [Fresberg cartoon](#)
- Adult information about Juneteenth at [Juneteenth.com](#), [PBS.org](#), [NYTimes](#), and [History.com](#)
- **Events by City:**
  - [The Inaugural Capital City Juneteenth Celebration \(Raleigh\)](#)
  - [The Town of Cary's Juneteenth Celebration \(Cary\)](#)
  - [The Inaugural Chapel Hill-Carrboro Juneteenth Celebration \(CH-Carrboro\)](#)

### HOUSING

- [Durham Continuum of Care \(CoC\)](#)
- Eviction Information: 216-965-5095
- [Durham Rescue Mission](#)
  - 919-688-9641
- [Orange County Partnership to End Homelessness](#)
- [Urban Ministries of Durham](#)
- [Durham County Social Services](#)
- [Orange County Social Services](#)
- [Wake County Social Services](#)

### FOOD & GROCERIES

- [Wake County Public Schools Free Meals](#)
- [Durham County Public Schools Free Meals](#)
- [Orange County Food Resources](#)
- [Chapel Hill/Carrboro Schools](#)
- [TABLE](#)
- [Food Bank of Central & Eastern North Carolina](#)
- [Wake County Food Resources](#)
- [No Kid Hungry NC](#) - Text FOODNC or COMIDA to 877-877 to receive information about 3 drive-thru or pickup sites with meals for kids closest to you

### HEALTH & SAFETY

- [Compass Center for Women and Families](#)
  - 919-929-7122
- [Durham Crisis Response Center](#)
  - 919-403-9425
- [InterAct Family Safety and Empowerment Center](#)
  - 919-828-7501
- [Orange County Rape Crisis Center](#)
  - 866-935-4783 (call) , 919-504-5211 (text)
- [Freedom House](#)
  - 919-967-8844 (Crisis Unit, Chapel Hill)
  - 1-877-967-8844 (Mobile Service)
- [Suicide prevention lifeline](#): 1-800-273-TALK (8255)
- Hope4NC Helpline: 1-855-587-3463
- [Crisis Text Line](#): Text HOME to 741 741

### CHILDCARE

- [NC Hotline for Critical Workers Seeking Child Care Options](#)
- [Covid Childcare Co-op Creator](#)
- [Covid Urgent Childcare](#)
- [Child Care Services Association](#)

### LEARNING

- [Scholastics Learn at Home](#)
- [Khan Academy](#)
- [PBS Kids](#)
- [CDC Tips for Talking with Children about COVID-19](#)