Supporting culturally and linguistically diverse children and families who experience racism

Written Resources

[How the experiences and circumstances of culturally and linguistically diverse (CALD) children and families influence child mental health](#)

This practice paper explores how the experiences of children and families from culturally and linguistically diverse (CALD) backgrounds can affect child mental health, looking specifically at parents and children who migrated to Australia for non-humanitarian reasons.

[Culturally informed ways to support mental health in refugee and asylum seeker children](#)

This resource provides information about culturally informed ways to support the mental health of refugee and asylum seeker children looking specifically at children and families from refugee and asylum seeker backgrounds.

[Practicing cultural curiosity when engaging with children and families](#)

This resource explores how understanding a family's cultural context can help practitioners focus on a child's social and emotional wellbeing. It unpacks how effective engagement requires both 'cultural competency' and 'cultural curiosity' and frames children and families as a valuable source of cultural knowledge.

[Racism and its links to the health of children and young people](#)

This fact sheet summarises key findings from various studies examining racism and health and wellbeing in children and young people, in particular the research led by Dr Naomi Priest who was supported by a VicHealth grant.

[National Anti-Racism Framework](#)

This resource outlines the National Anti-Racism Framework being developed by the Australian Human Rights Commission.

[The coin model of privilege and critical allyship: Implications for health](#)

This article introduces the Coin Model of Privilege and Critical Allyship as a way to address health inequities and the social determinants of health. It outlines how social structures produce both advantage and disadvantage and how systems of inequality interact to produce complex patterns of privilege and oppression. It suggests critical allyship should guide the actions of people in privilege to resist the unjust structures that produce health inequities.

Webinars

[Approaches to support child mental health in culturally and linguistically diverse communities](#)

This webinar, co-produced by the Australian Institute of Family Studies and Emerging Minds, explores how practitioners can tailor their approach to work with children and families from culturally and linguistically diverse (CALD) communities. It focuses on those who work with children and families from non-humanitarian migrant communities and explores proactive engagement and strengths-based approaches to support child mental health.

[Cultural considerations to support children from migrant and refugee backgrounds](#)

This webinar, co-produced by the Australian Institute of Family Studies and Emerging Minds, investigates how a practitioner's personal values and beliefs about parenting and child-rearing can influence their ability to address the mental health and wellbeing needs of children and families from migrant and refugee backgrounds. It highlights the importance of 'culturally competent', 'culturally curious' and 'child-focused' practices as well as presenting examples of organisational initiatives and practice approaches.

Podcast

[Reflections on culturally competent practice with Mthobeli Ngcanga](#)

This podcast from Emerging Minds looks at what culturally competent practice looks like when working with children and families from migrant and refugee communities. Mthobeli Ngcanga, a counselling team leader at Survivors of Torture and Trauma Assistance and Rehabilitation Service, reflects on what is important at the organisational level to support culturally competent practice.

[Reflections on culturally competent practice with Nellie Anderson](#)

In this podcast from Emerging Minds, Chris Dolman interviews Nellie Anderson, from Survivors of Torture and Trauma Assistance and Rehabilitation Service, about what she has learned about culturally competent practice during her time working with children and adults from a refugee background.

[Racism, racial discrimination child and youth health](#)

This report focuses on Australian data collected in the last five years (2016–2020) on racism, racial discrimination and health. It underscores the high prevalence of racial discrimination experienced by children and young people from Aboriginal and Torres Strait Islander backgrounds, and from some ethnic minoritised groups. It also focuses on what works in interventions to reduce the impacts of racism on health.

Websites

[Speak out against racism (SOAR)](#)

This website compiles various resources from the SOAR Project, which was conducted by the ANU Centre for Social Research Methods. It includes information on anti-racism bystander intervention and key findings from the 2017 SOAR survey.