## Young Black American: Positive Black Identity Part 1: Cultivating a Strong Foundation



#### Young Black & American: A Positive Black Identity

(PART 2) by Porscha Kelley

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In today's society, it is more important than ever for young black Americans to have a strong sense of positive black identity. This is because they are constantly bombarded with negative messages about their race and culture. These messages can come from the media, from their peers, and even from their own families. As a result, it is important for young black Americans to have a strong foundation in their own identity so that they can resist these negative messages and develop a healthy sense of self-worth.

The Importance of Positive Black Identity

There are many benefits to having a positive black identity. Young black Americans who have a positive sense of identity are more likely to be successful in school, have higher self-esteem, and be less likely to engage in risky behaviors. They are also more likely to be proud of their heritage and to be active members of their community.

#### **How to Cultivate a Positive Black Identity**

There are many things that parents, educators, and community leaders can do to help young black Americans cultivate a positive black identity. Here are a few tips:

- Teach young black Americans about their history and culture.
  This will help them to understand their roots and to develop a sense of pride in their heritage.
- Expose young black Americans to positive role models. This will show them that it is possible to be successful and black.
- Encourage young black Americans to participate in activities that celebrate black culture. This will help them to develop a sense of community and belonging.
- Challenge negative stereotypes about black people. This will help young black Americans to develop a more positive view of themselves and their race.

Cultivating a positive black identity in young black Americans is an important task that requires the involvement of parents, educators, and community leaders. By working together, we can help young black Americans to develop a strong sense of self-worth, pride, and cultural

identity. This will help them to succeed in school, in life, and in making a positive contribution to society.

#### **Additional Resources**

- The National Association for the Advancement of Colored People (NAACP)
- United Way
- Black Lives Matter



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