

Main and interactive effects of internalizing symptomology, parent ethnic socialization, and discrimination on BIPOC teens' ethnic identity.

THE GIST: It can take a long time to figure out who you are. We were curious about whether a child's Ethnic-Racial Identity (ERI) was related to discrimination, internalizing symptomology, parent socialization, or some combination of the three. We surveyed American youth from diverse backgrounds to see how these factors impact BIPOC Identities specifically. Findings suggest that internalizing ideas like racial stereotypes discouraged Identity exploration and affirmation. Kids develop their sense of Identity based on multiple interactive influences. Parent involvement can be one of those influences that encourages the exploration and resolution of identities.

THE TAKEAWAY: In the best interest of youth mental health and the rising US BIPOC community, we need to understand how identities are formed and nurtured. We call for identity research, policies, programs, and practices that protect against discrimination. We want to create a safer space for youth to explore their identities- even how they see themselves racially and ethnically. We believe mental health care and parent involvement can help create that safe space. BIPOC individuals can feel more secure when they can find peace with who they are.