

# *Annabelle Atkin - Research Program*

## ■ How do youth develop

- awareness about the systemic nature of race and racism
- coping skills to deal with discrimination
- a positive racial-ethnic identity
- resistance to racism



- Mental health
- Substance use

## **Racial-Ethnic Socialization**

**How we talk (or don't talk) to youth about race and racism affects their development**

# Research Findings

## Asian American adolescents and young adults

- Cultural socialization -> protects from the psychological distress associated with discrimination (Atkin et al., 2019)
- Culture, equality, did not minimize race -> racial-ethnic pride, social connectedness (Atkin & Yoo, 2021)
- Systemic racism, diversity appreciation -> lower anti-Black attitudes (Atkin & Ahn, 2022)

## Multiracial young adults

- Identified types of socialization messages (Atkin et al., 2022a) and developed measure (Atkin et al., 2022b)
- Identified how parents give Multiracial youth support (Atkin & Jackson, 2021) and developed measure (Atkin et al., 2022c)
- Parental support -> Multiracial pride (Atkin et al., 2023)
  - Support from fathers -> lower lack of family acceptance and psychological distress
- Perceived racial ambiguity -> more drinking (Atkin et al., 2025)
  - Family cohesion -> less drinking

Resources! ->



# *Inclusive Data Practices*

- The Multiracial population is the fastest growing group in the US
  - Increased 276%
  - 10% of the U.S. population
- Be thoughtful and intentional about how we collect race data and handle Multiracial participants