

talking to kids about school shootings.

- 1. Be honest, talk to them about what happened. The conversation should be based on their development and their age.
- 2. Find out what they know and ask them what questions they have about the incident.
- 3. Don't ignore what happened and not discuss it. You need to discuss it with your child. If you don't someone else will.
- 4. Find out if your child has any fears or concerns. Do they feel safe? What makes them feel scared?
- 5. Do not invalidate any feeling or anything they say to you. Make sure your reflect their thoughts and be supportive.
- 6. Depending the age of your child and their feelings about going back to school, you might talk about the school safety plan or active shooter drills. These conversations will help with letting your child know that the school has a plan in place to keep everyone safe.
- 7. Talk about feelings as a family. Discussing your feelings about shootings or violence help to make a child feel safe talking to you about what they are feeling.
- 8. Continue to limit media use for children of all ages. Too much media is unhealthy and does not create a safe space.
- 9. Seek out therapy if your child continues to have extreme feelings of anxiety or fear. If you don't know you can always ask a local therapist in your area.
- 10. Monitor your own thoughts and feelings. This is scary for all of us that send our children to school. If you need support make sure to seek out help. Remember you need to help yourself before you can help your child.