



Talking to Our Children About Violence & School Shooting: Tips & Resources for Parents & Caregivers

Resources from your Parent Coordinator Ms. Pink



Talking to Children About Violence & School Shootings: Tips for Parents & Teachers

Parents and school personnel can help children feel safe by establishing a sense of normalcy and security and talking with them about their fears.

1. Reassure children that they are safe. Emphasize that schools are very safe. Validate their feelings. Explain that all feelings are okay when a tragedy occurs. Let children talk about their feelings, help put them into perspective, and assist them in expressing these feelings appropriately.
2. Make time to talk. Let their questions be your guide as to how much information to provide. Be patient; children and youth do not always talk about their feelings readily. Watch for clues that they may want to talk, such as hovering around while you do the dishes or yard work. Some children prefer writing, playing music, or doing an art project as an outlet. Young children may need concrete activities (such as drawing, looking at picture books, or imaginative play) to help them identify and express their feelings.
3. Keep your explanations developmentally appropriate.
4. *High school* students will have strong and varying opinions about the causes of violence in schools and society. They will share concrete suggestions about how to make school safer and how to prevent tragedies in society. Emphasize the role that students have in maintaining safe schools by following school safety guidelines (e.g. not providing building access to strangers, reporting strangers on campus, reporting threats to the school safety made by students or community members, etc.), communicating any personal safety concerns to school administrators, and accessing support for emotional needs.

5. **Review safety procedures.** This should include procedures and safeguards at school and at home. Help children identify at least one adult at school and in the community to whom they go if they feel threatened or at risk.
6. **Observe children's emotional state.** Some children may not express their concerns verbally. Changes in behavior, appetite, and sleep patterns can also indicate a child's level of anxiety or discomfort. In most children, these symptoms will ease with reassurance and time. However, some children may be at risk for more intense reactions. Children who have had a past traumatic experience or personal loss, suffer from depression or other mental illness, or with special needs may be at greater risk for severe reactions than others. Seek the help of mental health professional if you are at all concerned.
7. **Limit television viewing of these events.** Limit television viewing and be aware if the television is on in common areas. Developmentally inappropriate information can cause anxiety or confusion, particularly in young children. Adults also need to be mindful of the content of conversations that they have with each other in front of children, even teenagers, and limit their exposure to vengeful, hateful, and angry comments that might be misunderstood.
8. **Maintain a normal routine.** Keeping to a regular schedule can be reassuring and promote physical health. Ensure that children get plenty of sleep, regular meals, and exercise. Encourage them to keep up with their schoolwork and extracurricular activities but don't push them if they seem overwhelmed.

For full article visit: [Talking to Children About Violence: Tips for Parents and Teachers \(nasponline.org\)](https://www.nasponline.org)



HELPFUL ARTICLES ON HOW TO DISCUSS & SUPPORT YOUR CHILD WHEN THERE IS A SCHOOL SHOOTING.



1. [School shootings: How parents can cope with their own fears and anxieties \(nbcnews.com\)](#)
2. [How To Talk To Kids About School Shootings > News > Yale Medicine](#)
3. [What Parents Don't Need to Hear After a School Shooting | Psychology Today](#)
4. [How to Talk to Kids About Gun Violence \(parents.com\)](#)
5. [How to Talk to Your Child About School Shootings \(verywellfamily.com\)](#)

TALKING TO CHILDREN ABOUT VIOLENCE: TIPS FOR FAMILIES AND EDUCATORS

Families and school personnel play a critical role in helping to reestablish a sense of normalcy and security for children after an act of violence occurs. Follow these key reminders and visit www.nasponline.org/children-and-violence to learn more.



REASSURE CHILDREN

- Reassure children you are there to keep them safe.
- Make time for children to talk about and learn to appropriately express their feelings. Explain that all feelings are okay when a tragedy occurs and help to put them in perspective.
- Emphasize what schools and caregivers are doing to keep people safe. Point out clear or visible safety efforts whenever possible.
- Explain that, although the possibility of school violence exists, the probability that it will affect us (our school) is very low. Most schools are safe, even though it may not feel that way in the moment.
- Be aware of how your emotions/reactions could contribute to fear/trauma in some children. It's okay to acknowledge your own fear/concern, but prioritize calmness in the presence of children.



MAKE TIME TO TALK

- Be patient and look for clues that a child wants to talk, such as hovering around.
- Let children's questions guide the information provided.
- If a child is fearful/worried/confused, listen and acknowledge (e.g., "This is really hard to understand."). Use statements like "Let's talk about what we are doing at school/home to keep us safe (provide 2-3 visible or clear examples)." This is not a guarantee of safety; rather, it is reassurance adults are doing everything they can to support safety.
- Young children may need concrete activities such as looking at books, while some older children may prefer writing, drawing, or playing music to identify and express their feelings.
- Be mindful of a child's previous traumas or exposure to violence and chronic or systemic stressors in their life.



REVIEW SAFETY PROCEDURES

- Help children identify an adult at school and in the community that they can go to if they feel uncomfortable, threatened, or at risk.
- Review procedures and safeguards in school and at home. Be sure children understand the information.



OBSERVE CHILDREN'S EMOTIONAL STATE

- Watch for changes in behavior, appetite, or sleep patterns that can indicate anxiety or stress. Some examples include irritability, nightmares, and stomachaches. These should ease with reassurance and time.
- Seek help from a mental health professional right away if you are concerned about your child hurting themselves or someone else. Also seek help if they have more intense reactions such as excessive fear or anger that lasts more than 2 weeks.
- Limit television viewing and social media that may have disturbing images or graphic references to the event.

TALKING TO CHILDREN ABOUT VIOLENCE: TIPS FOR FAMILIES AND EDUCATORS

KEEP EXPLANATIONS DEVELOPMENTALLY APPROPRIATE

Communications should be tailored to the specific needs, age, and developmental level of each child. Balancing the amount of detail provided with reassurances is important at any age.

Early Elementary

Answer questions simply, without extensive details; balance with reassurances that they and their loved ones are safe and protected.

Upper Elementary and Early Middle School

Provide factual information to correct misinformation. Help them separate reality from fantasy. Invite students to share their thoughts and offer alternatives of expression, such as play acting or drawing.

Upper Middle and High School

Listen to students' ideas and observations about current safety efforts. Emphasize why and how to follow school safety guidelines (e.g., not opening exterior doors), report concerns, and get help. As needed, assist students with safe and prosocial advocacy and involvement.

POINTS TO EMPHASIZE WHEN TALKING TO CHILDREN AND YOUTH

- What happened is scary and sad, but most schools are quite safe. In our community, school staff are working with families and public safety providers to keep you safe.
- The school building is safe because ... (cite specific school procedures).
- School safety is primarily the responsibility of adults, but we can all play a role. Tell an adult if you see or hear something that concerns you. You may provide important information that can prevent harm.
- Sometimes people do bad things that hurt others. Adults work very hard to get those people help and keep them from hurting others. It is important for all of us to know how to get help if we feel really upset or angry. You can always tell ... (provide specific example).
- Stay away from guns and other weapons unless supervised by an adult. Tell an adult if you know someone has a gun. Access to guns is one of the leading risk factors for deadly violence.
- Violence is never a solution. Students can be part of antiviolence programs at school, learn conflict mediation skills, and seek help from an adult if they are (or if a peer is) struggling with anger, depression, or other emotions they cannot control.

For information about continuing to support children in coping with tragedy, see *Guidance at a Glance: "Helping Children Cope With Tragedy"*