

## REPEAT \*Talking to Students about Events in Ukraine\*

As indicated in Mrs. Schmidt's Superintendent's message, staff has received resources regarding how to support conversations with students who express personal and more global concerns and fears. We will continue to provide the most up-to-date resources to them. Below you will find resources for parents on how to support your student at home.

Many of our students need the guidance and safety of adults in their homes to navigate their own emotions and trauma in a healthy, safe, and productive way. A few reminders when speaking with your student:

- News like this can be scary to children if not handled in the right way. Support and conversations will look and sound different with different age groups.
- Remain calm
- Affirm that it is okay to feel upset
- Stick to facts from vetted sources
- Keep explanations developmentally appropriate
- Model coping strategies
- Keep open lines of communication between school and home

Each of the attached resources provides tips for families and educators, and some include what we can do as adults and how you can respond to students.

Resources:

- [How to Talk to Kids About Violence Crime and War](#): Common Sense Media gathers tips and conversation starters to help you talk to kids of different ages about the toughest topics.
- [Talking to Your Kids About War](#): VeryWell Family explores ways families can speak with young people about war, including tips on sharing information and restricting media coverage.
- [Resilience in a time of war: Tips for parents and teachers of elementary school children](#): This article from the American Psychological Association can help adults guide their young children beyond fear and to resilience.
- [Resilience in a time of war: Tips for parents and teachers of middle school children](#): The American Psychological Association breaks out tips and strategies for parents and teachers of middle school-aged children.

The following resources are from the National Association of School Psychologists:

- [War and Terrorism: Tips for Supporting Children at Home and School](#)
- [Helping Children Cope with Terrorism: Tips for Families and Educators](#): Tips and reminders in an easy to read chart
- [Helping Children Cope with Terrorism: Tips for Families and Educators](#): Fifteen tips for adults in supporting children