



## **Additional Resources for Talking to Children about Tragedy**

*Shared by Alan Smiley, Association of Colorado Independent Schools*

- Talking To Kids About The Paris Attacks, by What's Your Grief

<https://whatsyourgrief.com/talking-to-kids-about-the-paris-attacks/>

Starting with the awareness of our own response, this listicle gives us 12 ways in which we can actively offer children and adolescents support.

- Resource list, by the National Child Traumatic Stress Network

<http://www.nctsn.org/trauma-types/terrorism>

A list of links to specific articles within the NCTSN website that help adults understand the effects different kinds of events can have on children and adolescents of various ages, and what to do to reduce trauma and promote resilience. Some articles are available in Spanish.

- Explaining the News to Our Kids, by Common Sense Media

<https://www.commonsensemedia.org/blog/explaining-the-news-to-our-kids#>

A 30 second video accompanies this article talking about the potential trauma of constant media exposure, especially when tragedy occurs. Addressed are appropriate responses according to age group, roughly matching the first three planes of development.

- How to Talk to Kids and Teens About World Trauma, by Karen Young of Hey Sigmund <http://www.heysigmund.com/how-to-talk-to-kids-and-teens-about-world-trauma/>

10 general tips for having conversations that will help children manage and accept catastrophic events and find hope again followed by specific advice for each age group, roughly following the planes of development.

- Talking About Tragedy, by Jack M. Jose for Angels and Superheroes  
<http://angelsandsuperheroes.com/2016/07/18/talking-about-tragedy/>  
Jack M. Jose, principal of Gamble Montessori, gives teachers 4 questions to guide student discussion, and quite a lot of insight. Although aimed primarily at Secondary teachers, this article is also useful for parents and teachers of younger students.
- Kids and disasters: How to help them recover by Betty Lai for The Conversation  
[https://theconversation.com/kids-and-disasters-how-to-help-them-recover-59032?utm\\_source=facebook&utm\\_medium=facebookbutton](https://theconversation.com/kids-and-disasters-how-to-help-them-recover-59032?utm_source=facebook&utm_medium=facebookbutton)

A look at the short and long term effects of trauma caused by the experience of a disaster and ongoing trauma, such as war, on children, and how to support the development of resilience.

- Talking to Children About Violence: Tips for Parents and Teachers, by the National Association of School Psychologists  
<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/talking-to-children-about-violence-tips-for-parents-and-teachers>  
7 tips to support children, and a list of talking points to keep in mind and emphasize in conversation that will reassure while maintaining a realistic outlook.