



Nutley Family Service Bureau

How to Talk to Kids about School Shootings

1. Do Talk to them. Even if they don't have access to the media don't assume they don't know what has happened.
2. Ask your kids what they have heard and what they know about the incident. Answer their questions.
3. Talk to kids in a way that they will understand based on their age and developmental level.
4. For younger children a one sentence explanation. For tweens focus on their feelings. For older children discuss fears and their ideas about solutions.
5. Ask about fears or if they have worries about their safety. Specifically ask what makes them feel scared.
6. Explain the reasons for school drills as a safety measure. Review their school's safety plan to reassure them.
7. Limit their access to the media. Also be mindful of your own media access.
8. Share feelings as a family. This will help them to feel safe and supported
9. Observe their emotional state. Seek out therapy if your child continues to exhibit extreme anxiety or fear.

Be aware of your own thoughts and feelings about this. Manage your own emotions especially fear about sending your child to school. Reach out for help if you find that you are struggling.

Nutley Family Service Bureau, 169 Chestnut Street, Nutley, NJ | 973-667-1884