

Responding to Tragedy

WHAT TO DO:

- Try and keep routines as normal as possible. Kids gain security from the predictability of routine, including attending school.
- Limit exposure to television and the news.
- Be honest with kids and share with them as much information as they are developmentally able to handle.
- Listen to kids' fears and concerns.
- Reassure kids that the world is a good place to be, but that there are people who do bad things.
- Parents and adults need to first deal with and assess their own responses to crisis and stress.
- Rebuild and reaffirm attachments and relationships.

American School Counseling Association

CLASSROOM ACTIVITY

- [Connective Circle Questions After Tragedy](#)
- [Rebuilding a Safe and Supportive Community](#)



RESOURCES FOR TEACHERS AND STAFF:

- [Talking to Children about Violence: Tips for Parents and Educators](#)
- [How to Talk to Kids about School Shootings](#)
- [Five Tips to Help Children Cope with a National Tragedy](#)
- [Helping Students After a School Shooting](#)

CNUSD has a SpeakUp for Safety tip line which is monitored by safety professionals, 24 hours a day, seven days a week, all year long.

CNUSD SpeakUp for Safety tip line can be called or text at 951-589-0600 or emailed to speakup@students.cnusd.k12.ca.us.