

Talking to Kids About Fear and Violence

Knowing how to talk with your child about violence will play an important role in easing fear and anxieties about their personal safety in these tenuous times as well as helping them to manage rising concerns.

Use the following tips when discussing fears and violence with your child:

- Be honest, but don't tell them more than they are asking for
- Acknowledge that bad things happen
- Find out what frightens them
- Make reassurances that the family is safe
- Encourage children to talk and ask questions
- Talk on their level
- Validate the child's feelings
- Talk honestly about your own feelings
- Discuss the safety procedures
- Create safety plans with your child
- Recognize behavior that may indicate your child is concerned about their safety
- Empower children to take action regarding their safety
- Keep the dialogue going
- Limit exposure to news media
- Teach the child about differences
- Give your child opportunities to help others
- Seek help when necessary