



# Indiana Department of Education

Dr. Katie Jenner, Secretary of Education

Indiana Educators and Families,

In light of recent tragic events, we understand this may lead to many complex questions and feelings, especially for young people. We have developed this document to be used as a resource to help families and educators navigate conversations surrounding these events.

Here are five tips from [Save the Children](#) to remember as you navigate these discussions.

1. **Start the conversation.** It is important to confront misinformation and share honestly with children.
2. **Emphasize safety.** Don't go into graphic details, but instead, put the emphasis on safety. Help them identify the plans in place to protect them in all types of emergencies.
3. **Validate feelings.** Normalize their feelings, especially feelings of worry.
4. **Look for leaders.** Remind children that adults are working every day to keep them safe and help them identify who their safe adults are.
5. **Watch for signs of trauma.** If children appear extremely fearful, angry or withdrawn, seek professional help.

Here are some resources to provide guidance and assistance to parents/caregivers as well as school staff.

For Parents/Caregivers/Families:

- [Parent Guidelines for Helping Youth After the Recent Shooting | The National Child Traumatic Stress Network \(nctsn.org\)](#)
- [Assisting Parents/Caregivers in Coping with Collective Traumas | The National Child Traumatic Stress Network \(nctsn.org\)](#)
- [Talking to Children about Violence: Tips for Families and Educators](#)
- [Talking With Children About Tragedies & Other News Events - HealthyChildren.org](#)

For Educators/Administrators/Counselors:

- [Talking to Children about Terrorist Attacks and School and Community Shootings in the News](#)
- [Responding to School Violence: Tips for Administrators](#)
- [Managing Your Distress in the Aftermath of a Shooting \(apa.org\)](#)
- [Helping Students after a School Shooting](#)
- [Returning to School After a Crisis: A Guide to Addressing Traumatic Events at School - National Center for School Safety](#)

This is by no means an exhaustive list, but hopefully, it provides a starting point to help navigate difficult, but necessary conversations. It is our hope that, with support, each of you are able to care for yourself and your loved ones inside your homes, schools, and communities.

-Student, School and Family Engagement Team