

How to talk to kids:

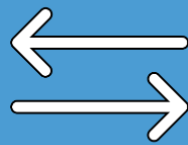
Tips for Approaching Conversations about Gun Violence

You are the right person to talk to your child about gun violence.
Here are a few tips on how:



Adapt to them.

Choose words and match content to your child's age, development, and interests.



Talk *and* listen.

Work toward a give-and-take where you can carefully listen and respond to your child.

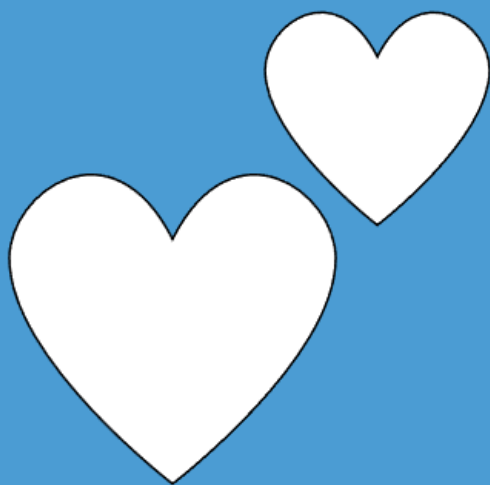


Let the kid drive.

Let your child drive the conversation based on what they find important about the experience.

Rolland, R. (2022, February 25). The ABCs of a Having a Conversation with Your Child. *The Boston Globe*.
<https://www.bostonglobe.com/2022/02/25/magazine/abcs-having-conversation-with-your-child/>

Validate their feelings.



- 1) Notice your own feelings and sensations going in. Take care of yourself so you can be emotionally present with your child.
- 2) Listen for thoughts, feelings, and actions that make sense to you and builds a better understanding of how they see things.
- 3) Demonstrate when you understand something new by checking in with them: "You were feeling ___ when ___ because ___."
- 4) Reassure them that their feelings (all of them) are valid and reasonable: "If that were happening to me, I'd feel that way too."

ADDITIONAL RESOURCES

Center for the Study of Traumatic Stress -

[Restoring a Sense of Safety in the Aftermath of a Mass Shooting: Tips for Parents and Professionals](#)

National Association of School Psychologists -

[Talking to Children About Violence: Tips for Families and Educators](#)

Substance Abuse and Mental Health Services Administration (SAMHSA)

[Tips for Talking With and Helping Children and Youth Cope After a Disaster or Traumatic Event](#)