



In light of recent global events, many are wondering how best to discuss these matters with children to help them work through it.

We need to acknowledge that our young people, especially our tweens and our teenagers, are going to encounter images that we won't be able to control — such as videos and vitriol on Snapchat, Instagram, YouTube, and TikTok — which necessitates proactively addressing the issues with our children.

The following organizations and tools are available for families, schools, and professionals to support youth communication, understanding, and behavioral health during these difficult times.

Helping Kids Work Through the Fear and Consequences of Global Violence -**Resources for Families, Educators, and other Professionals:** 

### National Association of School Psychologists

- » Supporting Youth Affected by the Violence in Israel and Gaza: Tips for Families and Educators
- » Talking to Children About Violence: Tips for Families and Educators

### **American School Counseling Association**

» Helping Students in Troubling Times

## **National Center for School Crisis and Bereavement**

- » Talking to Kids about Tragedies in the News
- » Talking to Children and Teens About the Israel-Gaza War



MilitaryChild.org/resourcesglobalviolence



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### **HOVER & DISCOVER**

Open the camera app on your mobile phone to hover over the QR code. Click the link and learn more about MCEC's resources for working through the fear and consequence of global violence.







### **National Child Traumatic Stress Network**

- » Talking to Your Children About War
- » Understanding Trauma Responses in Children with Intellectual and Developmental Disabilities and When to Seek Help

# **American Psychological Association**

- » Resilience in a time of war: Tips for parents and teachers of elementary school children
- » Resilience in a time of war: Tips for parents and teachers of middle school children

# Behavioral Health Resources for Families, Schools, and Professionals:

# **National Association of School Psychologists**

- » Anxiety: Helping Handout for School and Home
- » When Grief/Loss Hits Close to Home: Tips for Caregivers
- » Addressing Grief: Tips for Teachers and Administrators
- » Supporting Children's Mental Wellness: Tips for Families and Caregivers

## **National Child Traumatic Stress Network**

- » Age-Related Reactions to a Traumatic Event
- » After a Crisis: Helping Young Children Heal

## **Military Child Education Coalition**

- » Military Child Well-being Toolkit
- » PTSD, TBI, Invisible & Physical Injury: Overview
- » Well-being: Physical Well-being, Stress Management, & Mental Health Resources
- » Suicide Prevention & Awareness: Overview
- » Anxiety In Young Children: A Military Parents' Guide Through Transition

# Additional Helpline Resources

- » National Suicide and Crisis Lifeline call or text 988 (Spanish and Deaf/Hard of Hearing services available)
- » SAMHSA Disaster Distress Helpline call or text 1-800-985-5990 (Spanish and Deaf/Hard of Hearing services available)
- » Military OneSource call 1-800-342-9647 for eligible DOD service members and their families
- » Veterans Crisis Line call 1-800-273-8255, press "1" or text 838255 for all service members





