



Aggregated resources on talking with children about tragedy, death, and gun violence.*

From the national ACA - American Camp Association: Association:
www.acacamps.org/resources/talking-children-about-tragedies-death-national-disasters

From our allied professionals at the Maine Department of Education:

Resources for Talking to Children About Gun Violence:

Provide a short statement of fact: Violence took place in our community and many people were hurt. Students are safe here. You are safe. There are people here who can help you.

- Early elementary school children need brief, simple information that should be balanced with reassurances that their school and homes are safe and that adults are there to protect them. Give simple examples of school safety like reminding children about exterior doors being locked, child monitoring efforts on the playground, and emergency drills practiced during the school day.
- Upper elementary and early middle school children will be more vocal in asking questions about whether they truly are safe and what is being done at their school. They may need assistance processing the incident. Discuss efforts of school and community leaders to ensure their safety.
- Upper middle school and high school students will have strong and varying opinions about the causes of violence in society. They will share concrete suggestions about how to prevent tragedies in society. Emphasize the role that students have in maintaining safe communities and schools, communicating any personal safety concerns to school administrators and parents/guardians, and accessing support for emotional needs.

Mental Health First Aid

- Monitor and assess impact: Students and colleagues will be affected in different ways. We do not know how this event has affected people – directly and/or indirectly. Continue to assess impact of the event on those around you.

- Be mindful of self-regulation to assist youth in maintaining a level of safety and connection.
- If you are an educator in need of additional support, The FrontLine WarmLine is also available from 8am to 8pm, 7 days a week by calling 207-221-8196 or by texting your zip code to 898-211.
- If you or someone you know is in crisis, call 988.

Additional Resources:

[Resources for teachers on how to work with students after tragedies](#) (Maine Education Association)

[Talking-to-Children-About-Violence 2023.pdf](#) (Maine Association of School Psychologists)

[Talking to Children about the Shooting](#) (National Child Traumatic Stress Network)

Resources for educators and parents to support children of different age levels manage feelings of anxiety and helplessness following a tragedy: [Helping](#)

[Children Cope with Tragedy Related Anxiety](#) (Mental Health America)

[Tips for Talking to Children and Youth After Traumatic Events](#) (US Department of Health and Human Services)

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