

RESOURCES FOR FAMILIES, EDUCATORS, AND THE COMMUNITY IN DEALING WITH CRISIS AND TRAUMA:

Salem City Schools has two primary responsibilities-educate students and keep them safe. The social-emotional health of students, families, and educators is important. Therefore, Salem City Schools has compiled a list of resources for times of crisis and tragedy. Some of the listed resources may be more helpful or relevant than others. With this understanding, dealing with a crisis can be difficult for adults and children alike. Should your child or family need specific assistance, please speak with your school's counselor, family physician, or a mental health professional.

Helping Kids During Crisis

- Be calm
- Try and keep routines as normal as possible. Kids gain security from the predictability of routine, including attending school
- Limit exposure to television and the news
- Be honest with kids and share with them information that is developmentally appropriate
- Listen to kids' fears and concerns
- Reassure kids that they are safe, but there are people who do bad things
- Parents and adults need to first deal with and assess their own responses to crisis and stress
- Rebuild and reaffirm attachments and relationships

The National Child Traumatic Stress Network (NCTSN):

After a Crisis: Helping your Children Heal

http://www.nctsn.org/sites/default/files/assets/pdfs/helping_young_children_heal_crisis.pdf

Scholastic:

Resources for Responding to Violence and Tragedy

<https://www.scholastic.com/teachers/collections/teaching-content/resources-responding-violence-and-tragedy/>

FEMA and the Red Cross:

Helping Children Cope with Disaster:

<https://www.fema.gov/pdf/library/children.pdf>

Child Mind Institute:

<https://childmind.org/article/helping-children-cope-frightening-news/>

George Lucas Educational Foundation:

Responding to Tragedy: Resources for Educators and Parents

<https://www.edutopia.org/blog/tragedy-grief-resources-education>

Supporting Families in a time of fear:

<http://www.ascd.org/publications/educational-leadership/sept17/vol75/num01/Supporting-Families-in-a-Time-of-Fear.aspx>

How to talk about Hatred in America:

https://www.washingtonpost.com/news/answer-sheet/wp/2017/08/13/the-first-thing-teachers-should-do-when-school-starts-is-talk-about-hatred-in-america-heres-help/?utm_term=.7683b4fe94a2