Resources for Kids & Families about Gun Violence/Difficult Topics

The following resources were put together by the Youth Services Consultants of NY State. In addition to Gun Violence there are many resources listed here that deal with the overall topic of grief, loss, anxiety, stress and mental health issues.

The National Center for School Crisis and Bereavement:
(A one page printout for parents/guardians/caretakers)
Talking to children about terrorist attacks and school and community shootings in the news

New York Life Foundation and First Book:
(6-page discussion guide with book titles for kids and teens)
Using Books to Support Students Through Grief, Loss, and Healing

Organizations & Lists of Resources

- Brooklyn Public Library: Talking About Gun Violence with Children: Supporting Early Conversations - many excellent resources in here
  - Of note: American Red Cross - Helping Children Cope with Disaster (available in):
    - English
    - Chinese
    - Korean
    - Spanish
    - Tagalog
    - Vietnamese

- NCLA-Duke National Center for Child Traumatic Stress (website going up and down today, probably due to heavy traffic)

- WeRepair.org: Talking to Kids About Gun Violence (includes resource list)

- ¡Colorín Colorado!: 15 Tips for Talking with Children About Violence / en Español
  - Includes resources specific to Uvalde & Buffalo shootings

- ALSC Tough Topics Booklists (includes lists for gr. K-2, 3-5 & 6-8) - each list includes resources at the end
Articles and Individual resources

- [Sesame Street in Communities: Traumatic Experiences](#)
- [Child Mind Institute - How to Talk to Kids About School Shootings](#) - includes help for parents/caregivers to reduce their own anxiety
- [Mental Health First Aid: Five Tips to help Teens Cope with Stress](#)
- [Mindfulness for Teens:](#) This website has resources to help teens use mindfulness to handle stress and includes apps to practice meditation and guided meditation recordings. [http://mindfulnessforteens.com/](http://mindfulnessforteens.com/)

Miscellaneous Resources & Book Lists

- [Sesame Street Monster Meditations (YouTube)](#)
- [ALSC Tough Topics Booklists](#) (includes lists for gr. K-2, 3-5 & 6-8)
- [Chicago Public Library Coping with Stress & Anxiety: Recommended Books for Teens](#)
- [NowPsych 12 Anxiety Books for Teens](#)
- [#ARMEWITHBOOKS: a book list for young people in the age of school shootings](#)
  includes lists of Picture Books, Middle Grade & Young Adult
- [#ARMMEWITHGAMES: Leading game designers, researchers, and educators recommend 20 empathy and social-emotional learning games for young people growing up in the shadow of lockdown drills and school shootings. Includes games for High School, Middle School & Up, and Elementary School.

National Child Traumatic Stress Network Resource List

In response to the Robb Elementary School shooting in Uvalde Texas, the National Child Traumatic Stress Network has developed resources to help children, families, educators, and communities navigate what they are seeing and hearing, acknowledge their feelings, and find ways to cope together. These resources include:

- [Talking to Children about the Shooting](#)
- [Helping Youth After a Community Trauma: Tips for Educators (En Español)](#)
Psychological First Aid
The NCTSN also has resources for responders on Psychological First Aid (PFA; En Español). PFA is an early intervention to support children, adolescents, adults, and families impacted by these types of events. PFA Mobile and the PFA Wallet Card (En Español) provide a quick reminder of the core actions. The PFA online training course is also available on the NCTSN Learning Center.

Additional PFA resources for schools include:
- Psychological First Aid for Schools (PFA-S) – Field operations guide
- Providing PFA-S: For Health-Related Professionals – handout
- Providing PFA-S: For Principals and Administrators – handout
- Providing PFA-S: For School Support Staff – handout
- Providing PFA-S: For Teachers - handout

The National Mass Violence and Victimization Resource Center
Transcend (mobile app to assist with recovery after mass violence)
Rebuild your Community: Resources for Community Leaders
Media Guidelines for Homicide Family Survivors
Timeline of Activities to Promote Mental Health Recovery
- Self-Help: Resources for Survivors
- E-learning Courses: Trainings for Clinicians
- Resources for Victim Assistance Professionals
National Association of School Psychologist

- Recovery from large-scale crisis
- Talking to Children about violence: Tips for Parents & teachers
- Responding to a Mass casualty event at a school
- School safety Drills for students with ASD (autism spectrum disorder)
- Using Social Media during and after