

Resources for Mass Violence and School Shootings

When tragedies happen, it can be difficult to understand and to explain to children. The Poe Center knows that children need us to provide support, love, structure, and hope for them to learn to cope with these tragedies. Below are resources that may help when talking to children, learning to cope, and helping children find hope when they are feeling increased anxiety and fear.

[American Psychological Association: Helping your children manage distress in the aftermath of a shooting](#)

[Cómo ayudar a sus hijos tras los tiroteos en los centros de educación](#)

[American School Counselor Association: Helping students after a school shooting](#)

[Child Mind Institute: Helping children cope after a traumatic event](#)

[Common Sense Media: Explaining the news to our kids](#)

[Learning for Justice: Showing up for yourself and your students in the aftermath of violence](#)

[Mental Health America: Helping children cope with tragedy-related anxiety](#)

[National Association of School Psychologists: Talking to children about violence: Tips for parents and teachers](#)

[National Center for School Mental Health: Supporting Students, Staff, Families, and Communities Impacted by Violence](#)

[PBS: When something scary happens](#)

[PBS: Helping children with tragic events in the news](#)

[The National Child Traumatic Stress Network: Parenting in a challenging world](#)

[The National Child Traumatic Stress Network: School Shooting Resources](#)

[The National Child Traumatic Stress Network: Mass Violence Resources](#)

[School Crisis Center: Talking to kids about terrorist attacks and school and community shootings in the news](#)