

Violence

Kids may not have a good way of processing or understanding the violent content they encounter on the news or stumble upon online. Activities at school may also contribute to their fears, whether it's a school fight, a lockdown drill, a bomb threat, or even a rumor about a school shooting.

Recommended Actions

- **Talk about what's happening at school.** Find out what they're experiencing that may be causing them anxiety. Your child will feel better when they talk about what's happening around them.
- **Encourage your kids to tell someone** about what they see and hear. If your child finds out about a potential threat of violence, make sure they know to report it to a trusted adult.
- **Get help for your child.** Talk with their physician or a mental health professional if you're still concerned about violent behaviors or activities.

Helpful Resources

- [Violent Behavior in Children and Adolescents](#)
- [Talking to Children About Violence: Tips for Parents and Teachers](#)



Conversation Starters

- **What would you do if you heard that someone you know was bringing a gun to school?**
- **How do active shooter drills make you feel?**
- **Are you ever worried that someone you know will hurt you?**