



# Conewago Valley School District Counselors' Corner

Special Edition

Talking to Your Child about Violence

## In the Aftermath of Tragedy

High profile acts of violence in schools will often lead students to feelings of worry or fear that they or their loved ones may be in danger. Students look to the adults in their lives for comfort and reassurance.

## Tips for Helping Students Feel Safe

- 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 as much information as they are developmentally able to handle.
- Listen to kids' fears and concerns.
- Reassure kids that the world is a good place to be, but that there are people who do bad things.
- Rebuild and reaffirm attachments and relationships

The following link has some additional helpful tips and suggestions:

<https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/talking-to-children-about-violence-tips-for-parents-and-teachers>

Resources:

[www.schoolcounselor.org](http://www.schoolcounselor.org)

## Additional Resources:

- Contact your child's school counselor if your child needs additional help
- Contact Counseling Services in Adams County for additional resources:  
[www.truenorthwellness.org](http://www.truenorthwellness.org)  
[www.cognitivehealthsolutions.com](http://www.cognitivehealthsolutions.com)  
[www.pacounseling.com](http://www.pacounseling.com)  
[www.wellspan.org](http://www.wellspan.org)

## Contact Information:

### Elementary:

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