



Talking to your Child After a School Lockdown/Lockout

Lockdowns, lockouts and related procedures are necessary parts of our school safety plan. While these procedures keep everyone safe, they also have an impact on our sense of safety, serve as a source of anxiety and distraction, and it can be difficult to resume learning. We know that a significant event that jeopardized our safety has occurred, but do not have complete information in order to process it.

The following suggestions are to help you have supportive conversations with your child when a lockdown, lockout or similar crisis occurs:

- Let your child know the school made you aware that there was a lockdown drill that day. Children feel safer when they know that families and schools are working together.
- Ask if they would like to talk about it and let their comments guide you. Children process events in many ways. Some would prefer not to talk about it, which is okay, too. Others may simply want to spend some time together in a shared activity. For young children, they often process through their play.
- If they share that they felt okay during the event, reinforce that the purpose of the response is to keep them safe by knowing what to do.
- If they share that they felt scared, sad, or nervous, acknowledge the feeling while directing the student towards positive coping skills. “Yes, that can be a scary moment. What helps you to feel safer when you are scared?” For example, taking a few deep breaths, asking the teacher for help or staying close to a friend. You can also share a time when you felt scared and what helped you get through it.
- Following your typical home routines help everyone feel calm and safe. Most children will feel better with the passage of time and returning to their familiar routine.

If at any point you have concerns and would like to follow up with the school, please reach out. Your student’s teacher, administrators, school counselor, school psychologist or school social worker are all available to support your child.