We recognize that today's events were frightening for students, staff, and families. Although it was determined there was no threat present, the fear and uncertainty children experienced was real. We want to acknowledge those feelings and provide resources to help you support your child.

Children respond to frightening experiences in different ways. Some may want to talk, while others may be quiet or appear unaffected. You may notice changes in sleep, increased worry, irritability, difficulty concentrating, headaches or stomachaches, or reluctance to attend school. Reactions may appear immediately or develop in the days and weeks that follow.

Ways you can support your child at home

- **Listen without pressure.** Invite conversation with a simple question such as, "How are you feeling about what happened at school?" Let your child decide how much to share, and revisit the conversation gently over time.
- **Validate their feelings.** You might say, "Even though it was a false alarm, it felt scary. It makes sense that you are upset." Avoid dismissing their concerns or telling them they should be over it.
- **Offer calm, factual reassurance.** Use the school's verified information and explanations that match your child's age and understanding. It is okay to say, "I don't know," when you do not have an answer.
- **Keep familiar routines.** Regular meals, sleep, family time, and enjoyable activities can provide comfort. Allow extra patience and flexibility if your child feels overwhelmed.
- **Limit repeated exposure.** Help your child take breaks from news coverage, videos, and social media discussions about the incident. Encourage them to bring questions or rumors to a trusted adult.
- **Stay connected.** The offer of a simple hug can help provide comfort and reassurance. Children may prefer writing, music, or a quiet conversation. Help your child identify a trusted adult at school they can approach for support.

When to reach out for additional support

For school support, please contact your child's school counselor. If your child is anxious about returning to school, please reach out so we can discuss their needs and plan supports together.

Resources for families

- Supporting families after a school lockdown or false alarm.
- National Child Traumatic Stress Network: Age-Related Reactions to a Traumatic Event—Information about children's responses and ways caregivers can help.
- Children's Hospital of Philadelphia: Tips for Parents on Talking to Children Exposed to Violent Events—Guidance on conversations, routines, and recognizing when additional support is needed.
- **Immediate emotional or crisis support:** Call 988, text 988, or visit https://988lifeline.org. Parents may also reach out if concerned about their child. For immediate danger or a medical emergency, call **911**.

Your child does not have to navigate these feelings alone. Thank you for partnering with us as we support our students' sense of safety, connection, and well-being.