AFTER A SCHOOL SHOOTING

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After a School Shooting

It is impossible to find words when children experience gun violence. As we process the devastating news of the massacre at Robb Elementary School in Uvalde, Texas, our hearts and minds struggle to make sense of what happened, of what continues to happen. We stand in grief and solidarity with the Uvalde community.

We are sharing this resource based on an offering we prepared last year in response to the tragedy at Timberview High School in Arlington, TX. Sadly, it has applied over 26 times in just this last year.

There is no right or wrong way to feel. It is typical to experience unexpected emotions in the face of a tragedy. Be gracious with yourself; take breaks and seek support as you need. You may observe unexpected behavior from children including connection-seeking, irritability, or hyperactivity. Just like adults, children may have challenging and confusing emotions and these feelings may come out through their actions and behaviors if they don’t have the words to express them.
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To the extent you are able, give your students, colleagues, and yourself time and space to process the emotions that come up. In situations like this, there are no right words, but being together can create a space for healing. At the same time, you have the right to process these feelings on your own (through writing, prayer, meditation, with music) or in the company of a loved one. Many of our communities are rich with resources to support your students, their families, your colleagues, and you with grief and healing. Finally, join us in advocating for safe schools for every child and every educator in this country.
Be gracious with yourselves.
2 Make space for processing emotions and healing.
Reserve the right to process alone.
4 Connect your school community with resources for healing.
Advocate for safer schools.
Resources to Talk with Children & Families About Violence & Mass Shootings

1. **15 tips for talking with children about violence**
   by Colorín Colorado (multilingual tips provided)

2. **Empowering Young People in the Aftermath of Hate - What educators and family members can do**
   by the Anti-Defamation League (ADL) in English and en español

3. **Everytown for Gun Safety**

4. **How to talk to kids about school shootings – Picture books that help**
   by Books for Littles

5. **How to talk to kids about shootings**
   by Common Sense Media

6. **Nine tips for talking to kids about trauma**
   by Greater Good Magazine, Berkeley

7. **Talking to kids about violence: Tips for parents and teachers**
   by the National Association of School Psychologists (NASP)

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