



The situation in the Ukraine is distressing and concerning, and we understand children and young people may have questions or be seeking reassurance. Whilst we are geographically far away from the events, many in our schools, colleges and communities will be directly affected and may have families or roots in the region. The news and social media feeds are filled with the latest information, and some of it

is very upsetting and worrying; and may not even be verified. Children listening and viewing distressing images can become frightened and fearful.

How to talk to young people about distressing complex, emotive news stories

The [Educate Against Hate](#) website is a useful resource when dealing with a range of issues relating to conflict, difficult classroom conversations and more. A post encourages teachers/adults to:

- **Establish the facts** by pointing young people towards “trusted, reputable sources that explain what, where, when, why and who”. It encourages parents/ tutors/ trusted adults to challenge incorrect information when they see it and to present evidence for facts and get young people to do the same
- **Be comfortable without an answer for everything – and help young people feel comfortable with that too** – by being clear that in many circumstances there is no one ‘right’ answer

Here are some background reading resources to help you think about how adults can support children with what they are seeing or feeling. *Please read through these links before sharing, to ensure that they are suitable for your community and situation.*

Supporting your child if they see upsetting content online about what is happening in Ukraine (Childnet)

<https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/>

We should not hide from children what is happening in Ukraine (Schools Week/Children's Commissioner)

<https://schoolsweek.co.uk/we-should-not-hide-from-children-what-is-happening-in-ukraine/>

How to talk to children about what’s happening in Ukraine and World War Three anxiety (Metro)

<https://metro.co.uk/2022/02/24/how-to-talk-to-children-about-whats-happening-in-ukraine-16163133/>

Help for teachers and families to talk to pupils about Russia’s invasion of Ukraine and how to help them avoid misinformation (Department for Education)

<https://educationhub.blog.gov.uk/2022/02/25/help-for-teachers-and-families-to-talk-to-pupils-about-russias-invasion-of-ukraine-and-how-to-help-them-avoid-misinformation/>

Information produced previously about war and international violence

How and when to talk to children about war, according to a parenting expert (Independent)

<https://www.independent.co.uk/life-style/children-war-talk-russia-ukraine-b2023695.html>

How to cope with traumatic news - an illustrated guide (ABC News, Australia)

<https://www.abc.net.au/news/2014-12-23/illustrated-guide- coping-traumatic-news/5985104>

Talking with Children About War and Violence in the World (Family Education, US)

<https://www.familyeducation.com/life/wars/talking-children-about-war-violence-world>

Tips for parents and caregivers on media coverage of traumatic events (The National Child Traumatic Stress Network, US)

<https://www.nctsn.org/resources/tips-parents-and-caregivers-media-coverage-traumatic-events>