

1. **Acknowledge you don't have all the answers:** We're all still trying to make sense of everything. And it's okay for kids to know that.
2. **Ask children what they notice in the news, then how they feel, and what they think.** Being descriptive without editorializing initially can go a long way in consuming the 24-hour news cycle.
3. **Focus on the helpers: those who support others when they're down.** Reassure kids that you are a helper.
4. **Create safe family/community spaces:** Emphasize the importance of creating safe family/community spaces with each other that allows for time to think, ask questions, engage worldly topics that you feel comfortable talking through with trusted family members.
5. **Tell the truth and be explicit about right and wrong:** Underscore that while you may not have the answers to everything, one thing is certain: violence in any form comes with consequences and we have to work very hard everyday to be better human beings.
6. **Allow for moments of affection and curiosity:** It's okay to hug and just listen. It's okay to ask questions. It's okay to be curious. It's okay to be sad, and even angry. Create space for those emotions to play out.
7. **Talk about the news (in the meta sense):** If you can, communicate to kids the difference between opinion/editorial viewpoints and other forms of informative and investigative news and reporting. Acknowledge there are political viewpoints that are at odds with one another and be able to spot them in print, online, and on television. Encourage kids to learn more about their local and international media news sources and not always default to national/mainstream sources for informed perspectives.
8. **Talk about history, protesting, and organizing.** Parents and other adults in the life of children should use their best judgment on what specific details around certain topics (ex. Roe v. Wade) to include in conversations. When it comes to protesting and organizing, it's important to talk to kids about what happens after the protest, and how political organizing and civic engagement, while sometimes slow, can lead to change. Organizing online and via social media resonates with young people; emphasize these platforms as tools for change.
9. **Remember that talking with kids about the news is a process, not just a moment.** You will come back to these conversations, and the news cycle will certainly remind you!
10. **Lead with love, compassion, and grace. Proceed with curiosity.**
11. **Engage.** A useful way to cope with big social problems and existential issues is to engage with broader communities as social worlds by way of volunteering and other forms of civic and community engagement.

