

Tips for Talking with Children about Safety Situations

“When you’re dealing with something potentially frightening, if you can get ahead of the anxiety, then kids feel more in control. They feel a sense of competence. They know that the teachers have a plan, and the whole thing can make them feel quite safe.”

-Dr. Jamie Howard, a clinical psychologist and trauma specialist at the Child Mind Institute

[Talking to Children about Violence: Tips for Parents and Teachers](#)

National Association of School Psychologists

[Talking to Kids about School Safety](#)

Mental Health America

[How to Talk with Kids about Terrible Things](#)

National Public Radio

[Asking the Expert: Lockdown Drills](#)

Child Mind Institute