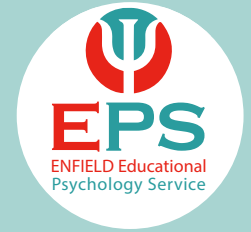


# Helpful Information for Talking to Children and Young People about War and Conflict



**With news stories of conflict and war dominating the news, you may be worried or concerned about how to communicate with your young people about difficult issues in the world.**



questions may even evoke emotion in you that make talking about this issue more difficult.

The last two years have been incredibly difficult for young people's social, emotional and mental health, due to the pandemic and now they are faced with an even more uncertain world with war and conflict. It is important that we don't stop talking to our young people about what is going on in the world whilst supporting them emotionally with feelings this may bring. The following sources are a great start for supporting children of all ages.

Young people often pick up information from news outlets, social media and peers that make them feel worried or anxious. It is natural and healthy for young people to have a wide range of emotions about any conflict. Whilst some may be fearful for their own family's safety; others will be confused about how to make sense of the events. Some will respond with excitement and anticipation, while others will have a mix of emotions. Sometimes young people may ask you questions that you are not sure how to answer, these



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### Helpful resources for adults when talking to young people:

- ▶ **Family Education, Talking with Children about War and Violence in the World**

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

- ▶ **The British Psychological Society, Supporting Children to Manage Anxiety Over War, Conflict and Crisis**

[https://www.bps.org.uk/news-and-policy/supporting-children-manage-anxiety-over-war-conflict-and-crises?fbclid=IwAR1xHGduPW3vdQs\\_j6XdT9-5CiU-laoaQxu77ote7G0TWL8uwO4KwlfKEpw](https://www.bps.org.uk/news-and-policy/supporting-children-manage-anxiety-over-war-conflict-and-crises?fbclid=IwAR1xHGduPW3vdQs_j6XdT9-5CiU-laoaQxu77ote7G0TWL8uwO4KwlfKEpw)

- ▶ **MindShift, War, Crisis, Tragedy: How to Talk to Kids When the News is Scary**

<https://www.kqed.org/mindshift/59143/war-crisis-tragedy-how-to-talk-with-kids-when-the-news-is-scary>

- ▶ **Mental Health Foundation, Talking to your Children about Scary World News**

<https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>

### Helpful resources and support for young people:

- ▶ **Childline, Worries About the World**

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/>

- ▶ **Newsround advice if you're Upset by the News**

<https://www.bbc.co.uk/newsround/13865002>