



## SPECIAL REPORT

# Talking to kids about Christchurch



Christchurch

## HOW TO TALK TO YOUR KIDS ABOUT CHRISTCHURCH

The Christchurch massacre is one of the most extreme acts of terrorism the world has seen in recent times.

For New Zealand, it was a loss of innocence. SchoolTV was actually filming in Auckland when news broke of the harrowing events unfolding in Christchurch. Unfortunately, this event will have an impact on many children throughout Australia and New Zealand.

Some parents and caregivers may struggle to explain this tragedy to their young people, many of whom are already struggling with high levels of anxiety about the state of their world.

It is important to put this event into context for children of all ages. Although we cannot control what happens in our world, we can choose the way we respond. The distressing nature of this event will never be forgotten, but at the same time we should not allow it to permanently disturb or destroy our future generations.

The Australian Psychological Society (APS) provides very useful guidelines for parents, caregivers and teachers on how to talk to our children and young people after violence in our community. For more information click on this link: <https://www.psychology.org.au/getmedia/9ea0aa46-f1cd-43af-bc76-a83bc28a45b0/Helping-children-affected-community-violence.pdf>

In addition to the above information, practical strategies on how to talk to their children in a reassuring manner, is also offered in this Special Report. It will also highlight the necessity to be aware of the signs of trauma, should a child be adversely affected. We hope you take time to

reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the school for further information or seek medical or professional help.

Here is the link to your special report [https://thac.nsw.schooltv.me/wellbeing\\_news/christchurch](https://thac.nsw.schooltv.me/wellbeing_news/christchurch)

**Mrs Jacoline Petersen**

Director of Student Counselling

*Adapted from SchoolTV*

---