

AFTER A SCHOOL SHOOTING



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After a School Shooting

It is impossible to find words when **children** experience gun violence. As we process the devastating news of the massacre at **Robb Elementary School** in **Uvalde, Texas**, our hearts and minds struggle to make sense of what happened, of what continues to happen. We stand in **grief** and **solidarity** with the Uvalde community.

We are sharing this resource based on an offering we prepared last year in response to the tragedy at Timberview High School in Arlington, TX. Sadly, it has applied over **26 times** in just this last year.

There is no right or wrong way to feel. It is typical to experience **unexpected emotions** in the face of a tragedy. Be **gracious** with yourself; take breaks and seek support as you need. You may observe unexpected behavior from children including **connection-seeking, irritability, or hyperactivity**. Just like adults, children may have challenging and confusing emotions and these feelings may come out through their actions and behaviors if they don't have the words to express them.



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To the extent you are able, give your students, colleagues, and yourself **time** and **space** to process the emotions that come up. In situations like this, there are no right words, but **being together** can create a space for **healing**. At the same time, you have the right to process these feelings on your own (through writing, prayer, meditation, with music) or in the company of a loved one. Many of our **communities** are rich with **resources** to support your students, their families, your colleagues, and you with grief and healing. Finally, join us in **advocating for safe schools** for **every child** and **every educator** in this country.



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1

Be gracious with
yourselves.



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2

Make space for processing emotions and healing.



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3

Reserve the right to
process alone.



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4

Connect your school
community with resources
for healing.



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5

Advocate for safer schools.



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Resources to Talk with Children & Families About Violence & Mass Shootings

- [15 tips for talking with children about violence](#) by Colorin Colorado (multilingual tips provided)
- [Empowering Young People in the Aftermath of Hate - What educators and family members can do](#) by the Anti-Defamation League (ADL) in English and en español
- [Everytown for Gun Safety](#)
- [How to talk to kids about school shootings–Picture books that help](#) by Books for Littles
- [How to talk to kids about shootings](#) by Common Sense Media
- [Nine tips for talking to kids about trauma](#) by Greater Good Magazine, Berkeley
- [Talking to kids about violence: Tips for parents and teachers](#) by the National Association of School Psychologists (NASP)



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