

# Talking to children and young people about war and world news

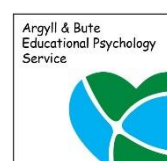
## (Resources and Guidance)

There is daily coverage in the media about the events in Ukraine which it will be almost impossible for our children to avoid. The coverage and language used is likely to be frightening for some, especially after the last two years of uncertainty, change and increased anxiety. It is important that as adults in children's lives, we find the best way to talk about these issues and worries, without raising anxiety further, even when we may feel anxious ourselves.

We have pulled together a number of helpful resources to support us all in having these important conversations with children and young people. These resources are consistent with our work in Argyll and Bute to understand and respond sensitively to the impact of trauma as well as with the nurturing approaches we are developing across our schools.

Below we have collated links to resources which you may find helpful in light of the current world news. This information is in addition to our general mental health resource hub linked to *Our Children Their Mental Health*, available on <https://www.argyll-bute.gov.uk/ourchildren-their-mental-health> . This resource contains information relating to general mental health issues, emotions and mood, relationships and behaviour, suicide and self-harm, bereavement, and attachment and trauma.

These resources can also be accessed through the Educational Psychology Service Glow Blog at <https://blogs.glowscotland.org.uk/glowblogs/mentalhealthresources/>



## For Parents / Caregivers, Education, Schools and Other professionals

- [Talking to children and young people about war in Ukraine - \(edpsy.org.uk\)](https://edpsy.org.uk)  
**Content:** Resource on how to talk to young people about the conflict in Ukraine.  
**Audience:** Parents/caregivers; Education; Schools; Other professionals.
- [UKRAINE: 5 ways to talk to children about conflict - \(Save the Children International\)](https://www.savethechildren.org.uk)  
**Content:** Brief resource highlighting how to talk to young people about war in Ukraine.  
**Audience:** Parents/caregivers; Education; Schools; Other professionals.
- [Supporting children and young people after a frightening event - \(Child Bereavement UK\)](https://www.childbereavementuk.org)  
**Content:** Guidance on supporting young people following a frightening event.  
**Audience:** Parents/caregivers; Education; Schools; Other professionals
- [Guide to supporting children who are worried - \(annafreud.org\)](https://www.annafreud.org)  
**Content:** 7 ways to support children and young people who are worried.  
**Audience:** Parents/caregivers; Education; Schools; Other professionals.
- [Forces children teacher toolkit - \(forceschildrenseducation.org.uk\)](https://www.forceschildrenseducation.org.uk)  
**Content:** A toolkit for teachers to support young people from Armed Forces Families.  
**Audience:** Education; Schools; Other professionals.
- [Helping children and young people to manage anxiety \(annafreud.org\)](https://www.annafreud.org)  
**Content:** A guide to supporting children to manage anxiety within schools.  
**Audience:** Education; Schools; Other professionals; Parents/caregivers.
- [Advice for parents and carers of primary school pupils - \(annafreud.org\)](https://www.annafreud.org)  
**Content:** A guide to supporting children to manage anxiety within schools.  
**Audience:** Education; Schools; Other professionals; Parents/caregivers.

## For Children and Young People

- [Worries about the world - \(Childline\)](#)

**Content:** Advice for young people who are worried about events in the news.

**Audience:** Children and Young People; Parents/caregivers.

- [Toolkit for self-care in times of uncertainty - \(Seasons for Growth\)](#)

**Content:** A guide for young people about self-care and wellbeing during times of uncertainty.

**Audience:** Children and Young People; Parents/caregivers.

- [The history of tensions between Russia and Ukraine - \(CBBC Newsround\)](#)

**Content:** Short two minute clip outlining the history of the two countries.

**Audience:** Children and Young People; Parents/caregivers; Education; Schools; Other professionals.

- [Advice if you're upset by the news - \(CBBC Newsround\)](#)

**Content:** A short one minute clip for young people who are concerned about news.

**Audience:** Children and Young People; Parents/caregivers; Education; Schools; Other professionals.

- [Talking to children about war - \(Barnardos\)](#)

**Content:** Advice and guidance about talking to children about war and conflict.

**Audience:** Children and Young People; Parents/caregivers; Education; Schools; Other professionals.

- [Russia & Ukraine social story - \(Climbing the rainbow\)](#)

**Content:** A social story to help any child or adult feeling anxious about the news, regarding Russia & Ukraine.

**Audience:** Children and Young People; Parents/caregivers.

# How to Help UKRAINE

Sunflower of Peace  
[www.sunflowerofpeace.com](http://www.sunflowerofpeace.com)

Redcross Ukraine crisis appeal  
[www.redcross.org.uk](http://www.redcross.org.uk)

UN Refugee Agency  
<https://donate.unrefugees.org.uk>

@chooselove  
<https://donate.chooselove.org>

United Help Ukraine  
<https://unitedhelpukraine.com>

UNICEF.org  
[savechildren.org](http://savechildren.org)  
Voices of children:  
[voices.org.au](http://voices.org.au)

check social media for local drop offs and items required

• write to your MP  
• attend a demo

Support independent journalism:  
[kyivindependent.com](http://kyivindependent.com)



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