

## Conversations About Global Issues

Conversations about significant global events can be challenging. We recognize that parents/caregivers may have questions on how best to discuss the invasion of Ukraine with their child(ren). The Ministry of Education has shared the following resources to provide tips for teachers and parents.

- [How to Talk with Students about the Russia-Ukraine War](#): Includes 5 tips to help teachers and principals talk to students thoughtfully and appropriately about what is going on in Ukraine.
- [How to Talk to Kids About Violence, Crime, and War](#): Common Sense Media gathers tips and conversation starters to help you talk to kids of different ages about the toughest topics.
- [Resilience in a time of war: Tips for parents and teachers of elementary school children](#): This article from the American Psychological Association can help adults guide their young children beyond fear and to resilience.
- [Resilience in a time of war: Tips for parents and teachers of middle school children](#): The American Psychological Association breaks out tips and strategies for parents and teachers of middle school-aged children.
- [National Child Traumatic Stress Network](#): Provides resources that can be filtered by topic or keyword and by audience with a focus on how adults can identify traumatic responses in young people and how to support them.

The events of recent days may resurface difficult feelings and trauma for students, teachers, staff and families. We encourage you to be mindful of how these troubling events may impact you and those around you.

In times of uncertainty, children and youth can react in a variety of ways. This is natural. Some strategies include:

- Acknowledging any feelings and concerns that arise, and reassure your child is in a safe place.
- This type of global issue may trigger an emotional response in you as well as your child. Recognizing your own feelings enables us to be more supportive and gives children a model to express their own feelings.
- Give children the opportunity to express their concerns and ask questions, listen carefully to what they are saying and respond in as objective a way as possible. If you don't know an answer, don't be afraid to say so. Children need to know that their concerns and questions are being taken seriously by adults.
- Be aware of the potential impact of "media overload"—both from traditional media and the internet. Talk to your children about the importance of limiting their exposure to this coverage, especially for secondary students.

The Delta School District has supports to help. If at any time you are concerned or feel your child is being negatively impacted, please reach out to your child's teacher and/or the school counsellor who can offer and recommend supports and services.

We understand this is an uncertain time, and we will continue to prioritize mental health and the well-being of students, their families, teachers and staff.

If you have any questions or need any additional information or support, please contact the principal at your school.