**Discussing the news with children**

The current conflict in Ukraine could be causing some children to feel anxious and unsettled. So it is essential that children are being effectively supported during these times.

If you believe that your child is not seeing or hearing about Ukraine because you are not watching mainstream news channels whilst they are around you may be wrong.

Since the Ukraine invasion there is non stop news about this and we are told that this information is all across platforms such a Tik Tok which we know are widely used by children in school.

At St Mary’s we work to create a safe culture. We invest lots of time in helping children to develop the skills to self- manage, to seek help when needed and to know that saying stop and telling are important rights. We work positively so that children feel able to set aside worries and focus on learning and being whilst in school. We also have lots of support systems across school so that where children do need support they can access this in order to work to step forward.

As a result of the invasion, The Devon Ed psych services have shared resource links to advise and support. They have been shared within school.

**Devon Educational Psychology Service**

The resources below have been selected as offering key advice for parents, carers and school staff supporting children in understanding the current situation in Ukraine.

**Advice for Parents/Guardians, Teachers and Other Caregivers**

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| Useful Websites |
| * [Supporting children to manage anxiety over war, conflict and crises](https://www.bps.org.uk/news-and-policy/supporting-children-manage-anxiety-over-war-conflict-and-crises) – BPS
 |
| * [Talking to your children about scary world news](https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news) – Mental Health Foundation
 |
| * [War, Crisis, Tragedy: How to talk with 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) - KQED
 |
| * [Talking with Children About War and Violence in the World](https://www.familyeducation.com/life/wars/talking-children-about-war-violence-world) – Family Education
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| Useful Documents |  |
| * How to talk about Ukraine with children – Save the Children
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| * How to talk to children about Russia invading Ukraine in an honest but reassuring way - Kasia Delgado
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| * How to Talk to Kids about What is Happening in Ukraine - Alexia Dellner
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**Advice for children and young adults**

These resources are aimed at children and young adults to use alongside adults to help them to discuss what they can do if they are feeling sad/ worried about what they’ve seen, heard or read.

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| Useful Websites |
| * [Advice if you're upset by the news](https://www.bbc.co.uk/newsround/13865002) - Newsround
 |
| * [Worries About The World](https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/) – Childline
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