



# Let's Talk About it

Quick Tips for Parents

## Talking to your children about Tragedy: Adolescents

Quick Tips for Parents

- Children need comforting and frequent reassurance that they're safe make sure they get it.
- Be honest and open about the disaster.
- Encourage children to express their feelings through talking, drawing or playing.
- Try to maintain your daily routines as much as possible.



Keeping open communication is extremely important with this age group. Remember that this age group also needs your comfort and support. They may not always express it; however, adolescents thrive on structure. Encourage them to discuss their concerns. Some adolescents will try to downplay their concerns. This does not mean that they are not thinking about the disaster. Again, be honest, keeping the lines of communication open and discussing the financial, physical and emotional impact of the disaster on your family. When adolescents are frightened, they may express their fear by acting out or regressing to younger habits. This group can be vulnerable.

- Children with existing emotional problems such as depression may require careful supervision and additional support.

- Monitor their media exposure to the event and information they receive on the Internet, television, newspaper, radio, friends and other adults.
- Adolescents may turn to their friends for support.

Encourage friends and families to get together and discuss the event to allay fears. Connect with their friends' parents, they are asking the same questions you are.

For More Information

Call the Ben Gordon Center at 815-756-4875

Or on the web at [www.bengordoncenter.org](http://www.bengordoncenter.org)



24 hour Crisis Hotline: 1-866-BGC-0111

