**Useful for children and young people;**



<https://www.bbc.co.uk/newsround/13865002>

**Useful for parents and carers;**



<https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/>



<https://metro.co.uk/2022/02/24/how-to-talk-to-children-about-whats-happening-in-ukraine-16163133/>



<https://educationhub.blog.gov.uk/2022/02/25/help-for-teachers-and-families-to-talk-to-pupils-about-russias-invasion-of-ukraine-and-how-to-help-them-avoid-misinformation/>



<https://www.abc.net.au/news/2014-12-23/illustrated-guide-coping-traumatic-news/5985104?nw=0&r=HtmlFragment>



<https://www.familyeducation.com/life/wars/talking-children-about-war-violence-world>



<https://www.nctsn.org/resources/tips-parents-and-caregivers-media-coverage-traumatic-events>

**Useful for schools;**



<https://schoolsweek.co.uk/we-should-not-hide-from-children-what-is-happening-in-ukraine/>

**Some key advice from the Reading International Solidarity Centre (RISC)**

* The war in Ukraine will affect our children in a variety of ways, especially those of Ukrainian descent or those with family in Ukraine or Russia.
* There are about 20,000 Ukrainian ex-pats in the UK with many of these in the South East.
* Talking about war to school age children can be really tricky, with different age groups needing different approaches.
* Ask children what they are worried about, if anything – their worries may not be the same as grown ups’.
* It’s important to remind children that being sad, worried or angry about the war (and other injustices of the world) is ok and perfectly normal. Adults get sad and confused to, so there is nothing wrong with feeling like this. Talking about our worries can help, as can taking some form of action.
* You may feel that if children don’t bring the issue of war up then you don’t need to discuss it. However, please be aware that they are being bombarded with news about the war from a range of sources, including social media.
* Please remind older children not to believe everything they see or hear – eg. a TES report mentioned students showing their teacher a TikTok picture of Russian fighter jets over Edinburgh, and thinking they were under direct threat.
* One of the main worries of younger children is the proximity of the war. Children under 8 usually lack the understanding of distance and may think Ukraine is really close to them. Looking at maps and comparing how long it would take to get there by car etc. compared to the journey to school can help with this.
* Don’t forget to remind children that terrible things are on the news because they are rare and do not happen very often. For all learners, war can be an important moment to teach about peace, hope, cooperation, and the role we all play in creating a better future.