

Supporting Youth after an Event Heavily Visible on Media

Many children face the effects of traumatic events or violence, whether it be in their communities, homes, or through exposure to media. As educators and administrators, it is essential to recognize the impact of these experiences on young minds, whether they were exposed directly or indirectly through media or social media. This resource guide aims to equip school districts with strategies, programs, and online resources to effectively support children affected directly or indirectly by traumatic events.

Before implementing support systems, it's crucial to understand how violence affects the youth. It can manifest in various forms such as physical, emotional, and psychological trauma, leading to issues like anxiety, depression, PTSD, and behavioral problems. These effects can significantly impede a student's academic performance and overall well-being.

Strategies for Supporting Youth

- [PREPARE Postvention](#)- is a free 3-hour training, which provides best practices in a “postvention” crisis plan, leadership before a crisis, skills for “postvention” team members, and methods for building resilience in youth.
- Trauma-Informed Practices: Train educators and staff in trauma-informed practices to create a safe and supportive learning environment. Implement trauma-sensitive classroom strategies such as mindfulness exercises, emotional regulation techniques, and conflict resolution skills.
- [Stand-Up-Speak-Up](#) and [Safe and Sound Schools](#): Provide resources for empowering students by engaging them in keeping schools safe.
- Counseling and Mental Health Services: Offer on-site counseling services staffed by licensed professionals trained in trauma-focused therapies. Provide regular mental health check-ins for students and facilitate access to external counseling services if needed.
- Peer Support Programs: Establish peer support groups or mentorship programs where students can connect with peers who have experienced similar challenges. Encourage positive peer relationships and create opportunities for youth to express themselves in a safe space.
- Family and Community Engagement: Collaborate with community organizations and agencies to provide comprehensive support services for students and their families. Organize workshops and events focusing on violence prevention, conflict resolution, and family support.
- Academic Support and Accommodations: Offer academic accommodations for students experiencing difficulties due to trauma, such as flexible deadlines, alternative assignments, and extra academic support. Implement personalized learning plans to address individual needs and promote academic success.

Web Resources for School Districts:

- [The National Child Traumatic Stress Network](#)- Provides resources, training, and tools for educators and professionals working with traumatized youth.
- [Center for Disease Control](#) - Offers information and resources on violence prevention strategies and trauma-informed practices for schools.

- [Substance Abuse and Mental Health Services Administration](#) - Provides guides, webinars, and toolkits on trauma-informed care and mental health support for youth.
- [American School Counselor Association](#) - Offers resources and best practices for school counselors supporting students affected by violence and trauma.
- [Stop Bullying](#) - Provides resources and strategies for preventing and addressing bullying, a form of violence commonly experienced by youth in schools.
- [Safe and Sound Schools](#)- Provides resources to support school crisis prevention, response, and recovery, and to protect every school and every student, every day.
- [Ready Kids](#)- Provides resources designed to educate and empower people to prepare for, respond to, mitigate emergencies and disasters, and promote preparedness through public involvement.

By implementing trauma-informed practices, providing mental health support services, fostering positive peer relationships, engaging families and communities, and offering academic accommodations, school districts can effectively support youth affected by violence. The provided web resources can further enhance the capacity of educators and administrators to address the needs of traumatized youth and create a safe and nurturing learning environment.