

Resources for Teachers After a School Shooting

[Fuller Youth Institute Processing the Tragedy of School Shootings](#)

Resources to help guide youth and teens through the next steps after school shootings and resources to help them process the events that have occurred.

[Fuller Youth Institute 5 Ways to Process Tragedy with Teenagers](#)

Steps on how to help teens process tragedies, such as school shootings, by using the strength of their faith to help guide them through.

[APA Helping your children manage distress in the aftermath of a shooting](#)

Article from the American Psychological Association on how parents can talk to their children about trauma and school shootings.

[NCTSN Parent Guidelines for Helping Youth After the Recent Shooting PDF](#)

This fact sheet on helping their children after a shooting describes common reactions children may have, how parents can help them, and self-care tips after an event.

[NCTSN Age-Related Reactions to a Traumatic Event PDF](#)

Describes how young children, school-age children, and adolescents react to traumatic events and offers suggestions on how parents and caregivers can help and support them.

[NCTSN Talking to Children about the Shooting PDF](#)

Provides information on how to talk to children about mass shootings and gives tips about how to start the conversation, common reactions children may have, and how to seek help if needed.

[NCTSN Helping Youth after Community Trauma: Tips for Educators PDF](#)

Lists common reactions educators might see in the students with whom they work and suggestions on how they may help after community trauma.

[NCTSN Restoring a Sense of Safety in the Aftermath of a Shooting: Tips for Parents and Professionals PDF](#)

Offers parents, caregivers, and professionals guidance for restoring a sense of safety after a mass shooting.

[NASP Talking to Children About Violence: Tips for Parents and Teachers](#)

Article from the National Association of School Psychologists on how parents and teachers can talk to children about violence and trauma, such as school shootings.

[San Diego County Office of Education Virtual Wellness Center](#)

A virtual Wellness Center to support the well-being of school staff, students, and parents and to connect them to calming activities and tools to promote health and wellness. Includes calming activities, SEL lessons, mental health supports, virtual tours, and much more.