

Today's News: Helping Youth Understand What's Going On and How to Deal with Any Anxiety They May Be Feeling

Resources for Parents, Caring Adults, and Schools
Curated by [YMCA Project Cornerstone](#)



Click on the links below to access the resource:

Child Mind Institute

- [Helping Children Cope with Frightening News](#)

Common Sense Media

- [A best-of-the-best collection of resources for social justice- and equity-focused educators](#)
- [Explaining the News to Our Kids](#)
- [Help Kids Spot Fake News and Decode Media Messages](#) (Grades K-5 Family Tips)
- [How to Talk to Kids About Difficult Subjects](#)
- [Is Breaking News Broken on Social Media?](#)
- [News Literacy Resources for Classrooms](#)

Facing History and Ourselves

- [Responding to the Insurrection at the US Capitol](#) (and other resources)

National Association of School Psychologists

- [Promoting Compassion and Acceptance in Crisis](#)

National Education Association

- [Talking to Kids About the Attack on the Capitol](#)

National Geographic

- [How to talk to your kids about the chaos at the Capitol](#)

NPR

- [How to Talk to Kids About the Riots at the U.S. Capitol](#)

Woke Kindergarten

- [60 Second Text: Can You Spot The Difference?](#)

YMCA Project Cornerstone

Race, Racism, Civil Rights Resources



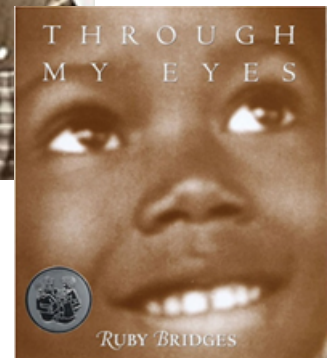
Images and news stories of racial tension and struggles to achieve civil rights can spark a lot of questions from children. Not shying away from these conversations provides us with an opportunity to develop compassion, shape children's feelings about these issues, and raise the next generation to confront racial injustice.



To help your child understand what is happening and to assist you in engaging in such conversations here are some resources that encourage reflection, promote deeper conversation, and foster empathy.

Books

- *Ruby Bridges Goes to School* (Grades K-6)
- *Through My Eyes* (Grades 3-6)



Websites

- Southern Poverty Law Center's [Teaching Tolerance program](#)
 - National education project is dedicated to helping foster equity, respect, and understanding in the classroom.
 - Contains a wealth of information on the Civil Rights Movement – past and present – as well as lessons and activities on bullying and discrimination.
 - Look for their guide: *Responding to Hate at School*. (Free copies are available upon written request.)
- These websites can help engage children in a discussion of racism
 - ADL (Anti-Defamation League)
 - [Race Talk: Engaging Young People in Conversations about Race and Racism](#)
 - Center for Racial Justice in Education
 - [Resources for Talking about Race, Racism, and Racialized Violence with Kids](#)
 - HealthStart Foundation
 - [Talking to Kids About Protests and Race](#)
 - PBS
 - [Talking to Young Children About Race and Racism](#)

Resources for Pre-kindergarten — 2nd Grade

- [PBS Kids Talk about Race](#) (video)
 - Includes discussion about skin tone, racism, being an UPstander and advocating for change. Ends with poem, "Talking Gets Us There", recited by Amanda Gorman.
- Woke Kindergarten
 - These [slides](#) can help start the conversation about differences in our society:
- CNN Sesame Street [Town Hall on Racism](#) (video)
 - Abby Cadabby talks about when she saw Big Bird bullied. Shows how to be empathetic.
- Elmo's Dad explains racism and Black Lives Matter in this [Sesame Street video](#)

Resources for Upper Grades

- Facing History and Ourselves: *Responding to Insurrection at the US Capitol* ([Lesson Plan](#) for 4th grade — Middle School)
- *This Is Your Time* by Ruby Bridges
 - *Inspired* to write this book after watching the video of the murder of George Floyd, Ruby describes this book as a letter to all the kids she has spoken to the past 25 years.
 - [Watch her recent interview](#) with Trevor Noah.
- Lonnie Chavis, a 12-year-old actor who stars in *This is Us*, shares his experiences with racism.
 - [Read an Essay](#) penned by Lonnie
 - [Watch his interview](#) on Live with Kelly and Ryan

