

# 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?](#)