



TALKING ABOUT VIOLENCE IN THE NEWS WITH CHILDREN

Tragic events, wars, terrorist attacks...



Tragic events that occur in Québec and elsewhere in the world are reported in the news. We cannot always control what our children see or hear. Children are exposed to all sorts of information on television or the Internet. It can affect them and their friends in the classroom or elsewhere.

As parents, the disturbing and violent content broadcast by the media can concern us, raising a number of questions:

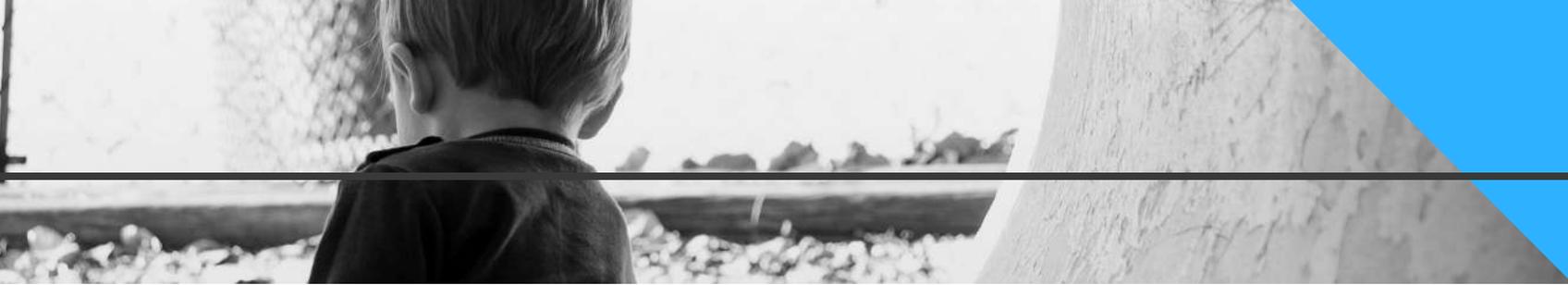
- How can this affect my child?
- How should I react when a tragic event occurs?
- What words should I use?
- When is a good time to talk to my child about it?

When it comes to broaching hard subjects with our children, we sometimes feel powerless. However, it is important that we do because it helps them understand what is happening in the world around them. This leaflet provides some insight into how to broach hard subjects with school-age children at home, as well as some helpful resources.



HOW CHILDREN MIGHT REACT

- Every child is different. Children can react in different ways when faced with violent events.
- They may feel anxious, ask questions or feel torn between family and school. They wonder about the “right way” to think, who is right and who is wrong, and how to tell the good guys from the bad guys.
- When you broach hard subjects, children see that, even if there are differences between friends, or family and school, people can respect each other and talk about it. You can help your children learn to be sensitive to others without feeling that they have to share the same opinion.



WHAT YOU CAN DO

- You can provide guidance to children when they are exposed to shocking or violent images. For example, when you watch the news with them, you can use simple words to explain what you see or let them ask questions.
- When violent images are shown, you can say that violence is bad and that it hurts people. You can explain what happened without justifying those responsible for the events.
- Difficult events can bring up emotions. You can help children identify these emotions without making judgments. For example, you can say that it is normal to be scared, that the people who did these things are not well, but that there are few of them. You can also say that most people think this is bad and that, although it may happen again, humanity is working hard to restore peace.
- You can use simple explanations that children can understand and that answer their questions. You can promote values of tolerance, respect and openness.



When you sense that something is bothering your children, you can ask them if they have any questions about what they saw or heard at school or on television. Your children's silence may be worrisome, but it is a good idea to wait until they are ready to talk about it and avoid forcing them to do so.

Games and books can be good ways to talk with your children. Parent-child activities can be good opportunities for your children to ask questions.

Sometimes, you may not agree with what your children are saying or with what is being said at school about news events. If necessary, you can contact the school to discuss the matter. The important thing is to show that adults can talk to each other with respect, even if they think differently.

If you still feel that your children are vulnerable or having trouble managing their emotions, don't hesitate to call on other resources or seek out support services.



WHAT YOU CAN DO

IN SHORT

Supervise media time, allow your children to ask questions, offer reassurance, use simple language, avoid forcing discussion, and ask for help if necessary.

Professional support for parents, available 24/7:
Ligne Parents www.ligneparents.com Tel.: 1-800-361-5085



R E S S O U R C E S

C'est quoi le djihad ?

Thèmes : questions éthiques et religieuses, peur, violence

www.1jour1actu.com/info-animee/cest-quoi-le-djihad

Citoyen de demain

Thèmes : pratiques démocratiques, dialogue et citoyenneté

www.citoyendedemain.net

Développer la pensée critique dès le primaire

Thèmes : philosophie, créativité, dialogue, intersubjectivité

www.yoopa.ca/education/ecole/etude/developper-la-pensee-critique-des-le-primaire

Filoteo

Thèmes : questions éthiques et religieuses en lien avec la culture chrétienne, solidarité

<http://static.bayardweb.com/feuilleter/filoteo>

Internet et ses pièges expliqués aux enfants

Thèmes : usage des médias sociaux, littératie numérique

Auteurs: collectif, Editions Playbac/mon quotidien

Journal pour gérer ma colère

Thèmes : communication, gestion des angoisses et de l'agressivité

www.laboitealivres.com/journal-colere

Les Brumes de Sapa

Thèmes : amitié, transition vers l'adolescence, différences et tolérance

Auteure: Lolita Sacha, Éditions Delcourt

Les religions

Thèmes : tolérance, pratiques religieuses, vivre ensemble

Auteurs : Pascale Hédelin et Julie Faulques, Éditions Milan, collection Mes p'tites questions

On se retrouvera

Thèmes : espoir, conflits armés

Auteurs : Eve Bunting, Peter Sylvada, Éditions Syros jeunesse

Moi Dieu Merci qui vis ici

Thèmes : partage, dialogue, guerre, discrimination

Auteurs : Thierry Lenain et Olivier Balez, Éditions Albin Michel Jeunesse

Secrets de guerre

Thèmes : amitié, racisme, violence, trahison

www.editionshurtubise.com/uploads/258_fiche-secrets-de-guerre.pdf

Terres sans frontières - Marc Sauvageau

Thèmes : diversité et tolérance, solidarité, citoyenneté, identités, patrimoine

www.marcsauvageau.com

Théâtre Parminou

Thèmes variés : cyberintimidation, prévention de la radicalisation violente

www.parminou.com

Vivre ensemble

Thèmes : pratiques religieuses, guerre, égalité et équité, racisme

Auteurs : Astrid Dumontet et Elodie Durand, Éditions Milan, collection Mes p'tites questions

Y'a pas de place chez nous

Thèmes : exil, guerre, vivre ensemble

<https://www.quebec-amerique.com/livres/jeunesse/3-ans-et-plus/albums/ya-pas-de-place-chez-nous-2247>

C R E D I T S

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