



**TALKING ABOUT  
VIOLENCE IN THE  
NEWS WITH YOUTH**

*Tragic events, wars, terrorist attacks...*



Tragic events, such as wars and terrorist attacks, that occur in Québec or elsewhere in the world are reported in the news. Youth are exposed to this coverage in a number of ways, and they are interested in news events that they hear about on television, on social media online, at school or in their surroundings.

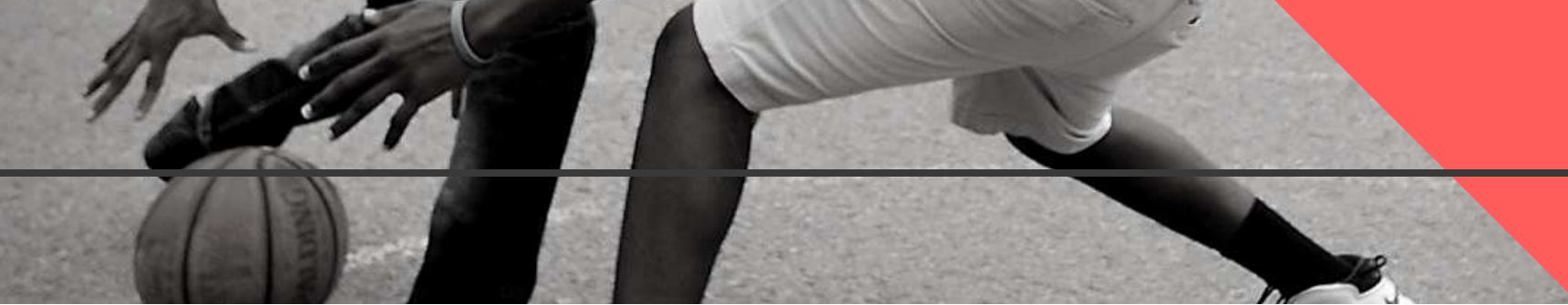
Although it is difficult, it is important to talk about these hard subjects with them and consider their opinions and impressions of the world. When the time comes to start a conversation, we sometimes feel powerless or upset by some of our adolescent's reactions. Fortunately, it is possible to be well prepared.

This pamphlet provides some insight into how to broach hard subjects with adolescents and young adults at home, as well as some helpful resources.



## HOW YOUR CHILD MIGHT REACT

- Young people are all different and will have their own way of reacting and expressing their emotions about hard subjects. It is therefore important to discuss emotions so you can clearly understand what each young person feels.
- In some cases, youth can be influenced and adopt idealistic and extreme positions. Discussion becomes a space for open exchange about different points of view, even when you don't agree with their opinions.
- Young people may at the same time be looking for answers to their questions and trying to dispute or challenge the answers they receive. The important thing is not to reach a consensus, but to maintain an open dialogue.
- Even if your adolescent pushes you away or refuses to speak to you, you are still an important and meaningful person in his life. Your way of thinking and acting can have a major impact on the adult that he will become.



## WHAT YOU CAN DO

- Although you cannot control all the content accessible to young people, you can strongly condemn violence, racism and social injustice.
- When dealing with their questions, it is a good idea to take the time to explain how certain events occurred, who committed these acts, who the victims are, etc. When particular events take place, youth can react by showing compassion for the victims. They may want to help and to change things, but they may also be outraged by the situation. It is important to urge young people to express themselves and to understand how they feel about violent events in the news. To start a discussion, you can ask questions about their opinions and feelings. You need to give them space to express their emotions without judging them.
- It is normal for young people to question how the world works. It is important to keep in mind that their ideas can shed new light on situations and that you can help them in their desire to change society. As parents, you can encourage young people to turn their anger into something positive. You can suggest that they get involved in a positive community initiative to offset their feelings of helplessness.



## WHAT YOU CAN DO

- Young people are discovering who they are and what they want to become. As parents, we can remain present while letting them learn for themselves. We can encourage them to share their points of view and try not to impose our own.
- Questions of identity are important during adolescence. To address this subject, we can use public figures who are proud of their identity as an example or point out that, as individuals, they are part of a society made up of a wide variety of people and groups.
- There are a number of people in young people's surroundings, such as teachers, who can help parents explain these sometimes complicated news events.
- If you still feel that your adolescent is behaving in troubling ways or appears distressed, or you want more ideas, don't hesitate to call on other resources or seek out support services.

### IN SHORT

**Propose opportunities to exchange ideas, listen and don't look for consensus, remember that it is important to express your opinions without imposing them, and ask for help if necessary.**

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



# RESSOURCES

## **Challenging Together**

Topics: intercultural communication, diversity, community initiatives, living together, extremism

[www.challenging-together.com/#about](http://www.challenging-together.com/#about)

## **Freethinker CO. Conscious Storytelling**

Topics: identity, diversity, solidarity, alternative discourse

[www.freethinkerco.com](http://www.freethinkerco.com)

## **Media Smarts**

Topics: violence in the media, digital and media literacy

<http://mediasmarts.ca>

## **Migrant Child Storytelling**

Topics: migration testimonials and stories, diversity

[www.migrantchildstorytelling.org](http://www.migrantchildstorytelling.org)

## **Out of Sight, Out of Mind**

Topics: ethics, war

[www.drones.pitchinteractive.com/index.fr.html](http://www.drones.pitchinteractive.com/index.fr.html)

## **Radicalishow**

Topics: ethics, tolerance, dialogue

<https://info-radical.org/en/radicalishow-2/>

## **ReachOut.com**

Topics: cyberbullying, violence, anger management, discrimination, identity and diversity

[www.au.reachout.com](http://www.au.reachout.com)

## **Takeaction**

Topics: dialogue, tolerance, community initiatives

[www.facebook.com/tekaction](http://www.facebook.com/tekaction)

## **The Narcycist**

Topics: music, militancy, alternative discourse

[www.youtube.com/channel/UCJVyZKc6xDAGWHCyeDv1AeQ](http://www.youtube.com/channel/UCJVyZKc6xDAGWHCyeDv1AeQ)

## **Voices of Youth**

Topics: citizenship, health, combating violence, media coverage

[www.voicesofyouth.org](http://www.voicesofyouth.org)

## **Project Someone**

Topics: Empathy, hate speech, critical thinking, social media, communication

<http://projectsomeone.ca>

## **The Savage**

Topics: Creative expression of emotions, fantasy, spirituality, violence

Author: David Almond, Walker Books

## **Humans of Bourj Hammoud**

Topics: Living together, identities, sense of belonging

Facebook page: <https://www.facebook.com/Humans-Of-Bourj-Hammoud-424405517739228>

## **Talk to a Muslim**

Topics: Ethic and religious issues, extremism

Facebook page: <https://www.facebook.com/LoveXtremism/>



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# RESSOURCES

## **Ways to be Muslim**

Topics: Ethic and religious issues, identity expression, tolerance and diversity

<https://www.waystobemuslim.com/>

## **Unis pour la diversité**

Thèmes : diversité, vivre ensemble, engagement social, politique

[www.unite4heritage.org/en](http://www.unite4heritage.org/en)

## **Do Not Track**

Topics: Ethics and media, private life protection, digital skills

<https://donottrack-doc.com/en/about>

## **I am a migrant**

Topics: Tolerance and diversity, inspiring stories, migratory experiences, discrimination

<https://iamamigrant.org/>

## **Twitter P2PTOGETHER**

Topics: plurality of voices, tolerance, discrimination, taboos

Twitter account: [#together](#)

# C R E D I T S

**A presentation by Centre de recherche SHERPA**

Website : [www.sherpa-recherche.com](http://www.sherpa-recherche.com)

## **In collaboration with**

Le Centre intégré universitaire du Centre-Ouest-de-l'île-de-Montréal

Le ministère de la Santé et des Services sociaux

Le ministère de la Famille

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