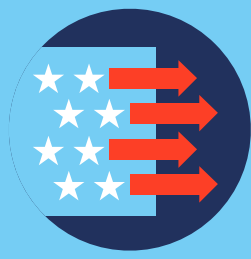


How to Talk with Children About What Is Happening in the United States

- **Begin early and talk often.** This is not one conversation but a continued conversation about power, justice, identity, and resilience.
- **Focus the conversation on instilling resilience, values, and a vision.** Help the child find pride in who they are and in their heritage with stories of resilience and identity. (These stories will differ depending on the child's background and the lived experiences of the child's parents, ancestors, and community members.)
- **Ground the conversation in your shared values.** For example, "We care about the ability of all people to have freedom and thrive." "We believe that the future should be better than the present and the past and care about your ability to have a good future." "In our family, we believe in kindness." "In our family, our ancestors overcame."
- **Use age-appropriate, factual information about what is happening.** Do not sugarcoat, but focus the conversation on how you and your family/community are responding to what is happening. ("I want to talk with you about why we/our friends are afraid to be outside." "I want to talk with you about what you might experience at school." "I want to talk with you about why we, as a family, are spending Saturday to help people register to vote." "I want you to know why we take time to go to your school board meeting." "I want you to know why we support our public library." "I want you to know why we are marching today.") This type of statement enables you to discuss the problems of society and what is happening while also focusing on what people are empowered to do about it.
- **Partner with children in actions they can take and use those actions as part of the conversation.** This can include volunteer work, learning about a new topic relevant to what they are experiencing, advocating for changes in local or state spaces (schools), and building clubs or communities with friends, among other things.



ORDINARY PEOPLE EXTRAORDINARY TIMES

- **Set time for specific conversations that are necessary for the safety of the child and his or her community.** Conversations about what to do if ICE agents approach your school, church, or home—and how to interact with the police—are specific conversations that should be linked to these broader topics and often should be more direct and instructive.
- **Remember, you are not alone. Partner with community members and others in your orbit to have these conversations.**

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