

1st March 2022

Ukraine

The situation in Ukraine is horrendous. Whilst we are geographically far away from the events, many of us will be directly affected and may have families or roots in the region. The news and social media feeds are filled with the latest information, and some of it is very upsetting and worrying; and may not even be verified. Children listening and viewing distressing images can become frightened and fearful.

Here are some background reading resources to help you think about how adults can support children with what they are seeing or feeling.

Current information regarding Ukraine

Supporting your child if they see upsetting content online about what is happening in Ukraine (Childnet)

<https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/>

We should not hide from children what is happening in Ukraine (Schools Week/Children's Commissioner)

<https://schoolswEEK.co.uk/we-should-not-hide-from-children-what-is-happening-in-ukraine/>

How to talk to children about what's happening in Ukraine and World War Three anxiety (Metro)

<https://metro.co.uk/2022/02/24/how-to-talk-to-children-about-whats-happening-in-ukraine-16163133/>

Help for teachers and families to talk to pupils about Russia's invasion of Ukraine and how to help them avoid misinformation (Department for Education)

<https://educationhub.blog.gov.uk/2022/02/25/help-for-teachers-and-families-to-talk-to-pupils-about-russias-invasion-of-ukraine-and-how-to-help-them-avoid-misinformation/>

Additional guidance

How to cope with traumatic news - an illustrated guide (ABC News, Australia)

<https://www.abc.net.au/news/2014-12-23/illustrated-guide-cope-traumatic-news/5985104>

If you feel affected by the events in Ukraine or if you would like to get information and support regarding emotional health here are the links:

