

WHAT TO EXPECT

Common reactions in kids and teens after a shooting

● Feelings

Fear, worry about safety, or fear it could happen again. Sadness and anger are common too.

● Behavior

More irritable, restless, or withdrawn. Trouble focusing or less interest in friends and activities.

● Sleep and appetite

Sleeping or eating much more or much less than usual.

● Body

Headaches, stomachaches, and other aches and pains.

● School and family

Changes in schoolwork and in how they get along with friends and family.

● Reminders

Loud noises, sirens, news images, or memorials can bring back strong feelings.

These reactions are normal.

HOW YOU CAN HELP

8 ways to support your child in the weeks ahead

1 Keep the door open

Welcome questions and feelings. It's okay not to have every answer, and don't force a talk.

2 Pick good moments

Talk during meals or calm time together. Avoid heavy talks right before bed.

3 Talk about safety

Share what adults and the community are doing to keep kids safe.

4 Keep routines

Regular meals, sleep, homework, and chores help kids feel steady.

5 Limit news and social media

Images and rumors can renew fear. Offer a walk, a game, or a talk instead.

6 Ease guilt

Kids may blame themselves. Remind them gently that it was not their fault.

7 Help with reminders

When a sound or image brings back fear, help them notice it and remember they are safe now.

8 Offer healthy outlets

Exercise, journaling, and time with friends. Talk with teens about risky ways of coping.

FOR PARENTS AND CAREGIVERS

Take care of yourself, too

Kids take their cues from us. Caring for yourself helps you care for them.

Cover the basics

Drink water, eat regular meals, sleep, and move your body.

Lean on others

Reach out to family, friends, and neighbors, and offer support back.

Hold off on big decisions

If you can, wait on major life changes for now.

Make time to rest

Do small things you enjoy. Be patient with yourself and your family.

When to reach out to us

Call COPA if your child's struggles aren't easing, if they were close to what happened or lost someone, or anytime you're worried. You don't have to wait. Our pediatricians and Behavioral Health Consultants are here for your family.



In a crisis? Call or text **988**, the Suicide & Crisis Lifeline, 24/7. In an emergency, call **911**.