IMPORTANT STEPS ADULTS CAN TAKE TO SUPPORT YOUTH
(Shared by the Center for Childhood Resilience and the Collaborative for Academic and Social Emotional Learning)

1. **Model positive coping and stay calm.**
   Communicate with your words and your behavior that you will keep them safe.

2. **Ensure and promote safety.**
   Many of the racist and hateful things people say or do are not only wrong, but also against the law. Reach out to authorities and leaders who can help hold individuals accountable for promoting hatred.

   Help youth identify safe spaces and safe adults who can speak up on their behalf.

3. **Connect with social support and decrease sense of isolation**
   Universities and schools can offer circles of support, and other safe spaces for students to express concerns and seek support.

   Connect with faith communities, a source of support for many refugee/immigrant communities.

4. **Raise awareness of organized support for refugee/immigrant/LGBTQ rights.**
   Just knowing that there are organizations that will safeguard their rights can be reassuring to youth. Increasing their sense of control and influence over their environment and their future promotes hope. By donating to or volunteering with these organizations, adults and youth both increase social support and sense of control over their situation.

   It’s important not to challenge or dismiss a young person’s fears that prejudice will harm them. However, reassure them that there are people and organizations that will help.

   Affirm LGBTQ identities by actively showing support for LGBTQ youths’ orientation, gender identity or gender expression. Support can include helping the young person attend LGBTQ youth groups, advising or attending the LGBTQ student groups at your school if you are an educator, or including a young person’s LGBTQ friends in family events if you are parent or family member.

5. **Promote healthy coping.** Good ways for youth to cope include:
   - Keeping family and school routines
   - Relaxation practice
   - Talking and spending time with family, friends, or faith communities
   - Distraction
- Using humor
- Scheduling pleasant activities
- Exercising
- Writing in a journal
- Being creative or artistic
- Avoiding substance use and isolation
- Limiting media use to avoid repetitive images and messages that remind them of bad events.

6. Familiarize yourself with signs of distress and signs of potential suicidality:
   - Withdrawing from family and friends
   - Dramatic mood change
   - Threatening to kill him/herself
   - Talking, thinking, or writing about death or suicide
   - Feeling hopeless or helpless
   - Unusually reckless behaviors
   - Giving away prized possessions
   - Exposure to others’ suicidal behavior
KEY WAYS ADULTS SHOULD COMFORT CHILDREN

1. Remind children that ‘Adults around you will protect you.’
   Kids are scared by adult reactions, like strong emotions, violence, or talking about moving to other countries. This makes kids think that adults in their life are not in control and cannot keep them safe.

   It is important for parents to model taking care of themselves and good coping skills.

2. Remind children we have a government system of checks and balances.
   There are democratic processes in local, state, and federal governments. Lawmakers can use democratic processes to prevent individuals from making decisions alone.

3. Remind them there is still hope, and people will fight for them.
   The United States is a country of immigrants. Our country is founded on the principles of freedom of religion. Human and civil rights organizations will fight for individuals’ rights and to prevent unlawful decisions. We accept different opinions in a democracy, and individuals should stand up for what they believe is right.
Resources

The collection of resources below includes a variety of topics that may assist schools in addressing discrimination. Included are links to web sites, videos, news articles, and help lines.

Support for Youth

Crisis Text Line
Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.
Crisis Text Line

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

The Trevor Project
Access information for the prevention of suicide and Trevor’s unique resources for LGBTQ youth.
The Trevor Project

To Write With Love On Her Arms
This non-profit movement is dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide.
To Write with Love on Her Arms

Helping Diverse Students Find Common Ground
Helping Diverse Students Find Common Ground

How to Move Forward After a Divisive Election
Moving Forward after a Divisive Election

How to Support Students who are Experiencing Distress due to Concerns Associated with Hostile Political Rhetoric
Preliminary Messaging

Integrating Bullying Prevention and Restorative Practices in Schools
Bullying Prevention and Restorative Practices
Helping Youth Resist Violence: Program Activity Guide for Helping Youth Resist Bias and Hate
How to Engage Youth in Constructive Discussions

Fostering Healthy Relationships and Promoting Positive Discipline through Restorative Practices: A Toolkit
Fostering healthy relationships/promoting positive discipline in schools
Look Through Their Eyes
Information on how to prevent, identify and overcome trauma for your child
Look Through Their Eyes

Child Mind Institute
What to do if you're worried about your child and suicide.
Child Mind Institute

Parents.com
Tips for parents of young children about talking about the outcome of the election
Tips for Parents of Young Children about Outcome of Election

Today Show Segment: How to Talk to Your Kids About the Election Results
Today Show: Talking to Kids about Election Results

Huffington Post: What do we tell the children? Tips for talking to your children about the election
Huffington Post: What do we tell the Children?
Support for Professionals Working with Youth

Teaching Tolerance (resources for teachers)
Teaching Tolerance

Human Rights Campaign (help for LGBTQ youth)
Human Rights Campaign

Youth Suicide Prevention Program (information on youth suicide)
Youth Suicide Prevention Program

Helping Students after the 2016 Election
School counselors’ role in helping students after the 2016 election

Responding to Hate and Bias at School: A guide for administrators, counselors and teachers
A guide for administrators, counselors and teachers

Supporting Marginalized Students in Stressful Times: Tips for Educators
Supporting Marginalized Students

“I'm going to Reassure Them They Are Safe”: Talking to Students after the Election
Talking-to-students-about-election

Post-election Resources for Teachers
Post-Election Resources for Teachers

Facing History as Ourselves: Post-election support for difficult conversations
Talking and listening with respect

Act 70 Web-based Content Resources
Pittsburgh Holocaust Center
Human rights watch
Illinois holocaust museum
Jewish Foundation for the Righteous
Jewish Partisans Educational Foundation
Jewish Virtual Library
Jewish World Watch
Museum of Jewish Heritage
The Nizkor Project
New Jersey Commission on Holocaust Education
American Education of Human Rights
Museum of Tolerance
Teachers Guide to the Holocaust
US History Holocaust Memorial Museum
Yale Genocide Studies Program

Human and Civil Rights Organizations
**NATIONAL**

**Immigrant Coalition of Immigrant and Refugee Rights**
*Immigrant Coalition of Immigrant and Refugee Rights*

**American Civil Liberties Union**
ACLU works to defend individual rights and liberties guaranteed by the Constitution.  
*American Civil Liberties Union*

**Anti-defamation League**
This organization fights against anti-Semitism and bigotry as one of the largest civil rights organizations in the country.  
*Anti-Defamation League*

**Border Angels**
This all-volunteer non-profit organization advocates for immigration reform and social justice focusing on the U.S.-Mexico border. It offers educational and awareness programs and migrant outreach programs to San Diego County’s immigrant population.  
*Border Angels*

**National Association for the Advancement of Colored People (NAACP)**
This organization works to promote the civil rights of people of color and to eliminate race-based discrimination  
*National Association for Advancement of Colored People*

**NAACP Legal Defense Fund**
This organization fights for racial justice through litigation, advocacy and education.  
*NAACP Legal Defense Fund*

**National Immigration Law Center**
The Law Center dedicated to fighting for the rights of low-income immigrants through litigation, policy analysis and advocacy, and various other methods.  
*National Immigration Law Center*
National Immigration Forum
This immigrant advocacy group offers various programs to integrate immigrants into the workforce and obtain citizenship.
National Immigration Forum

Lambda Legal
The mission of this organization is to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people, and those with HIV through impact litigation, education, and public policy work.
Lambda Legal
Pennsylvania Resources

Pennsylvania Training and Technical Assistance Network (PaTTAN)
The Pennsylvania Training and Technical Assistance Network has developed a broad array of web-based publications, materials, and streaming media resources addressing the topic of cultural responsiveness. These materials span an array of educational topics and can be accessed via the following links:

- Streaming Media/Videos: [Pattan: Streaming Media Videos](#)
- Handouts: [Pattan: Handouts](#)
- Materials: [Pattan: Materials](#)
- Publications: [Pattan: Publications](#)

Positive Behavior Support Network
The Pennsylvania Positive Behavior Support Network (PAPBS Network), through training and technical assistance, supports schools and their family and community partners to create and sustain comprehensive, school-based behavioral health support systems in order to promote the academic, social and emotional well-being of all Pennsylvania's students.
Access these resources at [Pennsylvania Positive Behavior Support Network (PAPBS)](#).
Professional Development

National Alliances for Partnerships in Equity: evidence based program on micro-messaging and how to address it in the classroom.

**Teacher training: micro-messaging**

Funding Sources

**Federal Programs**

- Title IA funds can support professional development relative to diversity and how to handle racially sensitive situations.
- Title IA funds in a schoolwide program can support school climate efforts for both teachers and students.
- School Intervention (formula funds) and the School Improvement Grant (SIG 1003g - competitive funds) can be used to support school climate for both teachers and students.