

**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](#)

***Support for Family/Parents/Caregivers***

---

**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](#)



**pennsylvania**  
DEPARTMENT OF EDUCATION

[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.