Hand in Hand: Helping Children Feel Safe & Find Hope After Events of Community Violence

**Community Violence:**
Violence that happens **around you**, but not **to you**.

**Vicarious Trauma:**
The experience of being all too aware of the pain of those around you.

**Common Signs of Stress:**
- Clingy behavior
- Changes in appetite
- Difficulty sleeping
- Regression (i.e. bed wetting)
- Aggressive behavior
- Withdrawal from social activities
- Trouble concentrating at school
- Not wanting to attend school

**Consider these ways to discuss events of community violence:**
- We don’t always understand why this happens.
- But we do know that very rarely, a person has a sickness in their brain that makes them do terrible things.
- It’s not a sickness that you can catch like a cold. There are very few people who have this kind of sickness. We will probably never meet one.
- There’s never a good reason to hurt others, though it sometimes happens.
- Even though we’re hearing about this terrible thing a lot right now, this kind of situation happens very rarely.
Let’s Make a Plan

Use this worksheet to take note on how to implement the 6 H’s in your work with kids and families.

1. H is for Helping Hands: Remembering We’re Not Alone

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2. H is for Hugs: Feeling Safe & Secure

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3. H is for Hearts: Appreciating the Power of Kindness and Compassion

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4. H is for Hear: Talking and Listening

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5. H is for Here: Keeping Routines & Being Present

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6. H is for Hope: Finding Hope for the Future

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