

## Safeguarding Snapshot 25.09.25

### How to talk to children about distressing current events?

When upsetting events happen, whether in the news or in the local community, children may come across information that causes them worry or distress. This could be through conversations with other children, news reports, social media, or even overhearing adults talking.

In today's digital world, it's not always possible to shield children completely from distressing news. However, we can play an important role in helping them make sense of what they hear and support them in managing their emotions. This helps protect their mental health and overall wellbeing.

It's also important to guide children in recognising trustworthy sources and understanding the difference between accurate information and fake news or misinformation, which can cause unnecessary fear or confusion.

Encouraging critical thinking and using age-appropriate, reliable sources helps children feel more secure and better informed about the world around them.

Organisations such as Save the Children and the Mental Health Foundation have created some helpful resources to guide parents through this.

- [Save the Children- How to talk to children about distressing current events.](#)
- [Mental Health Foundation- Talking to children about scary world events](#)

If you would like more information or are concerned about your child please contact the safeguarding team via the school office.

### Additional resources

- [NSPCC](#)
- [The Centre for Resilience and Wellbeing in Schools.](#)