

Fellowship Kids and Fellowship Students

# Gun Violence and Trauma Resources for Families



AGE APPROPRIATE RESOURCES FOR TALKING TO YOUR CHILDREN AND  
STUDENTS ABOUT GUN VIOLENCE AND TRAUMA

As gun violence makes its way once more through the news cycle, it can be tough as parents to know how to speak with our children about what is happening in the world. As a survivor of gun violence, these situations are very close to my heart and something I have had to work through, both myself and with my own children. There are appropriate ways to address gun violence, but the important thing is to make sure we are talking to our kids about these things and not just each other in hushed whispers. We talk, we question, we pray, we volunteer, and as we work together for a better world, we hold hope. Always hope. Always.

--Michelle Palmer  
Children, Youth, and Family Minister  
Fellowship Lutheran Church

Here is a list of resources for parents of kids of all ages. I pray you'll find it beneficial as you guide your little one (or not-so-little one) on their journey to adulthood in the United States of America.

## **ELCA Resources:**

First, [here is a statement](#) that ELCA Presiding Bishop Elizabeth Eaton issued earlier this year. It's worth reading again.

The ELCA has also created a [60-day journey](#) toward justice in a culture of gun violence.

And a [Social Message](#) from the ELCA on Community Violence.

**Resources for Children of All Ages:**

[How to talk to children about shootings: an age-by-age guide](#) from “Today”.

[Resources and tips to help children cope with trauma and grief](#) from the Child Mind Institute.

[Talking with kids about difficult things in the news](#) from the Fred Rogers Center

[Helping kids grieve](#) from Sesame Street.

[Helping kids cope with the effects of violence](#) from Sesame Street.

[15 Tips for Talking with Children about Violence](#) from Colorín colorado (also *en español*)

**Resources for Teenagers:**

[Good Grief](#) from Fuller Youth Institute.

[Processing the Tragedy of School Shootings](#) from Fuller Youth Institute.

[Processing Tragedy with Teenagers](#) from Fuller Youth Institute.

**For Further Reading:**

[Gun Violence Resources](#) by the Society of Pediatric Nurses.

**A Way to Take Action:**

If you'd like to take practical steps outside of just your family, you can join a [Moms Demand Action](#) local chapter. Students can take similar action by joining a [Moms Demand Action Student Group](#).