

## UKS2 Exploring the Protests

This guidance is designed to help you answer questions about the protests in the United States of America and across the world. As the teacher, parent or carer, it is your responsibility to judge what is appropriate to share.

### Talking About the News

Children have 24-hour access to news and the media. As a result, they may be aware of news from across the world that they could find upsetting. It can be difficult for children to discuss any fears they may have. However, these fears will be very real to children. They may have questions like:

- Will this happen to me?
- Could this affect someone I know?
- Am I in danger?

### What Can We Do?

As teachers, parents or carers, we may be asked about upsetting events in the news. We usually won't need to show the more upsetting details. However, guidance from the Mental Health Foundation suggests that it's important to be truthful and clear with the facts of what is happening. We can share the facts while keeping our children away from disturbing images.

Other advice from the Mental Health Foundation includes:

- letting children know that they are in a safe place;
- letting children know that it is OK to be worried about the news;
- tailoring your conversation to the age and needs of the child;
- finding an appropriate time to talk about it;
- making sure we allow space for children to ask questions.

It may be helpful to explore these protests in their wider context. Twinkl resources such as the **Embrace of Differences PowerPoint** and the **What is Racism PowerPoint** are helpful ways of exploring issues of discrimination and racism with your child or class. It could also be useful to explore the history of civil rights protests and the examples of Martin Luther King Jr and Rosa Parks.

This is just a short guide about some of the considerations when exploring upsetting news with your child or class. As a teacher, parent or carer, you must judge what is appropriate to discuss and what is not.

### Further Reading

- **[Mental Health Foundation - Talking to your children about scary world news](#)**
- **[American Psychological Association - How to talk to children about difficult news](#)**
- **[KidsHealth from Nemours - How to Talk to Your Child About the News](#)**
- **[How to Talk with Kids About Racism and Racial Violence - Common Sense Media](#)**
- **[How to Talk to Your Children About Protests and Racism - CNN](#)**

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### Preparation:

If you haven't already, it might be useful to spend some time reading about this news story yourself first using a range of reliable news sources. This could help you feel more prepared for any questions. It might also be useful to take some time to process your emotions on this issue as well.

If you are discussing this issue with children, make sure you choose an appropriate time and allow space for questions. Reassure them that they are safe and looked after. As a teacher, it's important to be aware that the children you are talking to will have different personalities, backgrounds and cultures and respond accordingly.

Acknowledge the child's or children's feelings, and allow them space to share their emotions. It might be appropriate to share your feelings with them. Children might take time to process their thoughts about this issue, so it might also be appropriate to allow space for follow-up conversations later on.

It might be useful to explore these protests in the wider context, using the resources listed above to help explore issues of discrimination and race.

Some children might need reassuring that most police officers work hard to protect people. On June 3rd, leaders of the UK police, including the National Police Chiefs' Council, published a statement about this issue. They said, "we will tackle bias, racism or discrimination wherever we find it," as well as saying that they "strive to continuously learn and improve."

It is possible that your child or children may have seen misinformation or disinformation about the protests through the internet or social media. As such, it may be useful to discuss issues of media literacy, such as why this misinformation might have been spread.

It may help to do something positive afterwards. This could be by creating a poster promoting justice and equality, or it could be by talking about ways they could stand up for people who are being treated unfairly.

As the conversation could be quite difficult, it may be a good idea to do something physical outside. Physical activity is a great stress buster and can remind children that there are a lot of positive things in the world. Drawing and colouring could also be a useful way to help children process their emotions.

Finally, make sure you share good news with your child or class as well! Twinkl NewsRoom has a range of child-friendly, positive news stories which show the positive things happening across the world.