

After the Shooting: How You Can Help

All of us have been deeply affected by the tragic events that have taken place at Virginia Tech. We have been shocked by the scenes of violence and our sense of security has been shaken. We worry about how the survivors are doing as they deal with heartache, grief and anguish. Please keep in mind that you do not have to be in Blacksburg to help during this painful time. No matter where you are, you can make a difference. Here are just a few of the ways that you can help:

Reach Out.

Now is the time that you can reach out to others. Especially if you know people who have a connection to Virginia Tech, you have an opportunity to comfort, reassure and console. If they live near you, then you can lend an empathic ear to their concerns. If they are far away, you can give them a telephone call, send an email or write a card. However you connect, you can offer emotional support to those who have been affected by the recent horrific event. You may be worried that you don't know what to say, but don't let that stop you from reaching out. There are no magic words or slogans, but you can make a difference by being there for others. They may forget your exact words, but they will remember your presence and compassion.

Take Heart.

You have witnessed the violence and pain through the media. Be sure to also notice the many stories of resilience and sacrifice. Let yourself be inspired by the courage of those who risked their own lives to protect others. Allow yourself to be encouraged by the dedication of security officers and emergency medical teams who responded so unselfishly. Be touched by the many gestures of support that parents, teachers and friends have offered. It's essential that you acknowledge the heartache and suffering, but don't lose heart about the future.

Make Meaning.

The media have shown you a shocking story of random acts of violence of heartbreaking proportions. There is neither a simple nor logical explanation of the tragedy; however you can bring meaning by being a part of the healing process. You can acknowledge the depth of pain and offer your own random acts of kindness to help others to heal and be comforted. The senseless actions of one troubled individual have wreaked havoc and confusion. Your actions can help reaffirm our collective sense of meaning, trust and wellbeing in life.

Give Thanks.

During this painful time, it is especially important to give thanks to those who bring safety and security to your life. Of course, you have shown your appreciation to your friends and family for their kind touches. And you can make a deliberate effort to take every opportunity to thank such people as security personnel who work to protect our community, responders who help us survive medical emergencies, educators who have dedicated their lives to mentoring youth, and countless people who bring richness and joy to our lives.

Give Blood.

Tragically, blood has been shed and you can donate life-giving blood as one concrete and important act of healing. Virtually all of us will face a time of great vulnerability in which we will need blood. And that time is all too often unexpected. To find out where you can donate, visit www.givelife.org or call **1-800-GIVE-LIFE** (1-800-448-3543).

Make a Donation.

One fast and practical way to make a positive difference is to contribute to local organizations that are dedicated to reduce all forms of violence in your community. Domestic violence shelters, organizations preventing child abuse, and conflict mediation services are just a few examples. You can donate your time, money and needed materials that support efforts to bring safety, peace and security to individuals and families.

After The Shooting: What Educators Can Do for Children and Adolescents of Virginia

Children and teens will react differently to the traumatic and horrific event at Virginia Tech University. Some will seem to come through the experience unscathed. Later, some may begin to have delayed reactions. Others will react strongly from the start, even though they may have suffered little loss or any sense of threat. However, most children and teens have normal and typical reactions to these abnormal circumstances.

Common Reactions

Some of the common reactions you can expect to see are:

- * A need to talk about the shooting. Young people will repeat stories regarding this event many times. Even shy ones will open up to strangers about what they saw on television, heard from others, and felt about the victims. Many will worry about what happened to others and will ask many questions.

- * Sleep problems. The nighttime can seem especially threatening. Many may be afraid to go to sleep and will be unable to sleep through the night. They may have nightmares.

- * Separation anxiety. Some young people will be afraid of being left alone anywhere, even if it's only in another room at home. They may want to sleep with their parents at night. They may be afraid of leaving home to attend school. And they may constantly seek reassurance from their parents.

- * Worries and fears. Most will be much more vigilant about the possible dangers in our community. They may become apprehensive on everyday trips and in doing typical errands. And if they perceive any threat or hint of aggression, they may immediately believe that another shooting is on the way.

- * Vivid memories of the shooting. Many young people will picture in their minds detailed and powerful scenes from televised reports of the shooting. It's almost as if they have their own internal videotape that replays their experiences whenever a "trigger" reminds them of the shooting. They may write poetry or draw pictures of the scene. Young children may act out the event in their play.

- * Hyperactivity. Most adults will have a strong need to take some action after a shooting. Young people will react similarly. They will become more active, will have difficulty paying attention, and may be more impulsive.

- * Emotional sensitivity or numbness. Many young people will become much more sensitive. They will become upset easily and become angry quickly. But others may seem to become numb or unfeeling. They may not show any sadness or anger, but they also may not show any joy either. It's as if they are closing themselves off from any future hurt or threat.

- * Physical complaints. They may complain more of headaches, stomach aches, nausea, and fatigue.

What Can You Do To Help?

As teachers, your goals are to help students to learn from their experiences, even those involving violence. This is an opportunity connect to recreate a sense of security and to help them handle the stress that can interfere with them doing schoolwork. Here are some suggestions to achieve those goals:

- * Give your students time to deal with these experiences. Naturally, you may be feeling reluctant to miss instructional time. But if you set aside times for students to describe their experiences and to discuss the shooting's aftermath, they will be better able to turn to the work at hand. Of course, talking is only one of the ways to work through these reactions. Other ways are writing about the events and, especially for young children, drawing pictures or using puppets or toys to act out their experiences.

- * Be especially calm, show your concern and emphasize the positive by offering appropriate reassurances and reminders of their safety. By your manner, you will be setting a powerful example of how students can manage their reactions in a productive way.

- * Remind them that these reactions are natural. Many young people, like adults, will believe that something is wrong with themselves for feeling the way they do. They will need reassurance that their feelings are normal reactions to an abnormal situation. Finding out that their fellow students are having some of the same reactions also can be a great relief.

- * Control rumors and correct any myths they may have. During crises, there is an information vacuum. People often fill it by passing along rumors. You can help to control rumors and reduce overreactions by stopping "tall tales" and giving students the facts. Also, students may have some mistaken ideas about reactions to crises. You may need to point out that people rarely panic. Most show initiative, courage, and willingness to help others.

- * Give them an opportunity to help. Many of our students, fortunately, have been spared from direct involvement in this incident. You may encourage these students to offer help to others in need in their local community. For example, they may want to donate toys to the domestic violence shelter or send a message of compassion to the victims.

- * Identify students who may be suffering severe post-traumatic stress. Students who had serious losses, such as the death of a loved one, may need more help. Students who also need more help are those having extreme reactions to the shooting, such as repeated nightmares, "flashbacks" to scenes of the shooting, crying spells, behavior problems, and strong phobic reactions.

After the Shooting: What Parents Can Do

As a parent, one of your most important concerns is the safety and wellbeing of your child.

When a horrific act of violence happens, such as this shooting at Virginia Tech University, you may be wondering how you can help. Children and teens will react differently. Some will seem to come through the experience unscathed. Later, some may begin to have delayed reactions. Others will react strongly from the start, even though they may have suffered little loss or any sense of threat. However, most children and teens have normal and typical reactions to these abnormal circumstances

After the shooting, your children may have...

- * a need to talk about it.

Your children may repeat stories regarding this event many times. Even shy ones will open up to strangers about what they saw on television, heard from others, and felt about the victims. Many will worry about what happened to others and will ask many questions.

- * nightmares and trouble sleeping.

Your children may be afraid to go to sleep or wake up frightened from bad dreams.

- * concerns about being alone.

Some children are afraid of being left alone anywhere, even if it's only in another room at home. Yours may cling to you and may even want to sleep with you at night. They may be afraid of leaving home to go to school.

- * worries and fears.

Children may pay closer attention to the news. Most will be much more vigilant about the possible dangers in our community. They may become apprehensive on everyday trips and in doing typical errands. And if they perceive any threat or hint of aggression, they may immediately believe that another shooting is on the way.

- * vivid memories of the shooting.

Many young people will picture in their minds detailed and powerful scenes from televised reports of the shooting. It's almost as if they have their own internal videotape that replays their experiences whenever there's a reminder of the shooting. They may write poetry or draw pictures of the scene. Young children may act out the event in their play.

- * trouble sitting still.

Your children may now be more active, have problems paying attention, and be more impatient.

- * upset feelings or no feelings at all.

Many children will become much more sensitive. They will become upset easily and become angry quickly. But others may seem to become numb or unfeeling. They may not show any

sadness or anger, but they also may not show any joy either. It's as if they are closing themselves off from any future hurt or threat.

- * physical problems.

Your child may suffer from headaches, stomach aches, nausea, and fatigue.

These are just some of the common, temporary reactions children can have to a shooting. Keep in mind that these are normal responses to an abnormal event. Fortunately, there are some simple steps you can take to help your children through these difficult times.

You can help your children by...

- * listening.

It may be painful, but the best thing you can do for children is to listen to them talk about the shooting. Younger children may be drawing pictures of the shooting or acting it out in their play. Talking, drawing and play-acting are healthy and natural ways for children to work through their reactions.

- * comforting.

Feel free to hold and comfort your children more during this time. They are reaching out to you for security right now, and a little extra love and affection won't spoil them.

- * reassuring.

You can also reassure your children that they are now safe. Remind them that you and other caring adults are taking precautions to protect them.

- * teaching.

Tragedies are opportunities for children to learn the most important lessons of life - what it means to be part of a loving family and caring community. Take advantage of this chance to teach your children these basics.

- * praising.

Children often show strengths, such as thoughtfulness, kindness and hope, in troubled times. You can point with pride to their feelings of compassion and concern. Be generous with your praise.

- * not being over-protective.

This may be the most difficult for you to do, but you must fight the temptation to over-protect your children. It may be very hard even to let them out of your sight, but it's important that they return to a regular routine as soon as possible.

- * being a good example.

Actions speak louder than words, and by your actions, you can set an example for your children of how to handle these reactions in a productive way.

* encouraging children to help.

You may encourage your children to offer help to others. For example, they may want to donate toys to the domestic violence shelter or send a message of support to the victims.

* seeking help if your children are suffering severe problems.

If your children have had serious losses, such as the death of a loved one, or the destruction of a home or farm, they may need more help. See a professional if they are having extreme reactions to the shooting, such as repeated nightmares, flashbacks, crying spells, behavior problems, and panic reactions. Talk to your child's pediatrician, teacher, or school counselor for a recommendation.

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