Below is a list of tips and resources that might be helpful as you engage in a conversation with your child about emergency drills.

**Tips for Caregivers**

- Let your child lead. Some children will not want to discuss having participated in a drill and others might. Some may process the drill through play or drawing. Meet your child where they’re at and remember that you know them best.
- Remind your child that it is our job as grownups to keep kids safe.
- Explain to them that drills are just practice and are designed to keep everyone in the school safe - grownups too!
- Let your child know that the school has a safety plan, you know what it is, and that they will let you know when there’s a lockdown. Knowing that their caregivers and schools are working together helps young people feel safer.
- Brainstorm with your child other things we do everyday to stay safe just in case, like wearing a helmet when we ride our bike or a seatbelt when we’re in the car. Reinforce that we do these things “just in case.”
- Children can sense when adults are anxious, so try your best to take a calm tone and keep it throughout the conversation. If you need a break, that’s okay! Take some time to have a snack, take some breaths, etc. and return to the conversation when you and your child are ready.
- Children may be hearing about school shooting and other acts of violence on the news. Parents should assess what their child knows and answer questions/address fears or concerns they may have.
- Be willing to have the conversation as many times as needed throughout the school year.
- Use the language provided in Start the Conversation’s video series and Educator Guide to help navigate the conversation.

**Suggested Reading**

*Prepare Students Without Scaring Them: What to Say to Kids Before (and After) a Lockdown Drill*  
Robyn Welling | Parents Together  
“The experts at Scholastic went on to share some tips for how to address the importance of these drills with kids, without instilling fear or anxiety.”

*Talking to Children About Violence: Tips for Parents and Teachers*  
National Association of School Psychologists  
“Parents and school personnel can help children feel safe by establishing a sense of normalcy and security and talking with them about their fears.”

*Talking to Kids About a 'Lockdown'*  
Judith Simon Prager | HuffPost  
“These days, we have “lockdowns,” requiring hiding from someone with a murderous intent and the means to accomplish it. Awful as the threats are, we also must find ways to tell our children to take care without terrifying them.”