

Resources for Youth and Young Adults

Title	Description	Tips for the Reader
<u>For Teens: Coping After Mass Violence</u> National Child Traumatic Stress Network	A fact sheet of brief suggestions for how adolescents can adapt and respond in the face of an incidence of mass violence.	Discusses common reactions to mass violence, as well as tips for how teens can take care of themselves and connect with others.
<u>College Students: Coping after a Recent Shooting/Hurricane</u> National Child Traumatic Stress Network	These fact sheets offer insight into what college students could be experiencing in light of a shooting or natural disaster, as well as types of reactions and what they can do for themselves.	These materials are very specific to each type of disaster.
<u>Tip Sheet for Youth Talking with Journalists After Mass Violence</u> National Child Traumatic Stress Network	Provides guidance to youth, parents, caregivers and others who work with youth about talking to the media after a mass violence event. This fact sheet details the rights of a child or adolescent when speaking with the media, as well as the signs of a good reporter.	Published in 2017.
<u>Simple Activities for Children and Adolescents in Evacuation/ Shelter/Lost Power/When Play Outside Is Limited</u> National Child Traumatic Stress Network	Offers activity ideas to parents and caregivers whose families are sheltering in place, social distancing and homeschooling due to school closures.	Published in 2020 to include the impacts of the COVID-19 outbreak.
<u>FEMA Youth Preparedness Fact Sheet</u> Federal Emergency Management Agency	Information on starting a youth disaster preparedness program to build community resiliency.	Includes curricular materials, webinars and children’s newsletters.