



# NEWS ABOUT WARS:

## HOW TO HELP CHILDREN AND ADOLESCENTS COPE WITH RELATED EMOTIONS

*Wars, armed conflicts and violence are words that grown-ups use that can scare everybody, including younger people. Below are some ways to help children and adolescents understand and cope with related emotions.*

### What are the consequences of wars?

Wars, armed conflicts and violence cause severe losses and catastrophic consequences at human, physical, economic and environmental levels.

### What are the effects of news about wars?

News about wars can reach everyone, even when they involve people and places that are far away. They influence how we feel and they can cause us to look for ways to help restore **PEACE**.

### What emotions can we feel?

We can feel emotions such as...



Fear

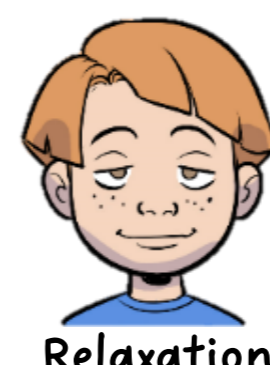


Sadness



Anger

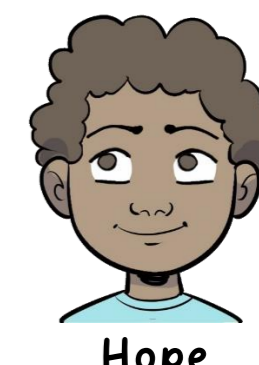
However, we want to feel emotions such as...



Relaxation



Enjoyment



Hope

## How can we cope with fear, sadness, and anger?

### LOOK FOR SOLUTIONS

#### Take steps to help solve the problem

- Ask “What could we do to change the situation?”
- Realise that it is always possible to do something.
  - Look for solutions through dialogue.
  - Bring peace in everyday life.

#### Talk about facts

- Invite questions.
- Give clear, understandable and age-appropriate information.
  - Help find out what is happening.
  - Help separate facts from rumors.

### SEEK AND GIVE SUPPORT

#### Understand and express your emotions

- Understand that it is normal to feel emotions like fear, sadness, and anger.
- Realise that we can modify our emotions.
  - Explore your own emotions (e.g., by talking, drawing, or writing).
  - Keep calm.

#### Receive and give help

- Don't be scared to ask for help.
- Show your concern for others (e.g., with words or behaviour).
  - Spend time with loved ones.
- Do something to help others in need.

### UNDERSTAND WHAT IS IMPORTANT

#### Take some time to focus on other things

- Think about something beautiful.
  - Focus on positive aspects of life.
- Distract yourself by doing things you like (e.g., playing, reading, or playing sport).
  - Keep doing everyday tasks.

#### Adapt

- Invent new ways to cope with change.
- Appreciate things that we often take for granted (e.g., family or friends).
  - Respect other's point of view.
- Remember that discussion often helps in reaching agreement.

*There are many ways to cope with fear, sadness, and anger: we can find ways that work for us and also invent new ones!*

