

When a terrorist attack occurs, young people will hear about it in different ways, some of which may be inaccurate, untrue, or based on rumour or speculation. Wherever they happen, events may create feelings of anxiety and fear that children can find hard to articulate.



Common responses to trauma seen in children are:

- poor concentration
- obsessive behaviour
- self-isolation
- denial – ‘it doesn’t matter’
- insecurity and decreased independence
- frustration and impatience
- purposelessness
- reliving the trauma, often manifesting in repetitive play
- nightmares
- misplaced anger towards those closest, such as family and peers

Starting a conversation about offering help can be difficult. Use these guidelines to help:

1. recognise and empathise feelings.
2. validate feelings
3. offer emotional containment: adults will keep you safe and can help you feel better.
4. make a plan of something to do together. This helps provide a sense of control in their lives and reinforces the relationship in recovery from shock and trauma. This can be little, such as, let’s do a painting together tomorrow; let’s make a cake together; lets go for a walk.
5. Check in with them later – let them know you were holding them in mind, thinking of them.

SUPPORT AVAILABLE

The Helpline for further support
0118 937 2080
The Helpline is open until 8pm
every day this week.

If you are concerned about your son, please speak to your son’s **tutor** or **Head of House**. We are able to support in a variety of ways.

Childline is a free, private and confidential service for those under 19 in the UK, helping them deal with any issue which causes distress or concern. 0800 1111.

The **NSPCC helpline** can provide parents and carers with advice on how to speak to a child about a terrorist incident. This is also the number to dial if you are worried that a child is being radicalised or at risk of radicalisation: 0808 800 5000.

Affected by the attack in Reading?
Access free support from No5

Text TALK followed by your first name to No5 Community Helpline on **07786 202430**.

A trained counsellor will call you back.
Open 5-8pm | Monday - Friday

#WeAreReading 

The bottom section is a teal-colored banner. It contains text about a helpline for those affected by the attack in Reading. It includes a WhatsApp icon, the text 'Text TALK followed by your first name to No5 Community Helpline on 07786 202430', and a note that a trained counsellor will call back, open 5-8pm Monday to Friday. It also features the #WeAreReading hashtag, a small lion logo, and the No5 logo.