

# HELPING YOUNG PEOPLE PROCESS CURRENT EVENTS

*Between traumatic events, disturbing images, and rampant misinformation, helping youth process what they see and hear on the news has never been more difficult. These tips will help guide you in a conversation with a young person who wants to discuss current events like the COVID-19 pandemic or the violence at the U.S. Capitol.*



## KNOW YOURSELF

*Before talking to your mentee about current events, first, explore how you feel and plan how you might approach the topic with your mentee.*



## BE AGE-APPROPRIATE

*Discuss these issues with children and youth using words, ideas, and relationships that they understand.*



## START THE CONVERSATION

*As a mentor, it is appropriate and necessary for you to help mentees process troubling current events. Find out what they already know.*



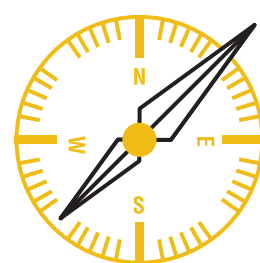
## LISTEN, DON'T LECTURE

*The best way to start the conversation with your mentee is to listen. You should use active listening skills.*



## ANSWER HONESTLY

*While you do not need to be an expert on everything, you do need to respond to your mentee's questions about current events.*



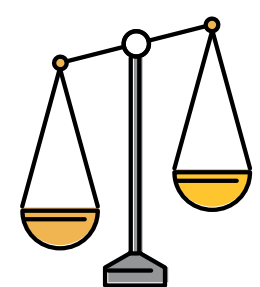
## DON'T BE AFRAID TO GUIDE

*As a mentor, your role is to help your mentee process events and clarify how they will respond to these events.*



## CONFRONT RACISM

*Negative messages and stereotypes about people of color and other marginalized identities are prevalent throughout our society.*



## ACKNOWLEDGE IMPLICIT BIAS

*You can use tools like the Implicit Association Test, which measures bias around race, gender, sexual orientation, mental health, etc.*



## ENCOURAGE COPING STRATEGIES

*Mentees also need to be directed towards concrete positive coping strategies for working through their thoughts and emotions.*



## EXPLORE ADVOCACY

*Current events often reflect oppression. Mentees may have to accept there will be no satisfactory closure without social action.*