Children, ages 10-young adult

Pre-adolescents are familiar with the painful realities of their world. They understand that violence and death carry heavy burdensome feelings. They may react to this tragedy by attempting to dismiss or avoid the feelings because they feel overwhelmed.

Adolescents may want to engage with you about the philosophical ‘why’s’ and what it means to live in a world that at times feels scary and uncertain. Although you may not feel you have ‘wisdom’ about these issues, listening to your teen more and talking less is helpful. Reminding him about perspective and what you do to cope is helpful.