

THE TALK



We live in a 24-hour news cycle.

When coupled with social media, our children are bombarded with images of police brutality. Here are a few tips to begin the talk:

START THE CONVERSATION

Be proactive. This conversation may be difficult, but it is necessary.

be safe...



WHAT DO THEY KNOW? WHAT ARE THEY HEARING?

Allow questions about police interactions and police brutality. Questions may be hard to answer and may require follow up.

BE WILLING TO LISTEN

Allow young people to share how they feel related to dealing with the police.

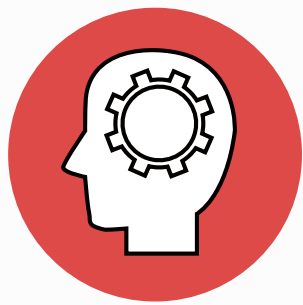


SHARE YOUR FEELINGS

Helping children understand your position can be important.

ENCOURAGE SPEAKING UP

Get connected to a grassroots organization to write letters to local police departments advocating for changes in policing.



UNDERSTAND WHEN IT IS TIME TO CONNECT WITH PROFESSIONAL RESOURCES

If your child is experiencing anxiety, fear, or hopelessness a mental health intervention may be necessary.

FOCUS ON THE POSITIVE

Police put their lives on the line daily.



REMEMBER GET HOME SAFELY

When encountering the police, the number one goal is to get home safely and talk to your parents/guardians.

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