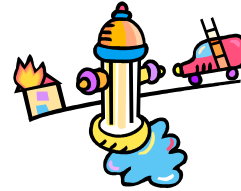




Gateway to Success

Kids' Newsletter

What To Do If You've Experienced a Traumatic Event



Traumatic things happen and it can really catch us off guard. If you have ever been in an earthquake or experienced some other kind of tragedy, then you might know the feelings of fear, anxiety and worry that comes with that experience. Here are some things you can do to help lessen those feelings.

Talk to Someone. Talking to a parent or friend can be very helpful. Not only do you get to release your feelings but you also feel better when you share those feelings with others. When you talk to others, they can help you understand the situation better or help you figure out what to do.

Talk about your experience. Sometimes it's really important to talk about what you experienced because it helps you make sense and understand more. It's not just talking about the feelings but it's talking about the events, the sounds, and the smells that you remembered.

Be proactive and prepared. You and your family might want to review your emergency plan and make sure everything is up to date. Also, remember to pay attention in your school's earthquake, fire and lock down drills so that you are prepared if anything were to occur at school.

Get help. If you find yourself having a really hard time, join a support group or seek counseling. They can help you figure out more ways to help you feel.

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For more information contact the Director of Pupil Services (626) 943-3410

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