

CAP Counselor's Corner

EMOTIONAL SUPPORT TEAM

COMMUNITY ACADEMY OF PHILADELPHIA

JUNE 2020

Dear CAP Family,

We hope you are well. In the midst of the COVID 19 pandemic, we are also now affected by the tragic and violent events occurring in Philadelphia and throughout our country. People gathered peacefully and in solidarity to protest the killing of George Floyd as well as others that have died at the hands of police officers. Many people are looking for systemic change. As we all witnessed this past weekend, the peaceful protests later turned into days of violence and destruction throughout the city.

Words cannot begin to express the array of emotions we are all feeling. Perhaps anger for the injustice, sadness for the loss of life, frustration about the violence and destruction within our communities, and/or fear for our own safety. Many of us likely feel these and a combination of many other emotions. During these challenging times, it is important that we all have extra compassion and understanding for one another. We should have these difficult discussions with one another about what is going on and we must respectfully listen to each other.

Unrest and violence can be even more confusing for teens and children to understand. They are probably seeing many scary images on social media and television and hearing conflicting stories. Adults, teenagers and young children respond to these events differently. So, it is vital that we check in and have age appropriate conversations with them and give them the time and space to express how they are feeling. It is important for them to know that there are problems in our neighborhoods, in our cities, and in our country that need to be addressed. Changes need to happen.

It is our hope that you and your family are well. We are available to talk to any parent, guardian and student if you need extra support. Below we are providing a list of resources that can be helpful for you and your family.

Take care,

CAP EST

Resources:

A guide for parents on how to talk to your child about race, racial stress and self care, and child aged books

https://www.apa.org/res/parent-resources/?fbclid=IwAR3DlvYJgHbVj34lxpd3aVttXqn6MFU9z_ipjX9oDOqKW_Hc1LUqz2XKIZy4

Tips, podcasts, and books for children

https://www.prettygooddesign.org/blog/Blog%20Post%20Title%20One-5new4?fbclid=IwAR0YE5mi32bW5XEYomwEbGYwW_Os6gZ0aF5T_aYfzW-RRiPTZ4CGcTfTiz4

“Parent tool kit” for how to talk to your kids about race and racism

<https://www.parenttoolkit.com/social-and-emotional-development/advice/social-awareness/how-to-talk-to-kids-about-race-and-racism?fbclid=IwAR1WVcjkyUTMMrR8Sw-H4tgsnPnRssDnvkVoigFCecPClftG4rpfZOAOhpl>

Talking to your kids about the riots, racism, and law enforcement from a child development and behavior specialist parent educator

https://betsybrownbraun.com/2020/06/01/talking-to-kids-about-the-riots-racism-and-law-enforcement-in-light-of-george-floyds-killing-in-minneapolis/?fbclid=IwAR07scNVbCFLXRHVQGZjUQO8WSWvU_KshISGCPcjdNgl4duGw5fumYOblCw

Videos:

Short animations, videos, and read aloud of children’s books

https://www.youtube.com/playlist?list=PLRIZYilkYEu13UeIL2Mdt4J_OSfTnEFmU&feature=share&fbclid=IwAR3VAjSCqCwuZcmdaQGN2qxM3aJJ8OwvQPWnCpYR44HqV2448MzOmlEzll8

https://www.youtube.com/watch?v=lcOhOFGcWm8&feature=youtu.be&fbclid=IwAR1jDm_Q00kHoZ-24L2-S8FV-ZADGAKtOnNhucjOQSWo0VvyY6AsGbM0X58