



Talking with Children About War

Children look to trusted adults for information about the threat of war



When conflict or war is in the news, children and teenagers can experience a range of strong emotions from fear and anxiety, to anger, confusion, and sadness. Some children and teens may be able to talk about these feelings, but other children will show us through their behavior

Why It Matters:

Children and teens who feel that their safety, or the safety of the world, is under threat need greater connection with those who they trust and love. Small gestures of support can go a long way.

Beacon House Psychological Services Ltd. (2021). Talking to children about war and conflict. Littlehampton.

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