

What's in the news?

Children may come across news that upsets them, worries them, or makes them feel anxious. Newsround have produced this article which you can share and read with your child providing them with tips about what to do if they are feeling sad about the news:

- <https://www.bbc.co.uk/newsround/13865002>

How can I support my child?

The following two articles provide advice on how to help your child cope with the media coverage of traumatic events, for example the current news around Russia invading Ukraine:

- [Helping your child cope with media coverage of traumatic events — Parent Zone – Parents' area](#)
- [Worrying about Russia and Ukraine | Childline](#)

Real or Fake?

A lot of children see or hear news updates from social media or via friends so it's important that we talk to them about fake news and provide them with the skills to help them distinguish between real or fake news. So how do we get them to critically think about what they are reading? Here are some tips:

- Check the source (who wrote it).
- When was it written? Is it based on an old story?
- Is it on a reputable news site, for example Newsround?
- You can also use 'fact checker' sites such as <https://fullfact.org/> to see if the news item has already been fact checked and linked to a credible source.

Further information

- <https://www.bbc.co.uk/bitesize/articles/zmvdd6f>
- <https://www.internetmatters.org/resources/tackling-fake-news-misinformation-advice-for-parents/>

Talking about Online Safety



The NSPCC provide fantastic advice on how to start conversations about Online Safety with your child, where to get further support and how to be a good digital role model. This site also includes Online safety family resources such as a family quiz, which is a great way to start conversations with your child whilst making it fun!

[Teaching Your Child about Internet & Online Safety | NSPCC](#)