

HOW TO TALK TO YOUR KIDS AND TEENS ABOUT CRISIS

As Christian parents, we want to shield our children from pain and confusion but we also want to prepare them to live with faith and courage in a broken world. When crisis is in the news or being talked about at school, your kids and teens are likely hearing more than you think and understanding less than you hope.

Here are a few reminders and tools to help you talk to your kids in a way that's honest, wise, and rooted in faith:

1. Don't Let Silence Fill the Gaps

When parents stay quiet, kids often fill in the blanks with fear, misinformation, or worst-case scenarios. Their limited life experience makes it hard to filter what's real and what's not.

"The wise in heart are called discerning, and gracious words promote instruction." – Proverbs 16:21

Be the one to help them make sense of what they're seeing or hearing. Use age-appropriate language, and be honest if you don't have all the answers.

2. Filter What They See

Be mindful of what's playing on the news or on your phone, even in the background. Graphic images, loud headlines, and adult conversations can create anxiety and confusion in young hearts.

Ask yourself: *"Is what's on right now helping my child feel safe and loved, or overwhelmed and afraid?"*

3. Point Them to God's Truth

Remind your kids and teens that even in the darkest times, God is still in control. Teach them that peace isn't just the absence of crisis, it's the presence of Jesus in our hearts.

"I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." – John 16:33

4. Pray Together

Don't underestimate the power of prayer. It shows your children where to turn when the world feels scary. Pray for peace, for protection, and for those suffering. Invite your child to join you.

5. Lead With Love, Not Fear

You don't need to explain everything, but your calm presence and loving reassurance go a long way. Let them know it's okay to ask questions and feel sad or confused but they're not alone. You're there. And more importantly, God is too.

You're not expected to have all the answers. Just to be present, prayerful, and honest. You are the greatest influence in your child's life. And the conversations you have today can shape their faith and courage for years to come.