

What to Do If You're Upset By the News



What Is the News?

The news tells us about what is happening in the world today.

We might watch or listen to the news on the television, on mobile phones or laptops or on the radio.



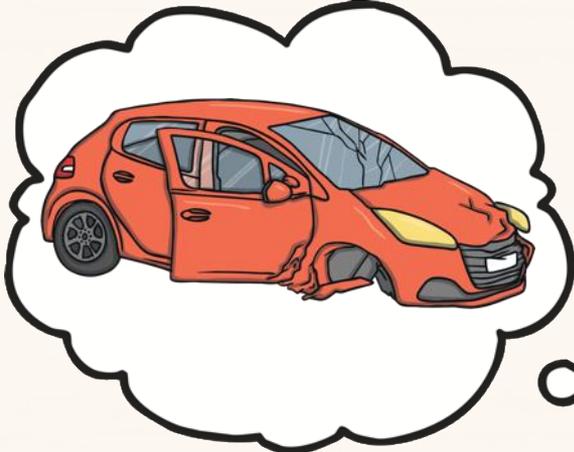
We might read about it in newspapers.

We could hear local news which tells us about our nearby area.

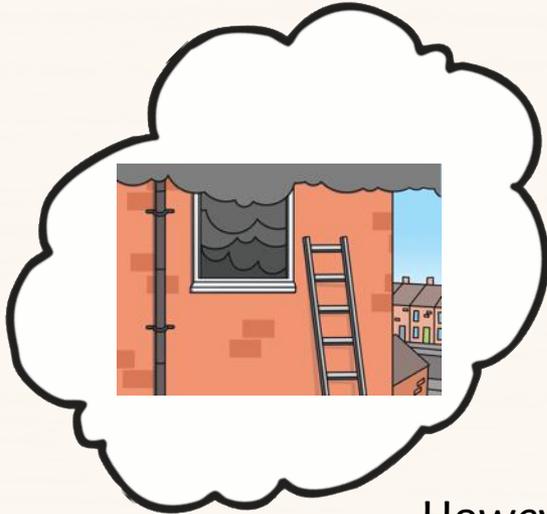


We could hear international news, which means news from all around the world.

Why Can the News Be Upsetting?



The news can tell us about events that are being celebrated, such as a new scientific discovery or a great result in a major sports event.



We might see images that show accidents, explosions, wars or people who are sick or in pain.

However, we might also see or hear about sad or very serious events.

Our Emotions

If we hear or see something sad or serious on the news, it might affect our emotions.

Our emotions are the feelings we have inside us. We might feel emotions, such as...

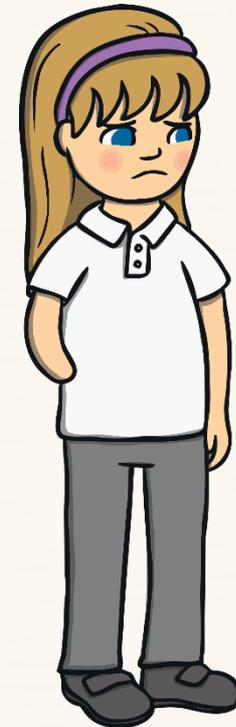
worry

fear

anger

upset

confusion



Could It Happen To Me?



You might see something in the news and worry about how it might affect you.

You might hear a story about a sad event and worry that the same thing could happen to you too.

Remember that events often appear in the news because they are unusual or rare. This means that these things don't happen very often.

Talking Is Important



People all deal with things differently but remember, if you feel worried, sad or angry about something that has been in the news, these feelings are natural. It is ok to feel this way but it is really important to talk about it.

Talking to an adult you trust can help you understand your feelings and why you have them.

You could talk to your parents, other family members or your teachers.

How Can I Feel Better?

There are lots of things we can try to help us feel better, such as...

talking to a friend

playing with a pet

playing outside

listening to music

colouring or
drawing



What do you like to do that makes you feel happy?

Can I Help?

Ask a trusted adult if there is anything you can do.

There might also be ways you could help your local area. For example, if pollution is a problem, arranging or joining in with litter picking might be a way to help.

If there has been a disaster in another country, like a hurricane or an earthquake, there might a fundraising appeal to help the people affected. Perhaps you or your class could think of ways to raise money.

If you find out about a sad or serious event on the news, you might really want to help.

Do you have any ideas of ways you could help?



What Have We Learnt?

Sometimes we might see or hear about things on the news that make us feel sad, worried or angry.

Feeling these emotions is natural and normal. What is important is how we respond to our emotions.

It is really important to talk to someone you trust about how you feel.

There are lots of people who are able to help and lots of ways to try and make yourself feel better.

