

[Free resource toolkit for supporting children and young people with current events](#)

TOPIC	FOR YOUNG PEOPLE	FOR CAREGIVERS	FOR PROFESSIONALS
Anti-racism	Young Minds advice and support for young people experiencing racism, including from mental health professionals.	Parentkind has put together a great set of resources for caregivers to talk about anti-racism with their children including podcasts, videos and books	Resources from BLAM UK and Anna Freud for teaching about and practicing anti-racism in schools
Climate change and the environment	Force of Nature is an organisation for 16–25-year-olds to put anxiety into meaningful action to combat climate change in the business, education and charity sectors.	NPR Life Kit podcast and transcript on how to talk to kids about climate change	Climate Psychology Alliance & Global International guidance for professionals on effective climate change communication with children and young people
Cost of living, money worries, and poverty	Childline has a message board to talk with other young people about money worries, as well as advice and support when thinking about money and relationships	The NHS has some helpful advice on how to cope with financial worries and links for where to go for help. You might also try your local Mind service, which can offer support with benefits processes.	Guide from the Joseph Rowntree Foundation and the FrameWorks Institute on how to talk about poverty effectively
Covid-19	90+ self-care tools and tips from Anna Freud if we're in a lockdown or on our own and struggling with our thoughts and feelings	The Headspace Breathers playlist on YouTube has some brilliant videos to support families with focus, feelings, separation from loved ones, balancing screen time, and finding positivity.	UK Trauma Council resources for professionals supporting young people experiencing pandemic-related trauma
Death, grief, and loss	Young Minds has advice and guidance if you, or a friend, experiences a loss, and tools and support to work through the pain of grief.	Cruse and Child Bereavement UK have bereavement support helplines web resources on understanding and managing grief.	UK Trauma Council resources for professionals supporting young people with traumatic bereavement
Gender and Sexual Orientation discrimination	Mermaids provides help and support and information for trans, non-binary and gender diverse young people in a safe and non-judgmental space	NSPCC guidance for caregivers supporting young people, whatever their gender identity and sexual orientation	Stonewall's Primary and Secondary school resources to tackle discrimination and be more inclusive British Psychology Society guidelines for psychologists working with gender, sexuality, and relationship diversity (for age 18+)
War	If you're a refugee or seeking asylum, the British Red Cross could help you. If you're worried about what's happening in the news, Newsround's advice is for you.	BBC Bitesize advice for parents on how to talk with young people about what's happening in Ukraine and Russia. UNH	UK Trauma Council guidance on how to support refugee and asylum-seeking children

Top Tips to having discussions with young people

We know sometimes as adults no matter what role you play, parent, professional, sibling it can be difficult sometimes to have conversations with our young people. Through our engagement, it's been made clear it's not because our children and young people have nothing to say, it's quite the opposite but how do we engage to create those meaningful and important conversations? Our CYP Forum wanted to support us in answering that question. So, here are our top 10 tips for having discussions with children and young people 5 from our young people and 5 from our professionals:

Young people:

1. Give us a chance to articulate ourselves, a lot of the time we know what we want to say but we need a chance to figure out how best to say it
2. Be honest with us, if you have a question – sometimes it's just best to ask it. We can often tell when you're not being straight up with us and that can be off-putting. How can we have a conversation, and you won't even be open and honest around the questions you want to ask.
3. I think it's helpful to be reassured that we can talk to you. Knowing that there is a safe space where I will be listened to is important
4. It's always important to know whether you're going to escalate anything we've told you. It shouldn't be sprung on us but communicated.
5. Be yourself! It is difficult to trust someone when you know they're not being themselves, especially when you want to have a serious conversation.

Professionals:

1. Listening to understand and not respond is a great approach in my experience. It puts you in a position where you are actively listening, not just hearing. There is an enormous difference between the two.
2. Don't be afraid to say you 'don't know' or ask someone to elaborate if you struggling to understand what is being said. It shows you are not pretending to know something you don't, and you're interested in learning so you can help if needed.
3. Body language and expression is important. Having open body language and just a smile can help some young people to feel more comfortable, this, in turn, can open up avenues for conversation.
4. Don't always dive into topics which may be sensitive – easing into difficult conversations is a wonderful way to build rapport and trust. This can be done by starting a discussion about someone's favourite music or how their weekend had been and gradually asking moving on to a difficult topic.
5. Be mindful of your tone and approach. This can be the difference between having a fruitful conversation and not a conversation at all. Be respectful and mannerly, It cost nothing.

