

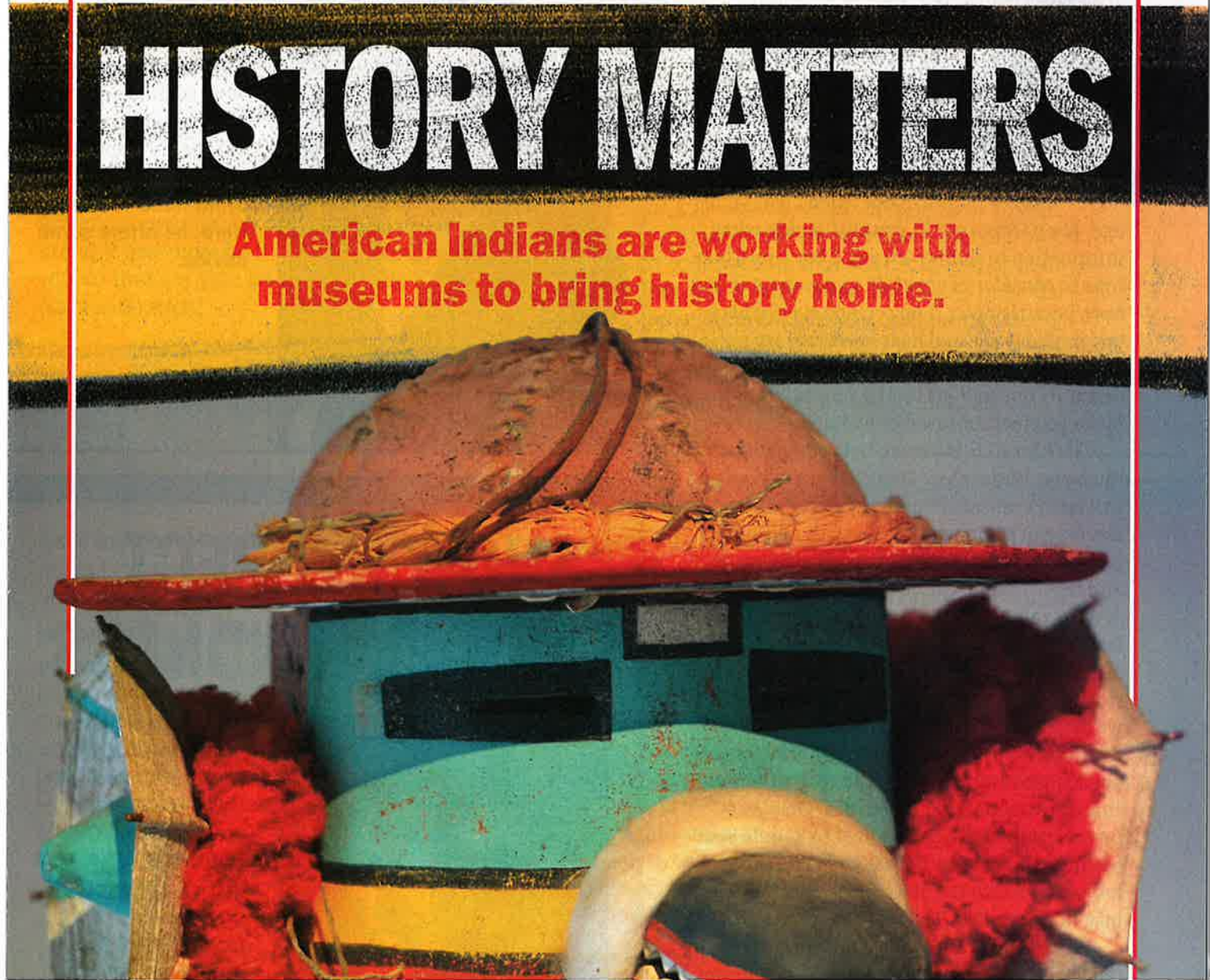
TIME for *KiDS*

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HISTORY MATTERS

American Indians are working with museums to bring history home.



> FROM THE EDITOR

DEAR READERS,



There has been a lot of hard news lately. This school year, we have reported on natural disasters, the refugee crisis, toxic pollution, and more.

Tough news is not unique to our time. But things were different when I was your age. My parents could usually decide what information to share with me. They could take time to consider how to talk to me about it. But now, because news is on screens everywhere, you probably see and hear news that isn't meant for kids. My daughters, who are 8 and 11, certainly do. And it's totally normal for it to make you feel confused or worried.

TIME for Kids is here to help you navigate the news. Remember: Don't believe everything you hear. I talked about news literacy in my last note. It's important to learn the difference between reliable, trustworthy, fact-based news and news that might be based on opinions. Always talk to an adult you trust when you learn about big news.

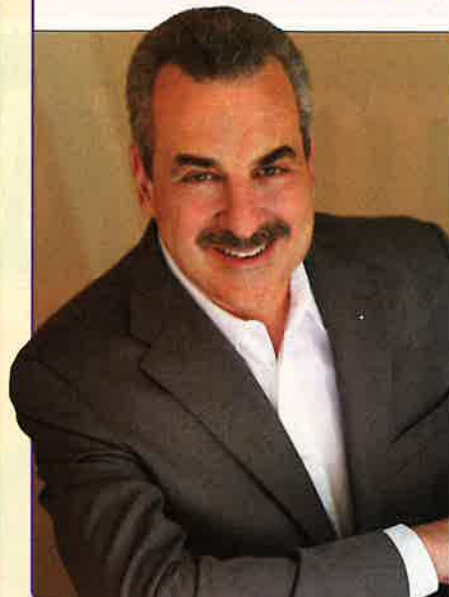
It's a challenge each week to decide what stories to share with you. There is always more we'd like to include in these eight pages. Usually, the first two pages of *TFK* bring you current events. This week, we decided to use them to share two important resources. One is an interview that talks about how to handle your feelings if the news upsets you. The other looks at how we can stop cycles of anger and misunderstanding. That change starts with you.

Write to us at emailbag@timeforkids.com to tell us if there are other ways we can help you. We are all in this together.

Andrea Delbanco
EDITORIAL DIRECTOR

ILLUSTRATION BY DREW WILLIS FOR TIME FOR KIDS

SHARE YOUR FEELINGS



If something in the news makes you feel worried or upset, what should you do? *TFK* asked an expert, Dr. Harold Koplewicz, president of the Child Mind Institute. Here, he offers some advice.

CHILD MIND INSTITUTE

SHOW RESPECT, MODEL KINDNESS



Understanding and inclusion start with you. *TFK* talked with Caryl M. Stern, president and CEO of UNICEF U.S.A. and coauthor of a book called *Hate Hurts*. Here's her advice on how to handle hurtful comments and find common ground.

JESSIE ENGLISH FOR UNICEF USA

COVER: MIGUEL MEDINA—AFP/GETTY IMAGES. COVER FLAP: MICHAEL KOVAC—GETTY IMAGES FOR HISTORY

I hear people talking about the news. How do I know whom to trust and what to believe?

Turn to the trusted adults in your life—parents, teachers, and coaches—to speak about topics that concern you. If a friend shares information, make sure the source isn't just someone's opinion passed along through social media. Seek information from reliable sources, such as newspapers. Your school librarian can help you assess a news source's trustworthiness if you are unsure.

I saw a TV report that upsets me. What can I do?

Sometimes, when you go on the Internet or you watch news on TV, it's not completely accurate. The news on TV is fast-paced. When sad news affects our nation, all of us need time to understand it and process it. The best people to help you do that are your parents, teachers, and other adults you trust.

The news made me feel sad. What should I do?

Sadness is a normal emotion. Even someone strong and powerful weeps when he or she is very

sad. It's part of being human that sad events make us personally feel sad. That doesn't mean we need to fall apart. We just have to acknowledge that we're sad and move forward.

The news made me feel worried. What should I do?

When we have upsetting news, people respond in different ways. There are certain kids who are very private and don't want anyone to see how they feel. Other kids share their worries. If you feel worried, talk to your parents and teachers. Getting information can make you feel more comfortable.

I spoke to my parents and teachers, but I still feel worried. What else can I do?

If you're still very nervous, another way to feel better is to take part in activities that help others. Go with your parents to a soup kitchen, or think of ways that you or your class can help other kids. Also, make sure to keep your normal routine. Go to sleep at the right time, play with your friends, and go to the movies. It's okay to feel sad; but it's not good to stop doing the things you usually do.

Be a part of creating the world you want. That means thinking and planning ahead. Do not wait until hate happens to talk about hate.

There's no time limit for responding to a hurtful comment. You don't have to respond right in the moment. Sometimes, you are so angry or hurt or shocked that you can't respond. Or sometimes, it would be such a public response that you would humiliate the offender. That might not be the best way to get them to hear what you have to say. Make a plan as to when you are going to respond, and follow through with it.

Open the ears of the listener. Start by pointing out why you're bothered and how you feel. Make sure the person knows that they matter enough for you to talk to them.

Use I statements, not you statements. Explain to the offender that you are not talking about what they said. Explain that you are talking about how what they said made you feel. You are not trying to

get them to defend what they said. You are trying to explain to them why it was hurtful. You can't necessarily change a person in one conversation. And you can't ask someone to change who they are. But you can ask them to change the way they act around you.

Learn how to ask questions. I consider there to be two basic diversity skills. One is how to ask questions, the second is how to give answers. You want to be able to ask about things you don't understand, but you need to know how to ask in the right way. Part of that comes from learning how to give answers and finding the right vocabulary.

Learn about cultures you know nothing about.

As a class project, look at what's happening in your community to find out what's different from what you normally do. What festivals, concerts, or plays are happening? How many different houses of worship are there? See if each of you can get the adults in your life to take you to one of them.