

APA OFFERS RESOURCES FOR DEALING WITH RACISM, AFTERMATH OF CHARLOTTESVILLE VIOLENCE

WASHINGTON – The American Psychological Association has many resources available for the media and the public in covering and dealing with the aftermath of the recent violence in Charlottesville, Virginia.

Among them: [Talking to kids about discrimination](#). This document can help parents and other caretakers understand how to broach the topics of discrimination and difference with young children.

[RESilience: Uplifting youth through healthy communication about race](#) provides resources to assist parents and others in promoting strength, health and well-being among youth of color. [How to talk to children about difficult news](#) offers insights on how to guide these conversations with children while making them feel safe. [Discrimination: What it is, and how to cope](#) makes suggestions for healthy ways to deal with being the target of discrimination.

[Building resilience to manage indirect exposure to terror](#). The ability to adapt well to unexpected changes and events can help people manage distress and uncertainty. Here are some techniques.

[Helping your children manage distress in the aftermath of a shooting](#). Although no shooting occurred during the Charlottesville incident, many of the tips in this document are relevant for helping any child who is distressed by violence. In addition, APA's [2015 Stress in America](#) survey found that most American adults reported having experienced discrimination, and that regardless of the cause, experiencing discrimination is associated with higher reported stress and poorer reported health.

Report highlights: www.apa.org/news/press/releases/stress/2015/highlights.aspx

Full report: www.apa.org/news/press/releases/stress/2015/impact-of-discrimination.pdf.

Also of interest are several [blog posts](#) on race and race-related incidents.

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