

# ENGAGING YOUTH IMPACTED BY VIOLENCE AND TRAUMA



## ENGAGING YOUTH IN THE WAKE OF NATIONWIDE UNREST

In the wake of COVID-19, and nationwide unrest stemming from the murders of Ahmaud Arbery, Breonna Taylor and George Floyd, it is imperative to equip youth serving adults with tools to support and accompany young people. We acknowledge that many mentoring programs have a dynamic of Black, Indigenous persons of color (BIPOC) as mentees and non-BIPOC as mentors, and that the topic of racism and race related violence can be difficult to talk about. It is imperative that youth have safe spaces to talk about what has happened, and how they are feeling, and equally important that supportive adults are empowered with tools to effectively support them. We have compiled some useful tools to aid in this work.

## SUPPORTIVE ACTIONS FOR ENGAGING WITH YOUTH TODAY

**Prepare** yourself, staff, and mentors.

- Know your role as a mentor or staff person
- Take time to learn about how we got here
- Recognize and confront personal bias, triggers, and boundaries

### Resources

- [Supporting Young People in the Wake of Violence and Trauma](#)
- [Knowing Thyself Module 1](#)
- [Implicit Bias Test](#)
- [Anti-racism Resources](#)

**Educate** yourself, staff, and mentors about how to work towards being anti-racist and the history of racial oppression in the United States.

### Resources

- [Anti-Racist Books, Podcasts, Articles, TV, Film, Organizations](#)
- [Anti-Racist TV Series, Documentaries, Movies, Ted Talks, and Books](#)

**Communicate** with youth and acknowledge what is going on.

- Create opportunities for youth to reflect on what is going on
- Be prepared for courageous conversations
- Begin the conversation

### Resources

- [Teaching Tolerance](#)
- [Daring Discussions](#)
- [Diversity Discussion Starters](#)

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**Accompany** youth and families along their journey of processing and healing from recent tragedies.

- Listen without judgement
- Normalize the range of emotions and how they may be expressed by youth
- Aim to create a safe environment and co-create a list of safe spaces
- Allow time for trust building
- Create a self-care plan
- Advocate when needed
- Provide access to additional resources when needed

## **Resources**

- [Critical Mentoring Curriculum Topics, Application and Resources](#)
- [Black Emotional and Mental Health \(BEAM\) Toolkits & Resources](#)
- [Self-Care Wheel](#)

**Connect** to help achieve real changes in the lives of youth, young adults, and their families on issues facing them today.

- Collaborate with other youth serving groups experienced with facilitating healing conversations about race, race-based violence, and injustice
- Teach youth to lead group discussions, analyze problems, and create goals

## **Resources**

- [Techniques for Leading Group Discussions](#)
- [Analyzing Problems and Goals Tip Sheet](#)

**Allyship** is a lifelong process, and a continual effort to be in consistent trustworthy relationship with traditionally marginalized persons. Allyship is not self-defined, it must be recognized by those you seek to ally with. Allyship requires being in solidarity with youth, young adults, and their families for the long term.

## **Resources**

- [5 Tips for Being an Ally](#)
- [10 Things All Allies Should Know](#)
- [Checklist for White Allies Against Racism](#)
- [Getting Called Out: How to Apologize](#)
- [White Privilege: Unpacking The Invisible Knapsack by Peggy McIntosh](#)
- [10 Simple Ways White People Can Step Up to Fight Everyday Racism](#)
- [White Anti-Racism: Living the Legacy](#)