

Safety Tips for Families

In order to be prepared for any type emergency and to be prepared if another national tragedy occurs, we encourage parents to save the following tips and to use them if ever needed:

- Check the CISD website (<http://conroeisd.net>) for information; calling the schools may interfere with the use of outgoing calls that need to be made
- Listen to radio or television broadcasts for information about school closings
- If you choose to pick up your child from school prior to the end of the day, follow the campus plan for a systemized pick up
- Reassure children that they are safe
- Remind them that trustworthy people are in charge
- Make time to talk with your children, but decide what you will say to them prior to talking with them
- Allow children to express their feelings appropriately and let them know it is okay to feel upset
- Be honest about the events, but don't embellish or speculate about what might happen
- Be aware that explanations or responses to questions about the event should be developmentally appropriate for your children – upper elementary and early junior high school children will be more vocal in asking questions about whether they are truly safe, while upper junior high and high school students may have strong and varying opinions about the causes of violence in society
- Encourage children to verbalize their thoughts and feelings – be a good listener
- Safeguard your children's physical health by making sure they get appropriate sleep, exercise and nutrition
- Limit your child's television viewing of tragic events on television
- Spend extra time reading or playing quiet games with younger children before bedtime
- Consider what your family or community can do to help victims and their families

CISD Campuses Will:

- Be aware of students who may have recently experienced a personal tragedy or loss connected to victims or their family or to any child who feels a connection to the location of the national tragedy may also feel a personal loss
- Provide safe and structured environment for each and every child
- Maintain structure and stability within the school
- Have a plan for the first few days back after a national event occurs
- Provide teachers and parents with information about what to say and do for children in school and at home
- Have teachers provide information directly to students in a classroom setting, not during the public address announcements
- Allow time for age-appropriate classroom discussions and activities; teachers will ask questions and guide discussions, but not dominate them
- Have counseling available for students and staff who may need extra support
- Utilize activities such as art, writing, play acting, and games
- Monitor and restrict viewing of any horrendous event, as well as its aftermath
- Know which community resources are available and use them, if needed