

TALKING TO CHILDREN ABOUT ICE

by Delia Koolick

Overview

- ☐ Please remember that children are looking for reassurance—that the grown-ups in their lives know and understand what is happening.
- ☐ Help your child(ren) identify the feelings they have and safe ways to express these feelings.
- ☐ Stick to facts and remember it's okay to say, "I don't know."
- ☐ Routine is regulating for children—try to minimize disruptions as possible.

Acknowledge

I see
I hear

Validate

I can understand why
It makes sense

Normalize

I have felt
Others have felt

Reassure

We care
We will

Considerations for Adults

- ☐ Do not feel that you need to have one comprehensive conversation. Often children learn and process more easily by having short conversations over multiple days.
- ☐ Pay attention to signs of stress (fidgeting, change in breathing, etc.)
- ☐ Not all children are in the same place or have the same capacity for hearing about traumatic events. If you have multiple children, you may need to have multiple conversations in different ways.

Grades K-2

- ☐ There was an incident in South Minneapolis that happened with ICE. What has happened is impacting us in different ways.
- ☐ ICE are officers who have come to arrest specific people, but they are not being very careful and they are making mistakes.
- ☐ Lots of people are feeling scared or frustrated. It might be helpful for you to think about what you are feeling now.
- ☐ What are some things that help you when you are scared?
- ☐ Something that helps me when I feel scared is _____
 - ☐ E.g.: being in community, doing things that fill my cup, etc.
- ☐ In Judaism, we learn that when we come together in community, we can do a lot to help our neighbors.
- ☐ I want to reassure you that there is a plan if ICE comes to Temple and all the adults know the plan. We will keep you safe. We have security guards to help us in case of an emergency.

Grades 3-6

- ☐ There was an incident in South Minneapolis that happened with ICE. What has happened is impacting us in different ways.
- ☐ ICE stands for Immigration and Customs Enforcement. ICE is overseen by the federal government, which includes people like the president. ICE was created to enforce citizenship laws. However, they are not being very careful and are making mistakes.
- ☐ There are ICE officers in Minnesota right now.

- ☐ There was an incident in Minneapolis where an ICE officer killed a woman. I know that feels really scary and that many of you have questions about why. Our local leaders, like the Mayor and the Governor, are still working to understand what happened.
- ☐ Lots of people are feeling scared or frustrated. It might be helpful for you to think about what you are feeling now.
- ☐ What are some things that help you when you are scared?
- ☐ Something that helps me when I feel scared is _____
 - ☐ Ex: being in community, doing things that fill my cup, etc.
- ☐ In Judaism, we learn that we have a responsibility to help immigrants and people who need help.
- ☐ I want to reassure you that there is a plan if ICE comes to Temple and all the adults know the plan. We will keep you safe. We have security guards to help us in case of an emergency.