



PARENT TIPS FOR LOCKDOWN DRILLS FOR ELEMENTARY SCHOOL STUDENTS

Code Red Drills or lockdown drills can be stressful for both parents and students. Below are some recommendations for parents to help students cope. These tips may help frame your conversations surrounding school procedures in a way that is developmentally appropriate.

Below are recommendations for navigating the conversation with your elementary school student:

- Elementary school students are still coming to understand the rules and procedures to a code red lockdown. Many K-5 students are starting to gain access to social media outlets and may have questions that may stem from a lockdown situation. Tell your students that it's ok to have various feelings about a code-red.
- Remind students that their teachers and school personnel are here to ensure their safety.
- Also, encourage students to speak up when they feel something is not right. If they see someone in the building that they are unsure of, they can speak to a trusting adult.
- Make sure students understand why it's important to listen when under a code red lockdown and take action seriously.
- It might be easier to relate it to something they may have experience with. For example, explaining to students that similar to preparing for a big storm with water, shutters, and flashlights, we must be prepared in case of a code red lockdown and follow the important instructions that may be given by an adult at that time.
- Mental health support is available at your child's school. Talk to a school counselor, school psychologist or behavioral health professional about your concerns. They can provide information, support and coping strategies for children and adults.

Web Resources for Parents, Guardians and Educators

- <https://www.scholastic.com/teachers/articles/17-18/teacher-lockdown-strategies/>
- <https://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/talking-to-children-about-violence-tips-for-parents-and-teachers>
- <https://www.alicetraining.com/wpcontent/uploads/2015/12/Children-Talking-about-Fear-and-Violence.pdf>
- <http://janusbhs.com/talking-with-children-about-school-lockdown-drills/>
- https://www.sandyhookpromise.org/prevention_programs
- <https://www.pta.org/home/family-resources/safety/School-Safety>
- <https://www.accreditedschoolsonline.org/resources/student-stress/>
- <https://www.healthychildren.org/English/safety-prevention/all-around/Pages/Actions-Schools-Are-Taking-to-Make-Themselves-Safer.aspx>
- <http://www.nea.org/home/16364.htm>