



Middle School

CRISIS

PARENT CONVERSATION GUIDE

... for great conversations with kids

Your middle schooler is changing—their rapidly changing bodies and brains make everything extra interesting, and sometimes extra challenging. When you add to that a cultural or local crisis—like the tragic death of a student or an act of violence in your community—this time in their life can be very difficult. During this time, your goal is to consistently affirm your middle schooler.

Strengthen their resilience. Support and affirm their ability to thrive through the difficult things they might experience. Here are some words to say during these times:

- “I hear you. Keep talking.”
- “When you’re ready to talk, I’m here.”
- “Help me understand.”
- “What do you wish I knew about all of this?”
- “This really stinks. It’s bad. I’m sorry.”
- “I’m not trying to fix it. I just want to be here for you.”
- “I don’t think I have an answer, but I can sit here with you.”
- “I believe you have what it takes to get through this, and I’ll help you.”
- “How are your friends handling this situation. . . What about you, how does it make you feel?”
- “It might be helpful if you talked to someone besides me. Would you be willing to meet with a counselor/Small Group Leader/coach?”
- “Scary things happen in the world we live in. It’s okay if that worries you/makes you afraid. You can always stop, pray, and ask God to give you courage.”

Make sure to involve professionals, counselors (as needed), as well as your ministry leader.