



Advice if you're upset by the news

When things like this happen, it's totally normal to feel upset and worried. To think things like:

Why did this happen?

Could this happen to me?

Could this happen to my family and my friends?

Am I safe?

What's important to remember is that although events like this are very sad, they are also rare.

Worrying stories are often in the news because they don't happen very often.

So what should you do if you're feeling sad or anxious?

Talk about it. You can speak to your parents, a teacher or an adult you can trust. They can reassure you and help you feel better. And remember, when things like this happen, most people are there to help.

Video zone



Watch this video <https://learnenglishkids.britishcouncil.org/video-zone/advice-if-youre-upset-the-news>