



Thriving in Today's Times: Just for Kids – Watching the News

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Ok . . . you are finally finished with your chores and you are ready to watch television.

You're thinking maybe a little action-adventure or comedy might be nice. But no. Instead, there is a special news report interrupting your show. You get a sinking feeling in your stomach. Something is wrong.

The news can upset all of us, young and old. It can scare us, make us mad, and even make us worry about our homes, families, and lives.

Here are some important tips to follow when watching the news:



Remind yourself that it is OK to be mad, sad, or even

scared. It's how you react to those feelings that is important. If the news upsets you, find someone to talk to about it. Try to watch the news with your parents. Change the channel. Go do something else. Go play ball, draw a picture, or read a book.



Understand that the news reports the unusual and the exceptional. From

the news, it may seem that forest fires, school shootings, and tornadoes happen all the time, but in truth, most forests don't catch on fire, most schools don't have shootings, and though

there are tornadoes, tornadoes that cause lots and lots of damage are rare (they are unusual and exceptional).



Remember that some news about crime and violence

can be reported over and over again, which can make some things seem more sensational than they really are or should be.

There are many ways for news to be reported. You can see news reports about the same subject on television or the Internet, in magazines

and newspapers, and hear it on the radio. The actual crime may have happened only once, but it may be reported on several times and in several different ways.



Don't use the news for all your information. If you want to know more about something, ask your parents or teachers. Don't just rely on the news. For example, if you have heard something that concerns you, don't just worry about it—take time to learn more information.



Remember that information and events from all around the world are reported in the news. You may hear something about diseases. Diseases are scary, but the chances of you getting most of the ones you hear about are very, very, very small. If you hear news about the poor economy, business closings, or job losses, ask an adult about how that news may affect you. If you are scared, worried, or even curious, talk to your parents. Ask questions. Tell them your views. Find out what your family can do to keep safe. For example, the economy is in the news a lot lately. You might hear of people worried about their jobs, worried about money, or even afraid of losing their homes. Ask your parents what your family is doing about the economy. Ask if you can help. You might be surprised

how much help you can be to your family during a time of crisis.



Take action! If you see something on the news that bothers you, such as people losing their homes, then take action. Learn how you and your friends can help families in need. See if there is anything you can do to help the people who have lost their land or homes. This may include gathering up toys from your neighborhood or getting your 4-H club to give health kits to the families.



Remember: Talking about things that make you sad with people you care about can make things seem so much better.

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