

Below are a series of links to help with coping after a traumatic event. We will continue to add links as they come available.

[Ministry of Health : Mental Health Advice for Coping after a Traumatic Event](#)

[Ministry of Education : Tips for Supporting Children](#)

[How to talk to your children about world events](#)

Nathan Wallis, a renowned neuroscience educator, has a lot of useful information on his Facebook page.

<https://www.facebook.com/nathanwallisxfactoreducation/>

Netsafe has received a number of reports of online content relating to the attacks in Christchurch. Footage of the attacks has been deemed objectionable under New Zealand law which means that possessing or distributing the footage is an offence. Anyone who finds footage of the attacks online should report it to Netsafe at [netsafe.org.nz/report](https://www.netsafe.org.nz/report) but they should not keep copies or share it. Netsafe encourages schools to speak with students about what to do if they come across the footage and about the fact that sharing the footage with this classification is against the law.

The footage of the Christchurch attacks is disturbing and will be harmful for people to see. If students have viewed the video and are struggling with what they have seen it's likely they will require additional support. Agencies which can provide free support include [Youthline](#), [Need to Talk](#) and [Kidsline](#).

While the content is online there is some risk that children or young people may come across it. Netsafe encourages schools and parents to proactively discuss with young people what they should do if they come across distressing content online. Further information is available at [netsafe.org.nz/upsetting-content](https://www.netsafe.org.nz/upsetting-content)

If parents or schools have questions relating to this incident or other distressing online content they can contact Netsafe for free and confidential advice at [netsafe.org.nz](https://www.netsafe.org.nz) or call 0508 NETSAFE.