



## Social Story: Understanding what happened at Bondi

Recently, something very serious and scary happened in our community at Bondi Beach. At a public event, two people used gun violence and people were hurt. This can make many people feel sad, shocked, angry, or unsafe.

I might notice big feelings or upsetting thoughts. I might:

- Worry that it could happen again
- Have questions about safety
- Feel upset, distracted, or tired
- Want to talk about it a lot, or not at all

All of these reactions are normal. Even though the event was scary, right now I am safe. Adults like parents, teachers, police, and community helpers are working together to protect people and try and prevent this from happening again.

Sometimes the news or social media shows a lot of information very quickly. Too much information can make my worries feel bigger. It is okay for adults to help decide how much news is okay for me to see.

If I have questions, I can ask a trusted adult.

Adults may not know every answer, but they will be honest and help me feel safe.

### ***When Feelings Feel Big***

If I notice big feelings or my thoughts feel stuck, I can:

- Take slow deep breaths
- Move my body (walk, stretch)
- Use a calm space
- Write or draw my thoughts
- Talk to someone I trust

### ***About People and Communities***

What happened does not mean everyone is dangerous. Most people want to help and keep others safe. Violence is not okay, and it does not represent whole groups of people.

Many communities, including Jewish communities, may feel especially sad or worried right now. It is important to be kind, respectful, and supportive.

### ***Moving Forward***

Some people might think about this for some time. If my worries come back later, that is okay. I can ask for help at any time. I am supported. I am safe right now. I do not have to manage this alone.