



THE NORA PROJECT
Building inclusive classrooms

What Are School Shootings, How Do They Make Us Feel, and What Can We Do About Them?

K-12 Easy Read



Teaching
IS Intellectual



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1. Introduction

What is a school?



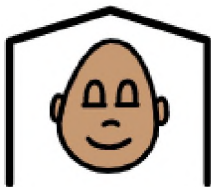
A school is a place where students go to learn.



When we go to school, we learn about reading, math, science, and things happening in the world.



A school is also a place where we meet new people.



We all have the right to learn, have fun, and feel safe at school.

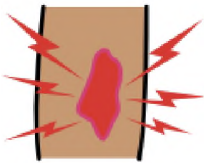
What is a shooting?



A shooting is when someone uses a **gun**.



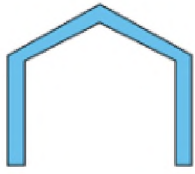
A gun is a powerful tool.



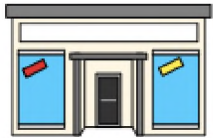
Sometimes people use a gun to hurt others.



Sometimes people use a gun to hunt for food or sport.



People shoot people at different places.



Sometimes people shoot people at grocery stores.



Sometimes people shoot people at churches, synagogues, or mosques.



When a person uses a gun, people can get hurt or die.

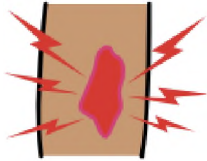
What is a school shooting?



A school shooting happens when someone shoots a gun in a school.



This is a big problem.



Someone wants to hurt people.



They bring a gun into a school.



They want to hurt people with the gun.



We do not know all the reasons why someone may do this.



Sometimes we hear people talk about **mental health** after a school shooting.



Mental health is how we think and feel.



We cannot blame school shootings on mental health.



Guns do not belong in schools.



Someone with a gun can hurt or kill people.



When a person shoots a gun in school we are not safe.

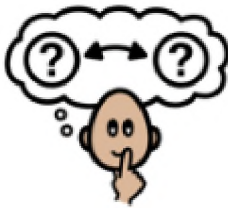


We all have the right to be safe and feel safe at school.

Having a plan



School leaders want to keep students safe at school.



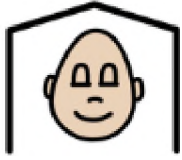
A school leader is someone who makes decisions.



Some school leaders are principals, assistant principals, and teachers.



School leaders work with others in the community.



School leaders make plans to make sure students are safe.



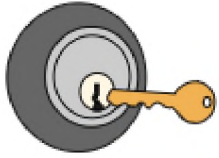
They make plans for fires.



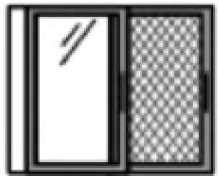
They make plans for tornadoes.



They also make plans for school shootings.



They make sure the doors of the school are closed and locked.



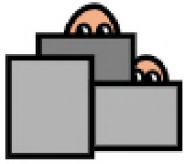
They make sure windows are covered.



Sometimes schools practice what to do.



We practice what to do if there is a fire.



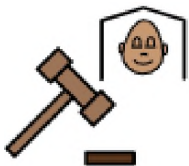
We practice what to do if someone is shooting a gun in school.



It is important that schools and teachers work with us to make a plan.



We should know who will support us if we need help.



We are important and have the right to know how we will be kept safe.



If we have questions about what to do during a school shooting, we can ask a **trusted adult**.



A trusted adult is someone we feel safe sharing our questions and feelings with.

2. Feelings

How might this make us feel?



A school shooting might make us feel lots of things or nothing at all.



We may have different feelings if a school shooting happens in our own school versus somewhere else.



Some people feel afraid or worried after a school shooting.



A lot of people feel sad.



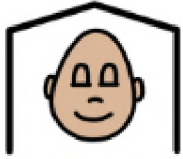
Some people feel angry.



Whatever we feel is okay.



Our body might give us clues about what we are feeling.



Feelings help keep us safe.



It might be helpful to share our feelings with a trusted adult.

Strategies



Sometimes our feelings can be so big, it's hard to focus on anything else.



When that happens we have strategies to help us.



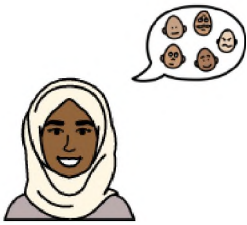
- We can think about something we enjoy – a song, a game, a movie, or a picture.



- We can take slow breaths and use our senses to focus on our heartbeat.



- We can think about all the people who care about us.



- We can ask a trusted adult to help us understand and process our feelings.

3. Ways To Get Involved



School shootings should not happen.



There is a movement to push government leaders to end them.



A movement is when people work together to create change.



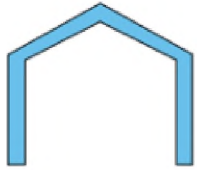
We can be a part of this movement.



The government is made up of people who make decisions.



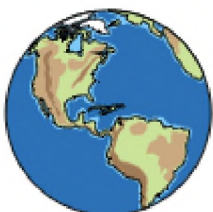
They decide what kind of guns are allowed.



They decide where those guns are allowed.



We can meet with and write to government leaders to share our feelings and ideas.



What we think about our world matters and we all have the power to make change.