

WHAT TO SAY TO KIDS ABOUT ICE

Even if a child isn't directly affected, they may hear about ICE at school or online. Avoiding the topic can cause more fear. Calm, honest conversations help children feel safe and supported.

START THE CONVERSATION

Begin by asking: "What do you know about ICE?" This gives you insight into what they've heard or seen. If they say "I don't know," you can gently explain:

"ICE is a government group that checks if people are following immigration laws. Some families are scared of them because they help decide who can stay in the U.S. Have you heard about people moving to new countries?"

AGES 3-6

"Some families are being treated unfairly because of where they were born. You're safe, and I'm here with you."

- Keep it simple and comforting
- Provide extra hugs, reassurance, and routines.

AGES 7-11

"Some families are being separated because of how they came to the U.S. Even kids are getting hurt, and that's not okay."

- Be honest without overwhelming

WHAT NOT TO SAY

- "Don't worry about it." Dismisses their feelings
- "That won't happen to us." Creates false reassurance

AGES 12-18

"It's not right for people to be treated unfairly because of where they're from. This hurts kids and families."

- Acknowledge their awareness
- Encourage healthy ways to process: writing, talking, art, advocacy.

EMOTIONAL SUPPORT FOR ALL AGES

"It's okay to feel scared or frustrated. What matters is we talk about it and help each other feel better."

- Encourage breathing, drawing, or journaling

WHAT TO SAY INSTEAD

"You're not alone in this. People are trying to help, and I'm one of them. If you ever feel scared, we can talk about it together."