

# SPILLING THE TEA ON SCHOOL SAFETY NEWS

## How to Make Sense of What's Happening in the News



MAKING NEWS BREAKING NEWS BREAKING NEWS BREAK

From school shootings to bullying to suicide, the news around us can be hard to take. It's heavy and sad, but there are some important things to remember to help you make sense of it all.

	Media thrive on uncertainty and conflict, so you will see a lot of <b>arguments</b> and <b>debates</b> to capture attention.
	To be "first" to cover a story, media sometimes makes <b>mistakes</b> or bring in experts who <b>guess</b> .
	News media tries to get more viewers so they use <b>drama</b> to hook you.

Aside from the news topic, these media tactics can add anxiety. The news media amplifies the emotional content with drama. Here's how to stay smart about the news.

- 1 FIND THE FACTS.** Is the news report supposition, opinion, or confirmed facts? Try to focus on just the facts first.
- 2 CONSIDER THE SOURCE.** Is this an unbiased outlet or a credible source? By keeping the media's motivation in mind, you can have a better sense of whether you trust this information. Check out [this infographic](#) about media bias.
- 3 GET INFORMED.** The more you learn about school safety, the more you can filter out the drama and focus on the issues, and decide where you can make a difference.
- 4 TALK TO A TRUSTED ADULT.** A school counselor, teacher, staff member, parent, or public safety official can be a good listener and give you a reality check about how the news relates to your school.

You have a role to play in keeping your school safe. Check out the [Safe and Sound Students](#) page for ways to get involved or play a leadership role. Your voice matters.

