



Understanding Protests

A teaching story



Protests are a gathering of adults coming together in their community about an issue they feel very strongly about.

Protests can be small or large. Sometimes people all over the world may protest together, and they schedule protests to happen at the same time in different places.



I know a gathering is a protest because people will be holding signs and shouting repeated words or phrases.

This is a peaceful protest.

Sometimes, a peaceful protest can become unsafe when people protest with dangerous behaviors like starting fires or using weapons.



I may see a protest while walking or driving. I may also see it on TV or the news.

I can learn more about what the protest is about by talking with a trusted adult. They can explain the issue that people are protesting about.

If I am old enough, I may be able to look up the issue with the help of a trusted adult.



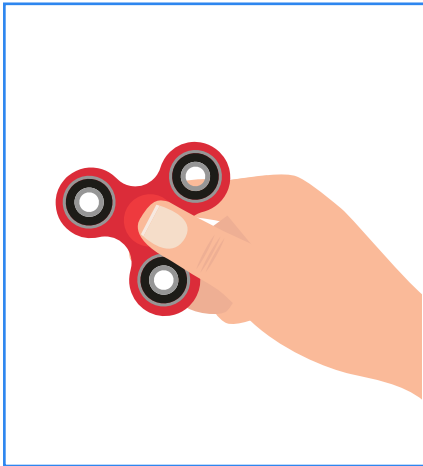
Learning about the issue may be upsetting.

If I start to feel nervous or angry I should take a break.

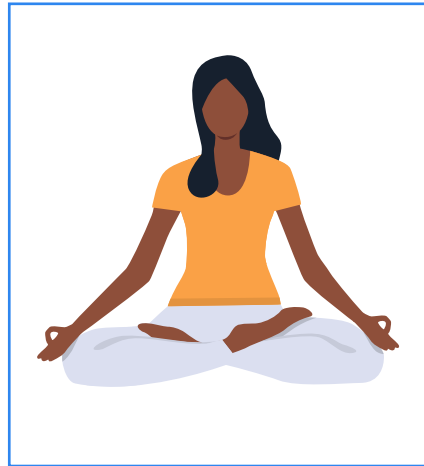
It's OK to take a break and do fun or relaxing things.



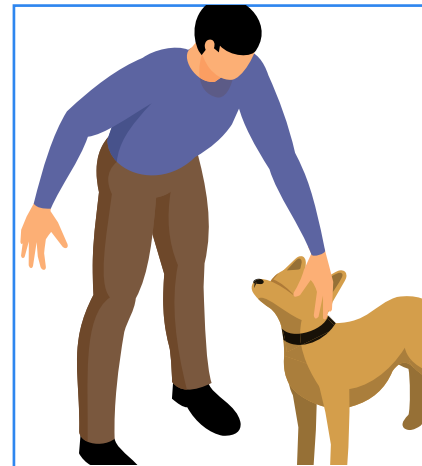
Some fun and relaxing things I can do are:



Sensory activities



Yoga/Breathing



Pet/Assist Dog



Hobby/Fun Activity

When I'm ready, I can go back to learning about the issue if I want to.

I may decide that I have an opinion about the issue, too. I can talk about my opinion and my feelings with my family or a trusted adult.

