



# Worrying world news: How can I help?

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**This article was written by a Kooth writer and contains the following themes: upsetting news, difficult emotions.**

When things we see, hear, and read about on the news are worrying or upsetting, it can leave us feeling helpless and out of control. It can also connect us with tough feelings, such as anger, sadness, frustration, and confusion - especially when it's hard to make sense of what is going on.

We might also want to do something to help but aren't quite sure what to do or where to start. If that feels familiar, please read on.

## **How can I help?**

When there's a crisis, it's natural for people to want to do something to help. Not only can it make a real difference to those in need, but it can also help you in the following ways:

- It can give you a positive focus when things feel distressing.
- It might relieve or lessen your difficult feelings.
- It might help you feel more in control.

## **Things you can do to help**

Here are just a few things you might want to think about if you want to do something in response to concerning local or world news.



## **#1. Make a contribution.**

There are many ways to contribute to important causes, from raising money, donating supplies (such as clothes), organising charity events, or volunteering your time. If this is something you want to think about, you could talk to your form tutor, head of year, or student council at school to see what they have planned already, and also to share any ideas that you might have, too.

**If you are donating your own money, make sure you tell an adult. Only give what you can afford, and don't leave yourself without (e.g. don't use all your lunch money).**

Charities like [Oxfam](#) and [The British Red Cross](#) also have some great initiatives, such as events and collections to raise money for specific causes.

Plus, checking out your local charities, groups, and organisations might be a good way to find something closer to home you can get involved in, too. Local events and collections are sometimes posted online, so do take a look at local pages on social media or local websites.

**TOP TIP: Many organisations collecting supplies to send to those in need are looking for very specific supplies, such as baby clothes, food, medical resources, and hygiene products. If you want to help initiatives like this, don't forget to check out their lists to make sure that your donations are genuinely needed so that they don't go to waste.**

## #2. Think carefully about what you share or interact with online.

There is such a lot of information shared online, and it can be difficult to know what's true and what isn't. Something we can all do to help is to think more about what we share or interact with online. Asking yourself the following questions is a good first step:

- Does this information sound/look right? For example: does the story or image feel accurate to you?
- Where has this information come from? For example: is the source trustworthy? Sometimes websites that spread “fake news” articles might convince you that they are a reputable source by using typical .com, .co.uk, or .org in their URLs. But if the URL also contains an unusual ending (e.g. .com.co or .com.lo), it could be an indicator that it's not credible.

Digging deeper by researching the organisation (or the authors themselves) could be a helpful way to see if what you are reading, watching, or viewing is from a trustworthy place. Other indicators to look out for are poor website design, poor grammar or awkward, unprofessional writing, broken links, and a high volume of adverts.

Of course, this isn't to say that all sources with those elements are unreliable, but it's a good place to start to raise your awareness and get into the habit of looking beyond the news story.

- Are there similar stories out there already from reliable sources? For example, is this something you have seen or heard about before from a website or news source that is trusted and has a good reputation?

### **#3. Make a stand.**

If you feel really strongly about something you've seen, heard, or read about, [writing to your local MP](#) enables you to make a stand, share your voice, feel empowered, raise awareness, and even contribute to change.

It might sound like a small act, but if lots of people are doing the same, it can really make a big difference. If this is something you'd like to do, you can ask an adult you trust to help you get started, such as somebody you live with, or a teacher.

### **#4. Be kind to others.**

This sounds really simple, but world news that is happening far away can still affect people we know or come across in everyday life. School friends, teachers, neighbours, and family members - anyone can be affected by world news. People we know might have family members or people they love who are directly impacted by something happening far away. Kindness is something we can offer that doesn't cost a penny but might mean the world to someone else.

As well as being kind to others, don't forget about yourself. It can be so difficult to control what's happening around us, but what we can do is learn to manage the thoughts and feelings that may arise.

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- Self-help tools
- Community support (discussion boards and live forums)
- Helpful articles (from the Kooth team and our community)

## Live chat hours

You can live chat with a member of our team between:

- 12pm - 10pm on weekdays
- 6pm - 10pm on weekends

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