I WANT YOU TO KNOW THAT:	YOU CAN HELP ME WHEN YOU:
I may feel sad, scared, empty, or numb but be embarrassed to show my true feelings. Yet, I may say too much on social media.	Say that it is painful when someone you care about dies.  Talk about your own feelings and invite me to talk about ready. Discuss sharing things on social media. Offer to find me a counselor if it seems easier for me to talk to someone outside the family.
<ol> <li>I might have behavior problems that are new or worse than before the trauma (angry outbursts, irritability, rule breaking, revenge seeking). I may be doing serious, unsafe, or harmful behaviors (self-injury, risky sexual behavior, drug or alcohol use).</li> </ol>	Have patience and try to remain calm while setting appropriate limits on behaviors. Encourage me to get back to routines and activities with friends. For serious, risky, or harmful behaviors, get professional help.
3. Ih	