



School Safety Resource Center  
Christine R. Harms, M.S.  
Director

700 Kipling Street, Suite 1000  
Denver, CO 80215-5865  
(303) 239-4435  
FAX (303) 239-4510

**Friday, December 13, 2013**

The Colorado School Safety Resource Center joins the rest of the state in offering our thoughts and prayers to the students and staff of Arapahoe High School in the wake of today's tragedy. We pray for the speedy recovery of the two injured students.

On this anniversary of Sandy Hook, we continue to be amazed that school shootings occur. We are grateful for the training of the school staff and all of the state's emergency responders which likely minimized injuries today.

I empathize with parents who now have to address another school shooting with their child. First, as curious as we all are about the day's events, please limit the exposure of your child to the media in order to reduce the risk of trauma. Addressing the events in a developmentally appropriate way tells our children that we can handle answering their questions. Schools are still one of the safest places our children spend time and we need to reassure students that adults are doing everything they can to keep children safe.

For those students that were at the school today, they will need extra support from family and friends along with the support that the school and community are working to provide. Teens are extremely resilient and we do not want to assume that everyone will be traumatized by this event. Allowing students to share stories about the day's events, spend time with friends in safe surroundings and heal according to their own timetable will be important.

Parents may observe sleeping and eating disturbances with their teens, fear of being alone or in the dark, increased agitation or aggression and physical complaints. Responses may also include an inability to concentrate and attend to normal activities. This is a time to warn students not to resort to substance use or risky behavior as a way to deal with their feelings.

We invite parents to use our website to link to many other resources to assist your children at this time.

<http://www.colorado.gov/cs/Satellite/CDPS-SafeSchools/CBON/1251642649527>

**If you have immediate concerns about your child, you are urged to call the Arapahoe/Douglas Mental Health Network at 303.730.3303.**

Let us hope this is the last time an event like this occurs anywhere.

Take care,

Christine R. Harms, Director  
Colorado School Safety Resource Center  
Colorado Department of Public Safety

John W. Hickenlooper  
GOVERNOR

James H. Davis  
EXECUTIVE DIRECTOR

Colorado State Patrol

Colorado Bureau  
of Investigation

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Criminal Justice

Division of Fire  
Prevention and Control

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