

Select effective approaches

Learn how to help students recover from a traumatic experience.

Approaches that can help:

- **Reassure students** that the event is over and they are safe.
- **Emphasise that feeling upset or afraid is normal**, and that asking questions and telling you how they are feeling will help, that with time they will feel better.
- **Be understanding** – students will present a range of emotions and behaviours that will pass over the coming weeks.
- **Give extra attention**.
- **Remember you are a role model**. Students will look to their parents and teachers to both feel safe and to know how to respond and take care of themselves and others.
- **Keep routines** – maintain a predictable classroom routine as this will reinforce feelings of safety.

Approaches to avoid:

- Repeatedly talking about the details of a traumatic event.
- Saying “don’t worry” or “don’t be upset”.
- Being over-protective.

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.
