

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.

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