

Adult Guidelines for Helping Children and Teenagers

(drawn from the NCTSN website)

The protests can be a frightening experience for young people, and the days, weeks and months following could be stressful. Children and family will recover over time, especially with the support of relatives, friends, and community.

How long it takes to recover will depend on what happened to you and your family during and after these event. Some adults and children may have been caught up in protests because of where they live, or because of travel arrangements.

Over time, some youth and adults will return to normal routines, while others may struggle.

Children and teens may react differently depending on their age and prior experiences. Expect that youth may respond in different ways, and be supportive and understanding of different reactions, even when you are having your own reactions and difficulties.

Children's and teen's reactions are strongly influenced by how parents, relatives, teachers, and other caregivers respond to the event. They often turn to these adults for information, comfort, and help.

Common reactions

In the current times of unrest, many teens will experience some of these reactions even if they aren't talking about them:

- Feelings of anxiety, fear, and worry about the safety of self and others
- Fears that another violent incident may occur
- Changes in behaviour:
 - Increase in activity level
 - Decrease in concentration and attention
 - Increase in irritability and anger
 - Sadness and/or withdrawal
 - Radical changes in attitudes and expectations for the future
 - Increases or decreases in sleep and appetite
 - Engaging in harmful habits like drinking, using drugs, or doing things that are harmful to self or others
 - Lack of interest in usual activities, including how they spend time with friends
- Physical complaints (headaches, stomachaches, aches and pains)
- Changes in school and work-related habits and behavior with peers and family
- Staying focused on the violent event (talking repeatedly about it)
- Strong reactions to reminders of the stabbing (seeing friends who were also present during stabbing, media images, police)
- Increased sensitivity to sounds (screaming, hearing students running or sound of the fire alarm)

Things I Can Do for Myself

Take care of yourself.

Do your best to drink plenty of water, eat regularly, and get enough sleep and exercise.

Help each other.

Take time with other adult relatives, friends, or members of the community to talk or support each other.

Put off major decisions.

Avoid making any unnecessary life-altering decisions during this time.

Give yourself a break.

Take time to rest and do things that you like to do.

Things you can do for the children

Spend time talking with children.

Let them know that they are welcome to ask questions and express their concerns and feelings. You should remain open to answering new questions and providing helpful information and support. You might not know all the answers and it is OK to say that. At the same time, don't push them to talk if they don't want to. Let them know you are available when they are ready.

Find time to have these conversations.

Parents/guardians can use time such as when you eat together or sit together in the evening to talk about what is happening in the family as well as in the community. Try not to have these conversations close to bedtime, as this is the time for resting.

Promote children's self-care.

Help children by encouraging them to drink enough water, eat regularly, and get enough rest and exercise. Let them know it is OK to take a break from talking with others about the recent event or from participating in any of the community events.

Help children feel safe.

Talk with children about their concerns over safety and discuss changes that are occurring at school to promote safety. Encourage your child to voice their concerns to parents or to teachers at school.

Maintain expectations.

Stick with family boundaries, such as curfews, checking in with you while with friends, and keeping up with homework and chores. On a time-limited basis, keep a closer watch on where teens are going and what they are planning to do to monitor how they are doing. Assure them that the extra check-in is temporary, just until things stabilize.

Address acting out behaviours.

Help teens understand that “acting out” behaviours are a dangerous way to express strong feelings over what is happening. Examples of “acting out” include intentionally cutting oneself, driving recklessly, engaging in unprotected sex, and abusing drugs or alcohol. You can say something like, “Many children and adults feel out of control and angry right now. They might even think drinking or taking drugs will help somehow. It’s very normal to feel that way - but it’s not a good idea to act on it.” Talk with children about other ways of coping with these feelings (distraction, exercise, writing in a journal, spending time with others).

Limit media exposure.

Protect your teen from too much media coverage about the protests, including on the Internet, radio, television, or other technologies (e.g., texting, Facebook, Twitter). Explain to them that media coverage and social media technologies can trigger fears of the events happening again and also spread rumours. Let them know they can distract themselves with another activity or that they can talk to you about how they are feeling.

Be patient.

Teens may be more distracted and need added help with homework or projects once school is in session. They may need temporarily extra time to complete their work or more frequent breaks. Make sure they are patient with themselves as well.

Manage reminders.

Help children identify different reminders (people, places, sounds, smells, feelings) and to clarify the difference between the event and the reminders that occur after it.

Monitor changes in relationships.

Explain to teens that strains on relationships are might occur. Emphasize that everyone needs family and friends for support during this time. Spend more time talking as a family about how everyone is doing. Encourage tolerance for how your family and friends may be. Accept responsibility for your own feelings, by saying “I want to apologize for being irritable with you yesterday. I was having a bad day.”

Address radical changes in attitudes and expectations for the future.

Explain to children that changes in people’s attitudes are common and tend to be temporary after a traumatic experience. These feelings can include feeling scared, angry, and sometimes revengeful. Find other ways to make them feel more in control and talk about their feelings.