

PSYCHOLOGICAL FIRST AID: PART 1

It is important to recognize the symptoms of psychological discomfort in children.

Psychological First Aid (PFA) is an acute intervention for the alleviation of stress for children. The Model - Listen, Protect, Connect, Model, and Teach - is one example of PFA most commonly used by teachers, but applicable for all.

LISTEN CLOSELY

- Listen deeply to the concerns of children and youth.
- Ensure they feel heard, and believed.
- Legitimize what they are saying.

PROTECT

- Re-establish a sense of safety for the child and provide correct information.
- Regularly converse. Avoid unknown situations and adults.

CONNECT

- Support children in staying virtually connected to their peers, family, and support workers to cope with isolation.
- Create moments of togetherness.

TEACH AND MODEL

- Educate children and others on ways to support positive mental health.
- Ensure they know a little bit of stress is normal, and recognize when they may need additional professional support.
- Set an example to show how adults cope with adversity, despite any stress that may be felt.