

Enclosure No. 7

Behaviors and Situations to Note When Facilitating MHPSS or During Disaster/Emergency Response

Learners Age 6-11

- Isolate themselves
- Become quiet around friends, family, and teachers
- Have nightmares or other sleep problems
- Become irritable or disruptive
- Have outbursts of anger
- Start fights
- Be unable to concentrate
- Refuse to go to school
- Complain of physical problems
- Develop unfounded fears
- Become depressed
- Become filled with guilt
- Feel numb emotionally
- Do poorly with school and homework

Learners Age 12-17

- Flashbacks to the traumatic event (flashbacks are the mind reliving the event)
- Avoiding reminders of the event
- Drug, alcohol, tobacco use and abuse
- Antisocial behavior, i.e., disruptive, disrespectful, or destructive behavior
- Physical complaints
- Nightmares or other sleep problems
- Isolation or confusion
- Depression
- Suicidal thoughts

Note: Adolescents may feel guilty. They may feel guilt for not preventing injury or deaths. They may also have thoughts of revenge.

Learners who have prolonged problems after a traumatic event may show a range of symptoms:

- Re-experiencing the event
 - Through play
 - Through trauma-specific nightmares/dreams in flashbacks and unwanted memories
 - By distress over events that remind them of the trauma
- Avoidance of reminders of the event
- Lack of responsiveness
- Lack of interest in things that used to interest them
- A sense of having "no future"
- Increased sleep disturbances
- Irritability
- Poor concentration
- Be easily startled
- Behavior from earlier life stages