

Remaining vigilant during the pandemic: observational approaches in educational work

A guide for teachers and educators

COVID-19 and the associated societal measures currently determine our lives. These can also be detrimental to the mental health of young people.



To be able to offer young people the necessary support, it is important to detect psychological issues as early as possible. A mindful, careful and empathetic attitude can help you to keep track of young people's well-being and behaviour, and to react as necessary. Bear in mind that behavioural changes are often gradual and therefore difficult to spot.



Always acknowledge the following behaviour – do not ignore it!



- Increased irritability and disruptiveness in class
- Repeated transgressive behaviour
- Panic attacks/increased anxiety/stress
- Self-harming behaviour
- Listlessness/tiredness
- School fatigue, disinterest in school activities, avoidance of challenging situations (presentations, tests, etc.)
- ...



Should you notice any of this behaviour, it is very important to check in with the young person:

- » Be approachable, receptive, open and available for chats.
- » Attempt to engage in a discussion, maybe even online.
- » Show an interest in their problems/concerns and listen attentively.
- » Offer a safe space for discussions, either individually or in a group. Allow the young person to share their experiences and feelings during the pandemic and the changes in their daily lives.
- » If necessary, inform the young person of specialised support services.



Service psycho-social et d'accompagnement scolaires - SePAS

Service socio-éducative - SEE

Psychological support and counselling for secondary school students

Kanner-Jugendtelefon - 116111

Anonymous and confidential support via telephone (incl. in the evenings and at weekends) and online chat with trained staff - www.kjt.lu

Helpline 8002-9393

Psychological counselling and support, also within the family home by appointment via CePAS and ONE

www.cepas.lu / www.officenationalenfance.lu

CePAS offers further training on early detection and supervised spaces for in-class discussions in addition to counselling services for teachers through IFEN.

www.cepas.lu

**Thank you for your help
and commitment!**



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de l'Éducation nationale,
de l'Enfance et de la Jeunesse

