

# 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](http://www.kjt.lu)

**Helpline 8002-9393**

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

[www.cepas.lu](http://www.cepas.lu) / [www.officenationalenfance.lu](http://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](http://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

