

How Caring Adults Can Help:

Be available to listen. Let your mentee talk without passing judgment. Let them know their feelings are normal.

Honor privacy. Let youth take time to figure things out and express their feelings. Don't force them to talk.

Assure youth they are safe. Tell them about the safety steps being taken at the school, and ask about their safety concerns.

Establish positive routines and go back to former routines as soon as possible.

Give youth a sense of control over their lives. For example, let them decide what to do during your mentoring session or lead a project.

Keep youth healthy. Encourage youth to get rest and good nutrition.

Communicate with the teacher. Mentors and teachers should work together to make sure youth are recovering from the trauma.

Take advantage of mental health resources. Don't be afraid to ask for professional help.

Group Crisis Intervention: Trained crisis responders work with groups to help process traumas. The victims articulate what they felt, saw, heard, tasted, smelled and touched during the trauma. The goals are to increase safety and security, fulfill the need to retell their experiences and help identify ways to face the future.

Respond to specific symptoms:

- **Guilt:** Explain what is controllable and encourage youth to talk positively about themselves.
- **Helplessness:** Ask youth write or speak about feelings and record pleasant thoughts.
- **Apathy or depression:** Plan fun mentoring activities; talk about the future.
- **Agitation:** Encourage physical exercise by taking your mentee to the gym!
- **Fear:** Be available, supportive and reassuring.
- **Aggressive behavior:** Explain that the feelings of anger are normal and encourage the youth to express emotions in appropriate ways.