

## Connecting with Others: For Students

- Talking or hanging out with other people can help you feel better.
- It is important to get support from both adults (family members and teachers) and peers your age (friends and classmates).
- It may help to spend time with other people who have been through similar experiences.

### Those who can support you include:

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| <ul style="list-style-type: none"> <li>• Family who live with you</li> <li>• Extended family members who don't live with you</li> <li>• Adults at school (teachers, coaches, aides, administrators)</li> </ul> | <ul style="list-style-type: none"> <li>• Close friends/boyfriends/girlfriends</li> <li>• Classmates or others your age who have had experiences like yours</li> <li>• School counselors or other counselors</li> </ul> | <ul style="list-style-type: none"> <li>• Religious leaders</li> <li>• Doctors or nurses</li> <li>• Pets</li> </ul> |
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### When you want to talk to someone:

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| <ul style="list-style-type: none"> <li>✓ Decide carefully whom to talk to by thinking about a person you trust, who listens to you, and who can help you.</li> <li>✓ Choose the right time and place to talk.</li> </ul> | <ul style="list-style-type: none"> <li>✓ For example, a teacher may not be able to talk to you while she is teaching class, but may be happy to talk to you after class.</li> <li>✓ Ask the person if it's a good time to talk.</li> <li>✓ Let the person know that you want to talk.</li> </ul> | <ul style="list-style-type: none"> <li>✓ If you don't feel like talking, tell the person that you just want to spend time with them.</li> <li>✓ Start by telling the person what you need.</li> <li>✓ If you feel ready, you may talk about sad or scary thoughts or feelings, but you don't have to talk about anything if you don't want to.</li> </ul> |
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### Sometimes students don't want to talk about what happened because they worry that:

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| <ul style="list-style-type: none"> <li>• Other people won't want to listen or don't have time to listen.</li> <li>• Other people will be upset if they hear about what happened.</li> <li>• Adults will be mad if you talk about bad things that happened.</li> </ul> | <ul style="list-style-type: none"> <li>• They will look like they are weak or scared if they ask for help.</li> <li>• If they let themselves feel sad or scared, they will never feel better.             <ul style="list-style-type: none"> <li>– For example, some people are scared that if they start crying, they won't stop. This is not true; it actually helps to talk, as long as you wait until you are ready.</li> </ul> </li> </ul> |
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**Do not let your worries stop you from talking to family and friends. They want to be there for you, and you will feel better if you spend time with them.**

**What to do:**

- ✓ Tell a family member or friend that you would like to talk about what happened and your feelings about it.
- ✓ Tell family members or friends if you don't feel like talking about what happened, but want to spend time and do fun things with them.
- ✓ Remember that after something bad happens, it is ok to have many different feelings.
- ✓ Know that it is ok to spend time with people and to have fun, even during a sad time.
- ✓ Reach out to friends or family members by phone or internet.
- ✓ Get involved in support groups and community, school, or religious activities (sports, volunteering, youth groups).
- ✓ Support others; sometimes it will help you feel better, too.

**Good things to do when giving support to other people:**

- Let people know that you are interested in how they are feeling.
- Understand that people have all different kinds of feelings after a traumatic event. There is no right or wrong way to react. Some people cry when they are sad; other people may feel sad, but respond by being quiet, laughing, or seeming angry.
- Listen to the other person, respect his/her feelings, never make fun of the person, and encourage friends to seek support from adults when you think it might help. It always helps to be a good friend.

