

Enabling a Safe and Caring Environment for Children

Training for Teachers Day 2

Organised by: HAQ Centre for Child Rights
Prepared by: Kavita Mangnani, Anissha Aggarwal

Welcome to All

Kavita, Anissha,
Sunaina, will be your facilitators today

कविता, अनीशा, सुनैना
आज आपकी सहायक होंगी

Day 1 (4hr)	Day 2 (4hr)	Day 3 (4hr)
<ul style="list-style-type: none"> • Welcome and Introduction • Stating Expectations • Sharing Objectives, Benefits and Agenda • Ground Rules • Ice Breaker 	<ul style="list-style-type: none"> • Quick Welcome • Recap of Day 1 • Discussion on Day 1 Assignment • Star Awards Status 	<ul style="list-style-type: none"> • Quick Welcome • Energiser • Recap of Day 1 and Day 2 • Discussion on Day 2 Assignment
<ul style="list-style-type: none"> • Understanding Myths around Mental Health • Understanding Mental Health • Short Break • Components of Mental Health 	<ul style="list-style-type: none"> • Factors affecting mental health of children • Understanding the impact of pandemic on the Mental Health of children • Short Break • Recognizing Signs and Symptoms 	<ul style="list-style-type: none"> • Understanding PFA • Building skills to provide PFA • Short Break • Creating a Safe Environment
<ul style="list-style-type: none"> • Reflection and Discussion • Assignment for Day 1 • Closing 	<ul style="list-style-type: none"> • Reflection and Discussion • Assignment for Day 2 • Closing 	<ul style="list-style-type: none"> • Reflection and Discussion • Application and Assessment • Next Steps • How to use training material • Announcement of Star Awards • Closing

- Myths and Facts/ भ्रम एवं तथ्य
- Case Studies – 6 /प्रकरण का अध्ययन
- 11 Qualities of Mental health/ मानसिक स्वास्थ्य के गुण
- Being Healthy Vs Being Disease free/ स्वास्थ्य होना या रोग मुक्त होना
- Components of Physical Health/ शारीरिक स्वस्थ के पहलू
- Components of Mental Health/ मानसिक स्वस्थ के पहलू
 - Emotional Well-Being/ भावनात्मक स्वास्थ्य
 - Psychological Well-Being/मनोवैज्ञानिक स्वास्थ्य
 - Social Well-Being/ सामाजिक स्वास्थ्य

Recalling ground rules



Participate actively
सक्रिय रूप से भाग लें



Be respectful
सम्माननीय व्यवहार करें



Avoid being judgmental
अकारण आलोचना करने से बचें



Maintain Confidentiality
गोपनीयता बनाए रखें

- What did you think about the assignment?
ग्रहकार्य के बारे में क्या सोचते हैं?
 - I....
- Was it easy to do it or difficult?
क्या दिया गया ग्रहकार्य करना आसान था या मुश्किल था?
 - I.....
- Do you want to share your experience of the assignment with others?
क्या ग्रहकार्य का अनुभव साझा करना चाहेंगे?
 - I.....

Let's begin!

Factors Affecting Mental Health

Individual Factors

Family Factors

Social Factors

Economic Factors

Factors Affecting Mental Health

<p>Individual Factors</p> <ul style="list-style-type: none"> • Lack of interest in studies • Bullying • Peer pressure/fear/lack of confidence <ul style="list-style-type: none"> • Intellectual based discrimination • When people start finding out about romantic relationships • Loneliness • Unable to afford technology or other resources (during COVID-19) • Health problems • Inappropriate or bad behaviour of the teachers 	<p>Family Factors</p> <ul style="list-style-type: none"> • Big family • Lack of education support for girls • Parents are not education • Taking care of younger siblings
<p>Social Factors</p> <ul style="list-style-type: none"> • Child marriage • School safety/far distant • Discrimination b/w boys and girls • Caste based discrimination • Intellectual based discrimination • When people start finding out about romantic relationships • Lack of awareness on education 	<p>Economic Factors</p> <ul style="list-style-type: none"> • Lack of income - unable to afford fees, tuition, stationary, mobile devices, etc • Lower economic conditions • Unable to pay school fees • Unavailability of the teachers • Improper school structures - eg. toilets, lack of knowledge on menstrual hygiene • Child labour/help family with earning livelihood

• Individual Factors

- Poor health
- Ongoing psychiatric illness
- Living or staying alone
- Disability
- Children with certain personality traits – extrovert
- Perception of pandemic

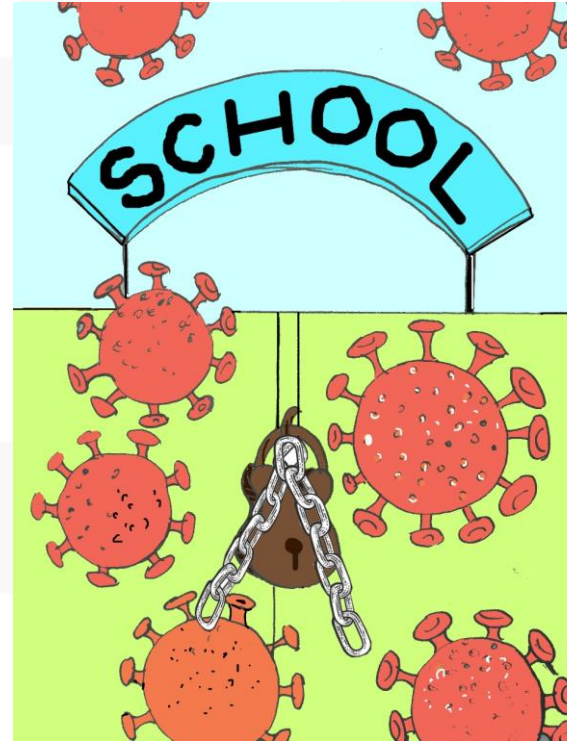


- **Family Factors**
- **Witnessing violence at home**
 - Experiencing abuse and violence at home or online
 - Poor relationships with parents and other family members
 - Ill health of any parent or family members
 - Poor relationships at home
 - Witnessing death at home
 - Socio-economic condition of the family
 - Increase in home chores especially for girl child



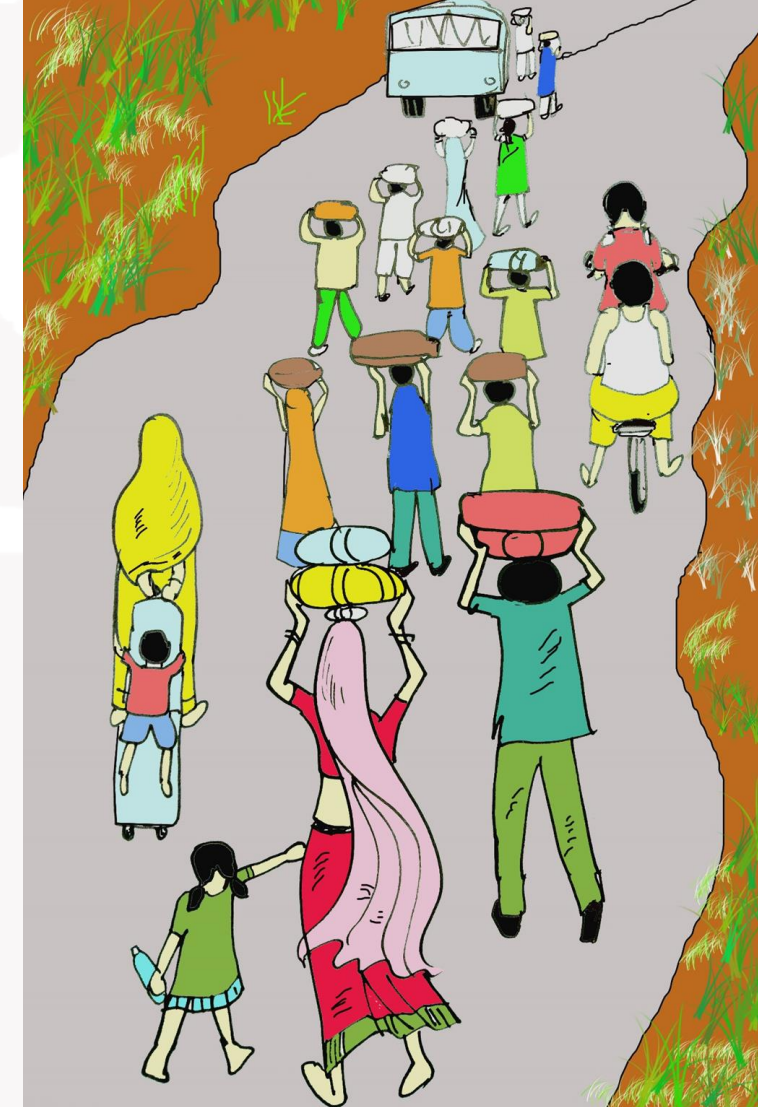
• Social Factors

- Closure of schools
- Disruption of regular studies
- Social distancing and isolation
- Digitalization of education
- Moving to new place due to migration
- Fake news/too much news about pandemic



• Economic Factors

- Access to food and shelter
- Loss of parent's job
- Non-availability of resource to continue education – android phone, internet connection.
- Reverse migration – leaving of school/education



- Loss of inter-personal relationship/ महताव्युरण रिशते को खोना
- Loss of loved ones due to pandemic and experience of grief/प्रियजनों की मृतियु होना
- Impact due to loss of education; closure of schools, disruption in regular studies and digitalization/ पढ़ाई का नुकसान, स्कूल का बंध होना, पढ़ाई में रुकावट
- Increased vulnerability / असुरक्षिता बढ़ाना
- Increase in violence and abuse at home /घरो में शोषण का बढ़ाना
- Low self-esteem and self-concept/आत्म –सम्मआन घटना
- Development of psychiatric illness/disorders like depression, anxiety, PTSD, etc. and relapse of psychiatric illness/ मानसिक रोग होना - जैसे अवसाद, चिंता इतियादी; मानसिक रोग फिर से होना।

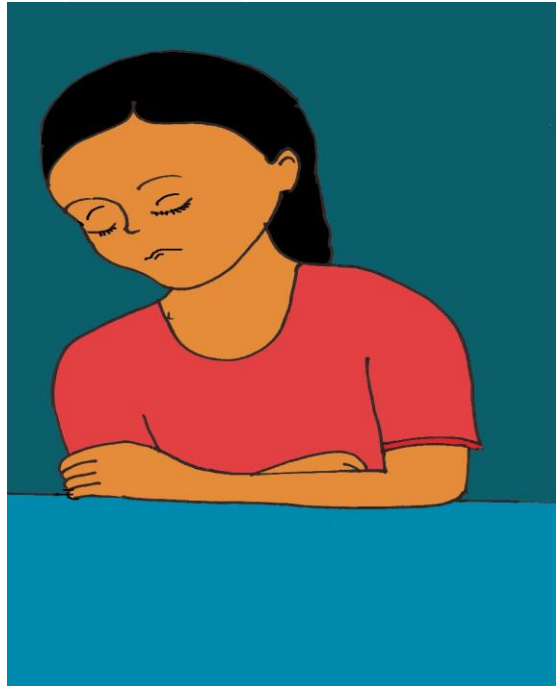
Short 10-min Break

Recognizing Signs and Symptoms/पहचाने लक्षण एवं संकेत

Feelings भावनाएँ	Thoughts विचार	Behaviour व्यवहार
Happiness खुशी	“I passed my entrance exam, now I get into a college of my choice” मैंने अपनी परीक्षा पास कर ली है, अब मे अच्छे कॉलेज मे जा पाऊँगी	Smiling हंसना
Anger गुस्सा	“How dare he talk to me like this” उसकी हिम्मत कैसे हुई मुझसे ऐसे बात करने की।	Shouting/ breaking things चिल्लाना या चीज़ों को तोड़ना
Sadness उदासी	“I can't do anything” मैं कुछ भी नहीं कर सकती	Withdrawn/not participating in any social activity अकेले रहना
Guilt ग्लानि	“everything is my fault” सब मरे गलती है।	Crying/ blaming oneself रोना या अपने आप को दोष देना
Hate नफरत	“I just don't like my teacher” मुझे यह टीचर बिलकुल पसंद नहीं है	Disturbing the teacher while she is teaching टीचर को परेशान करना
Fear डर	“If I will not obey her, she will bully me again” मैंने अगर उसकी बात नहीं मानी तो वो मूझे फिर परेशान करेगी	Avoiding the bully/crying/ fighting परेशान करने वाले से दूर भागना या लड़ना



1



2



3



4

Sadness/
उदास



1

2



Feeling Tired/
थका महसूस करना

3

Afraid/
डर



4

Anger/
गुस्सा



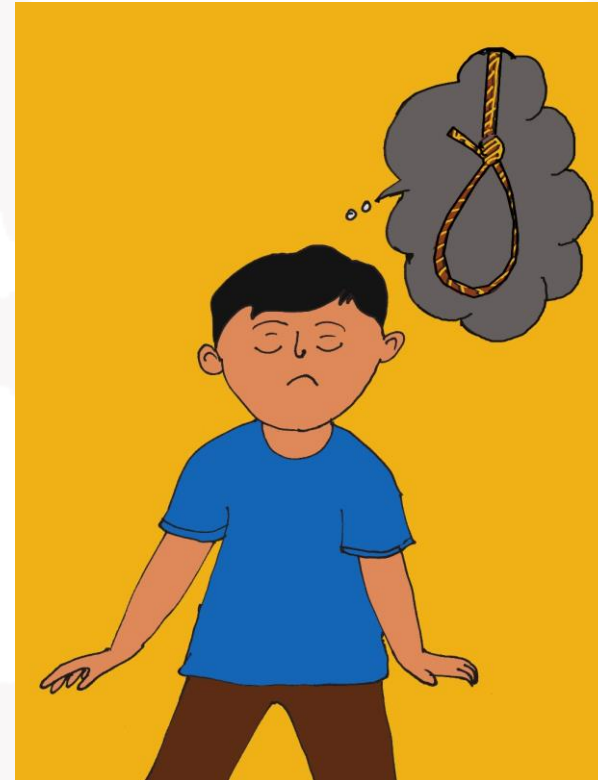
- Persistent sadness/निरंतर उदासी
- Hopelessness/निराशावादी होना
- Anxiousness/ लगातर चिंता
- Being afraid/डर
- Guilt and shame/गलनि ओर शर्म
- Being irritable and angry most of the time for no apparent reason/ बिना कारण गुस्सा या चिदचिड़ा होना
- Significant changes in mood unrelated to events/ निरंतर बदलती मनोदशा
- Feeling bad about oneself or one's appearance/ अपने बारे मे बुरा सोचना
- Lacking energy to do things / कम ऊर्जा महसूस करना
- Feeling tired most of the time/थका हुआ महसूस करना



1



2



3



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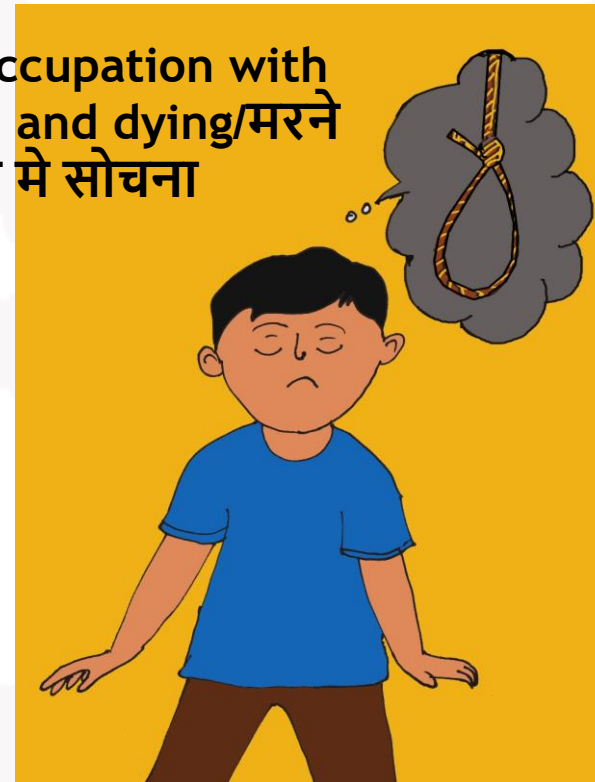


1



2

Pre-occupation with death and dying/मरने के बारे में सोचना

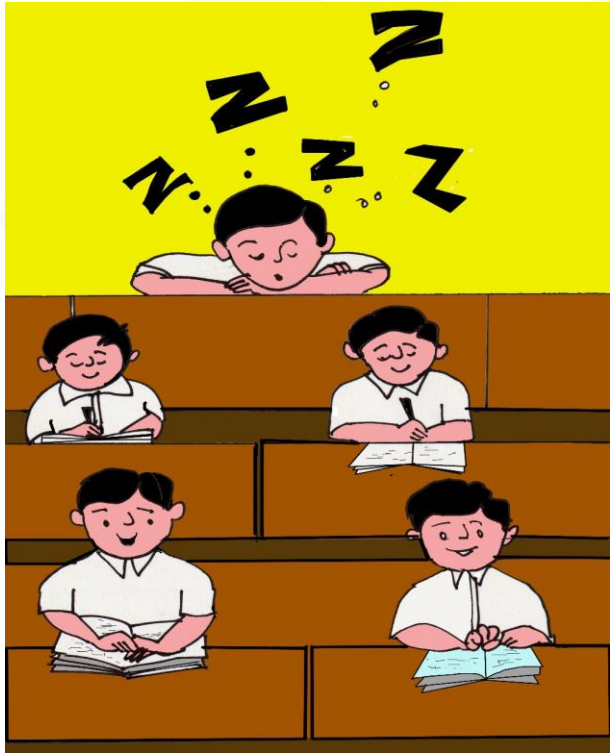


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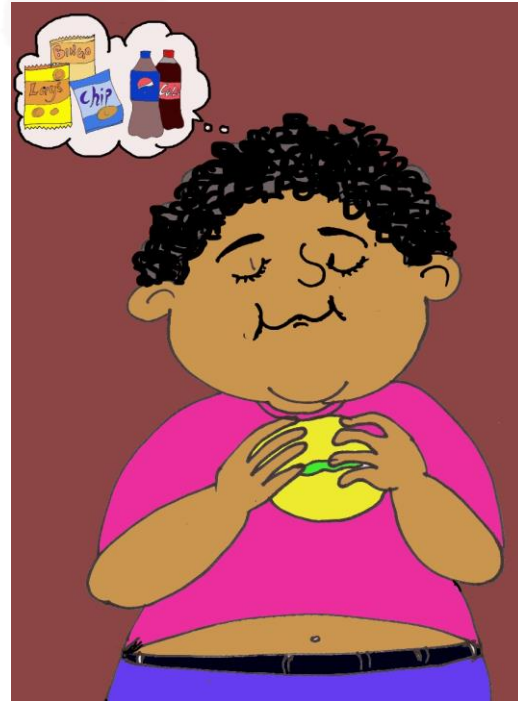
Not able to take decision/निर्णय न ले पाना



- Preoccupation with death and dying/ मरने या मौत के बारे में सोचना
- Thoughts about suicide or hurting oneself/ आत्म-हत्या के बारे में सोचना
- Overly rapid thoughts and ideas/ जल्दी- जल्दी विचार आना
- Thinking of oneself as bad or evil/ अपने आपको बुरा समझना
- Finding it difficult to make decisions/ निर्णय न ले पाना
- Limited understanding and difficulty with conceptual thinking/ समझदारी में कमी आना
- Suspicious and inability to trust anyone/ शक करना या किसी पर विश्वास न करना



1



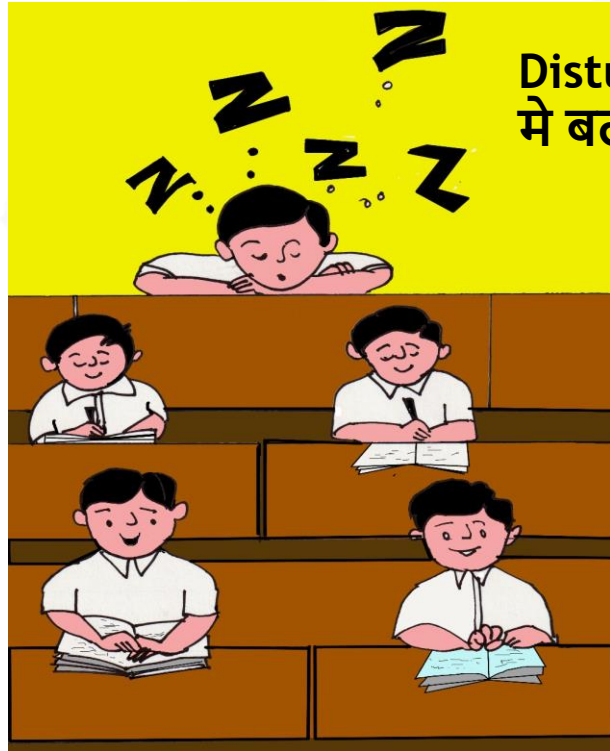
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3



4



Disturbed sleep/ नींद में बदलाव

1

Disturbed Eating pattern/ भूख में बदलाव



2



Complaints of ache & Pain/दर्द की शिकायत

3

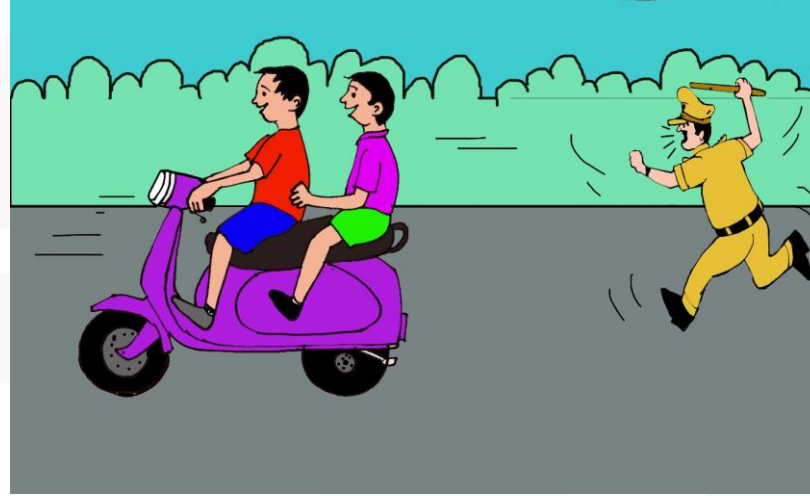


Increased risk-taking behaviour/ जोखिम वाले काम करना

4



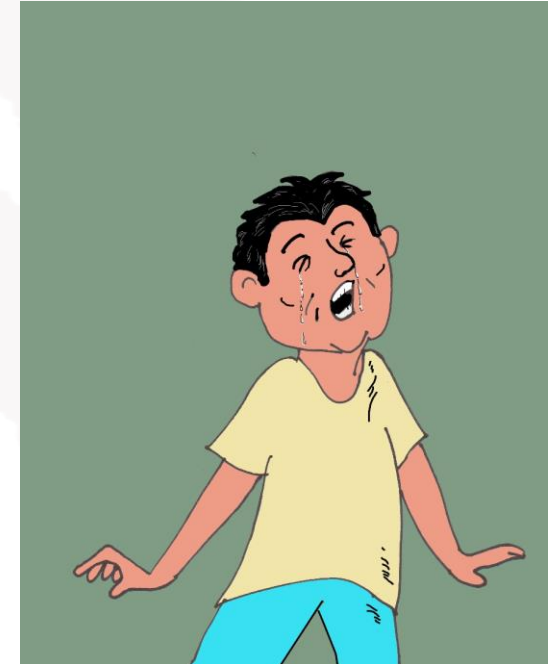
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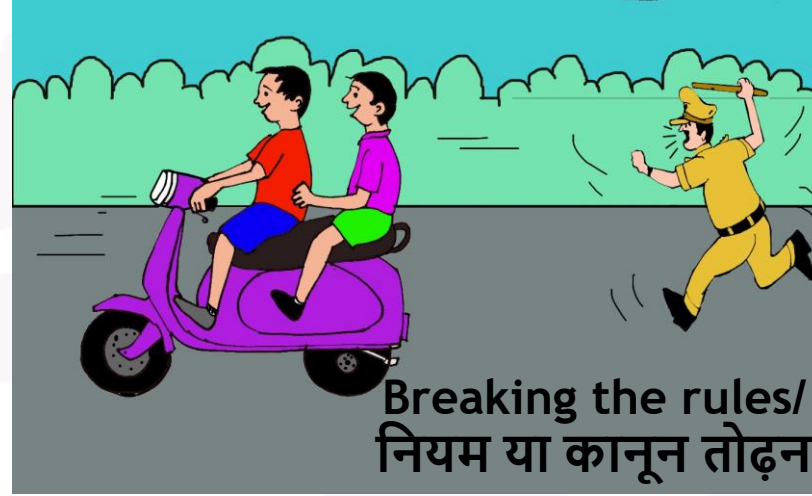
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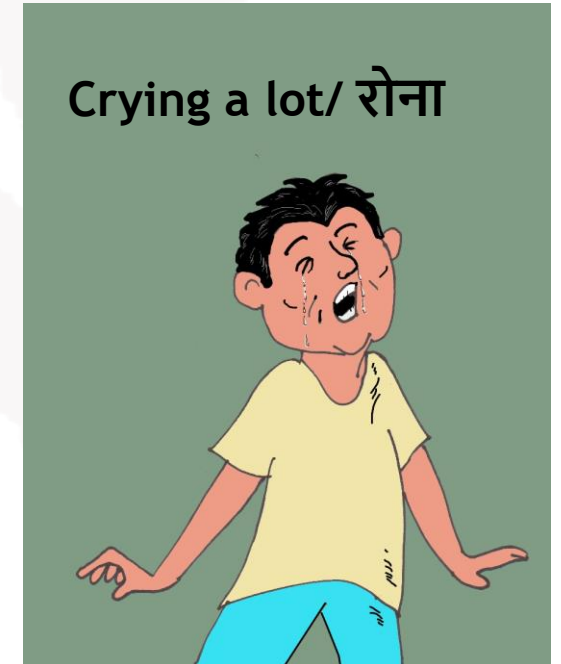
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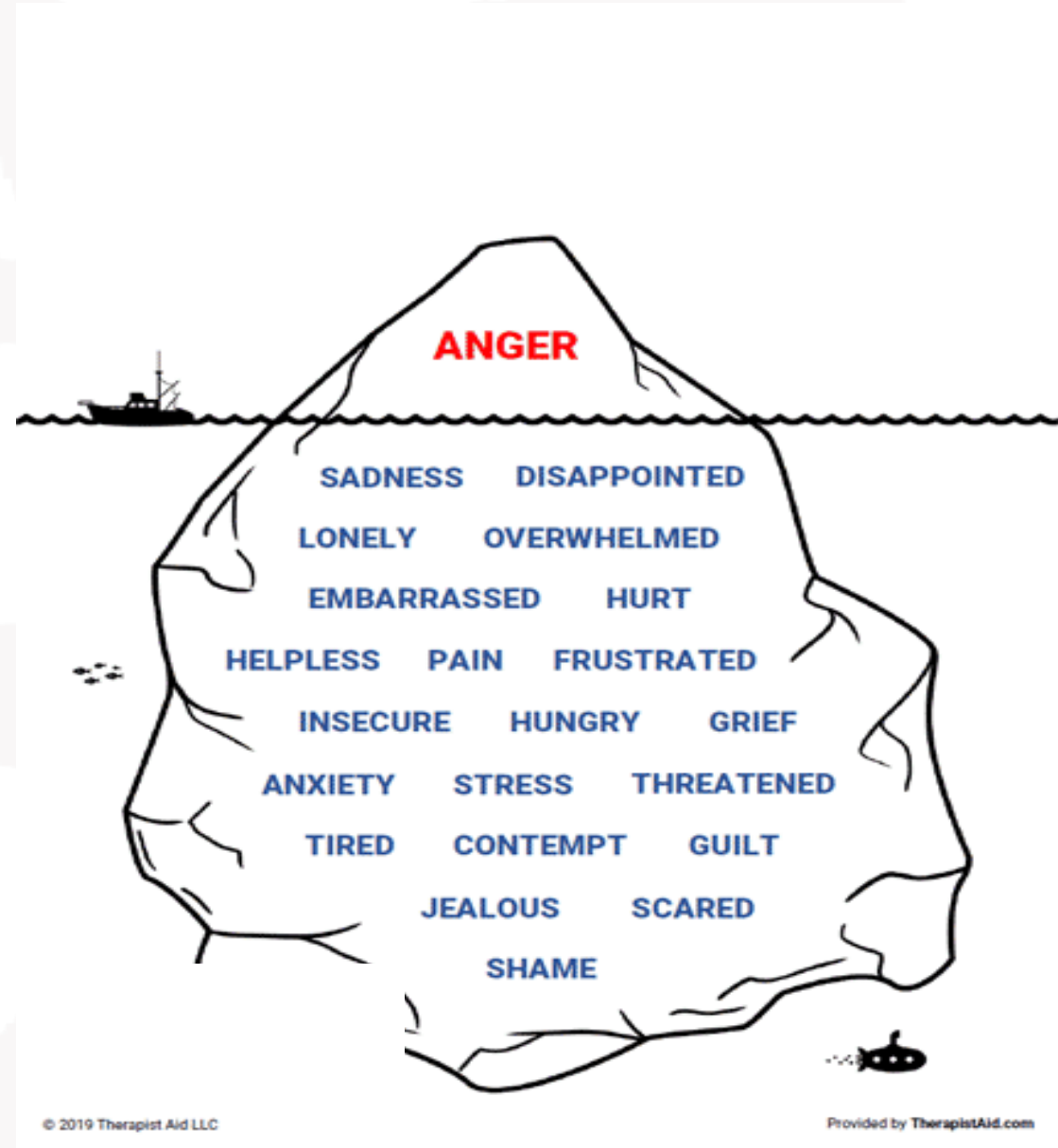


4

- Being overly isolated or withdrawn/ अलग या अकेले रहना
- Avoiding social situations/ सामाजिक इस्थितियों से जी चुराना
- Crying a lot for no apparent reason/ बिना कारण रोना
- Having irrational fears that affect to function normally/ बिना कारण डर
- Showing loss of interest in leisure activities/ किसी भी चीज़ में रुचि न लेना
- Inability to enjoy themselves/ किसी भी चीज़ में आनंद न लेना
- Disturbed sleep pattern – either sleeping too much or too less/नींद में बदलाव आना
- Nightmares/डरावने सपने आना
- Beginning to act in a sexually proactive manner/ यौन उतेजना दिखना
- Drug use, alcohol use/नशे का सेवन करना
- Increase risk taking behaviour/जोखिम वाले काम करना
- Disturbed eating pattern – eating too much or starving self/अत्याधिक भूख लगना या भूख न लगना

- Undergoing significant weight loss or gain/ वजन घटना या बढ़ना
- Lacking in energy or bored/ ऊर्जा कम होना
- Often complaints of headaches, stomach aches or general illness/ बार- बार बीमार पड़ना
- Restless, fidgety or being hyperactive/ बेचान होना
- Self-harm/अपने आप को चोट पाहुचना
- Talking about suicide/आत्म-हत्या के बारे में बात करना
- Behaving in age-inappropriate manner – regressive behaviour/ अपने उम्र के विपरत व्यवहार करना
- Often starting fights with other pupils/लड़ाई या झगड़ा शुरू करना
- Regularly breaking the rules with little regards for the feelings of others/ नियम या कानून तोड़ना
- Adopting ritualistic, repetitive, or routine behaviour that appears to be irrational/ तर्क हीन व्यवहार करना
- Aggression towards adults and other pupils/ अपनों से बढ़ो पर गुस्सा होना

Recognizing Signs and Symptoms



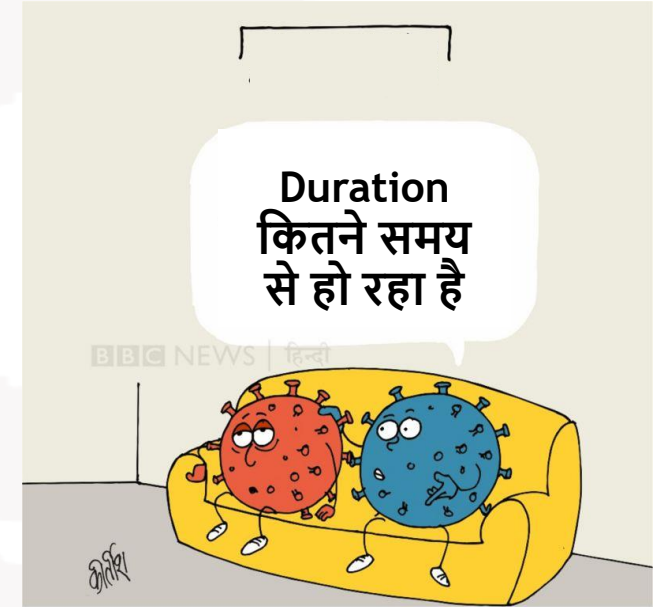
Keep a check on the following online

- Status messages of children/ whatApp के संदेशो को देखे
- Level of WhatsApp (or similar) group participation/ समूह मे भागीदारी का आई स्तर
- Attendance and participation in online classes/ऑनलाइन कक्षाओं मे भागीदारी
- Quality of work submitted and responses in class/ग्रहकार्य का स्तर
- Sentiments expressed in reflective writing (essays, dear diary, etc.)/लिखित मे व्यक्त की गई भावनाएँ
- Sentiments expressed through art/ कला के माध्यम से व्यक्त की गई भावनाएँ
- Social media presence and activity/सोशल मीडिया पर प्रक्रिया

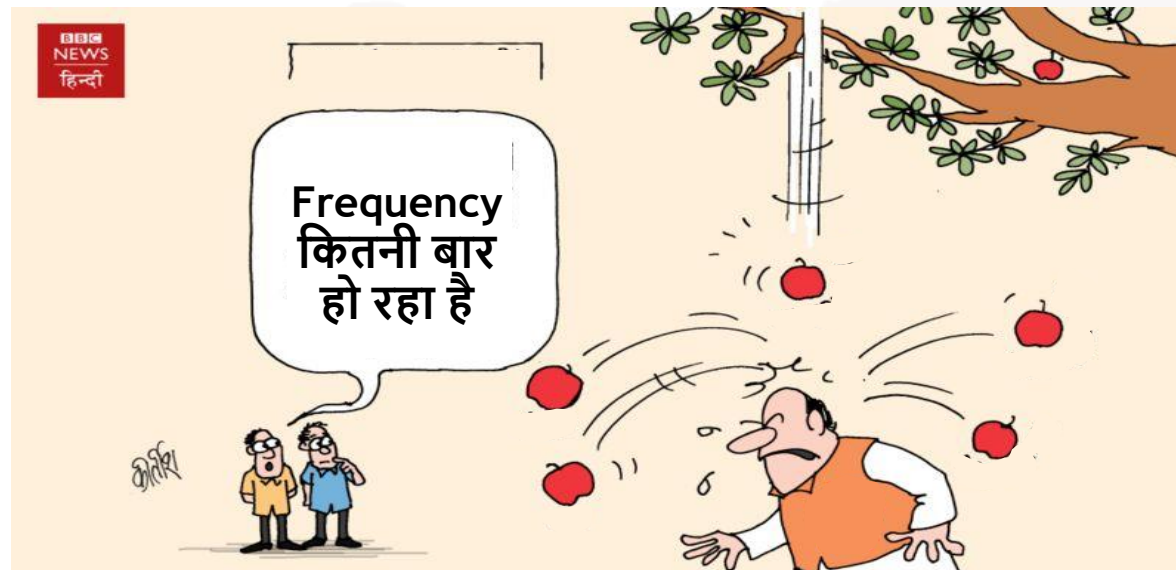
Intensity, Frequency, Duration of Signs/Symptoms



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कार्टून



Thank You

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- https://www.ready.gov/sites/default/files/documents/files/PFA_SchoolCrisis.pdf
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- Teacher's Manual on Life Skills: Classes IX-X by CBSE
- Kapur, M (2011). Counselling Children with Psychological Problems. Pearson: Delhi
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