

In light of the recent events in Afghanistan and the number of requests for training we have received from schools, QPASTT has developed a series of four videos for schools on how to manage acute stress in the educational environment.

The first three videos focus on acute stress events in general and how schools can respond. The fourth video has information specifically about the Afghan crisis.

We recognise that school staff are already doing amazing work in supporting students and their families when crises emerge around the world. We hope that as you watch these videos you recognise the many ways in which you are already providing care and support for your students and perhaps find some additional ideas you may wish to adopt.

Part One – What is acute stress and what are its impacts?

In this video we cover: the refugee experience; the nature of trauma; the nature of acute stress due to a crisis; understanding the experience of acute stress; the goals of supporting someone in acute stress; and important considerations for refugee communities.

Duration: 21 minutes

<https://vimeo.com/631590328/bb1b2b5029>

Part Two – What might I see in individuals, families and communities at times of acute stress?

In this video we cover: the experience of acute stress; the impact of acute stress; how to care for the person who is experiencing acute stress; working with children, young people, families and communities impacted by acute stress.

Duration: 23 minutes

<https://vimeo.com/631590514/6e76924ac6>

Part Three – What can I do to support individuals and families in times of acute stress?

In this video we cover: Understanding the goals of responding to acute stress; the Window of tolerance; the importance of being a supportive person and strategies that can be employed - at the school community level; to enhance safety; to enhance connection; enhance control & empowerment and in working with families.

Duration: 24 minutes



<https://vimeo.com/631590022/70cbf4761e>

Supporting Afghan students and families – information for schools responding to the 2021 Afghan crisis

In this video we cover: information on the unfolding situation in Afghanistan; the impacts on students and families thus far; the role of schools and teachers in supporting Afghan students and families

Duration: 10 minutes

<https://vimeo.com/631590148/5155ce1ded>