

COMPASSION



Sequoia Union District teachers and staff are in a unique position to demonstrate compassion for students in distress. The purpose of this folder is to help you recognize symptoms of student distress and identify appropriate referrals to campus resources. The Sequoia Union High School District, in collaboration with the Mental Health Task Force, requests that you act with compassion when you are dealing with a student in distress.



SEE SOMETHING	SAY SOMETHING	DO SOMETHING
<p>District teachers and staff interact with students on a daily basis and are therefore able to observe student behavior over a period of time. Educating yourself and learning the symptoms of distress will allow you to recognize them when they surface with your student.</p> <p>Remember, you may be the <i>first</i> person to SEE SOMETHING since you have frequent and prolonged contact with them.</p> <p>✓ Be Proactive: Engage students early on, pay attention to signs of distress, and set limits on disruptive behavior.</p>	<p>High school students may feel alone, isolated, and even hopeless when faced with academic and life challenges. These feelings can easily disrupt academic performance and may lead to other serious consequences. Students exhibiting troubling behaviors in your presence are likely having difficulties coping with life stressors.</p> <p>Trust your instincts and SAY SOMETHING if a student leaves you feeling worried, alarmed, or threatened!</p> <p>✓ Be direct: Show compassion and concern. Don't be afraid to ask directly if students are struggling with some issues. Listen sensitively and carefully: Use a non-confrontational approach and a calm voice.</p>	<p>Sometimes students cannot or will not turn to family or friends. DO SOMETHING! Your expression of concern may be a critical factor in saving a student's academic career or even their life.</p> <p>✓ Follow through: Direct the student to the physical location of the identified on-campus resource or speak to a guidance counselor.</p> <p>✓ Documentation: Always document your interactions with distressed students and consult with your AVP after any incident.</p> <p>✓ Safety first: The welfare of the campus community is the top priority when a student displays threatening or potentially violent behavior. Do not hesitate to call for help.</p>