

The silent danger in our schools

Suicide of learners



### www.VitaAmp.org





ONE suicide is ONE too many.

#### Pandemic versus wave

The difference

## The big picture (for 15 months now)

Lockdown and isolation

Trauma – deep emotional damage

Uncertainty and defenseless (no control)

• Rhythms (sleep, work, studies, sport.....)

Losses

The little hammer

.....and the cracks later on



Spiritual perspective: the big picture

Hebrews 12: 1-3

....uphill in your race



# Parents: University of Michigan of Social Work)

(School

52 percent of parents said that **financial concerns** and **social isolation** were getting in the way of their parenting. Parents also reported yelling at their kids more often than usual, and they were trying to adjust to suddenly being responsible for **schooling** their children from home.

### **Teachers**: England – end of 2020

Teachers in England have described a nightmarish term in schools in which Covid has triggered soaring anxiety levels, exhaustion and fear, driving many to consider quitting and even self-harm.

= Covid fatigue

## South Africa – May 2021

83% of teachers' stress levels = high health risk

56% = stress levels much higher than the average (21.8 in 2020 – average is 12-15)





# Summary of the bigger picture

 Parents very high stress levels (chronic)

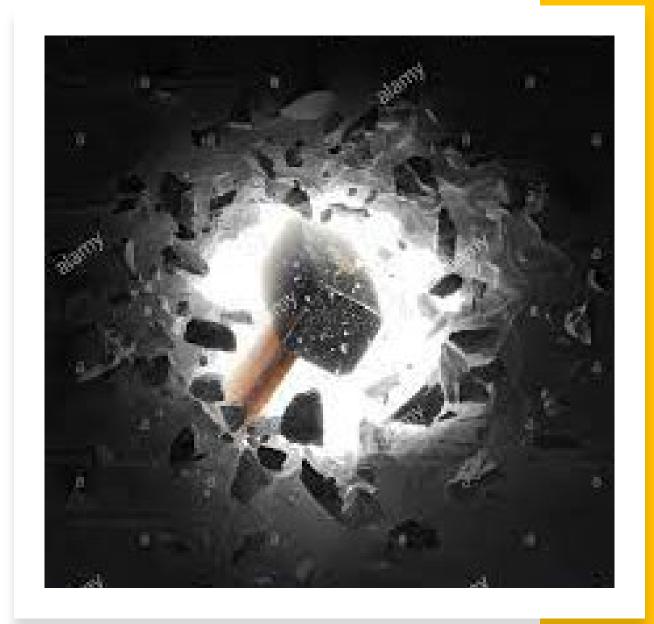
• **Teachers** very high stress levels (chronic)

## And now: the uphill for our youth

Consequences of isolation and lockdown for them?

Many losses = trauma

Cortisol/adrenalin levels? 个 The hammer!!!



- Less laughter and joy
- Negative effects on the brain (positive hormones  $\downarrow$ )
- More and more technology
- Alone in room further isolation
- Passive (physically)
- Lazy in terms of school work pressure of falling behind
- Crutches (see the red lights!!) a third pandemic!!

#### What can WE do?

- NUMBER ONE: primary responsibility
- Our homes: fun, energy, love, listen, creative......
- Time: listen to emotions
- Be intentional: get out of the house
- Manage technology be strict
- Get your child outside: exercise, sun......
- Reach out to other people
- Irresponsible parenting: too much freedom!

#### Schools and teachers:

- Schools must be creative during these times fun, excitement
- Invite specialists to equip the youth (and teachers) on emotional wellness
- Reach out! You have the open door
- Watch out for certain personalities (sensitive, harmony, empathy, contained/quiet, perfectionist, creative.....)
- See professional people these are exceptional times

### HOPE is everything!.....ask any physician

**Romeine 15: 13** 

Mag God, die bron van **hoop**, julle deur julle geloof met alle **vreugde** en **vrede** vervul, sodat julle **hoop** al hoe sterker kan word deur die krag van die Heilige Gees!

May the God of **hope** fill you with all **joy** and **peace** as you trust in him, so that you may overflow with **hope** by the power of the Holy Spirit.

Hope is long term – it is about a new tomorrow

Joseph (matriculant)