

The silent danger  
in our schools

Suicide of  
learners



THE CHANGE IN EDUCATION



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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 (School of Social Work)

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

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Consequences of isolation and lockdown for them?

Many losses = trauma

Cortisol/adrenalin levels? ↑  
The hammer!!!



- Less laughter and joy
- Negative effects on the brain (positive hormones ↓)
- 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)