



What can I do if a young person's behaviour changes after an event, but they don't seek my help?

Based on material from
The Icelandic Red Cross' trauma team
for children and teenagers.

Learn about
common responses
to trauma in children.

Read about normal reactions

Young people (ages 11-18) respond to trauma in a mix of adult and childlike ways.

If the young person survived a dangerous situation, they may think they are immortal. They might then take reckless risks.

The use of alcohol and other drugs can start or increase.

Insecurity and anxiety
can make young people
want to stay at home as
much as possible.

You can do many things for the young person. This is true even if they don't come to you about their concerns.

**Start a
conversation with
them about the
event.**

If they don't want to
discuss it, respect it.

Be alert if the young
person has questions or
wants to speak to you.

Be present

Don't get annoyed if the young person needs more closeness or touch than usual.

Keep them company. Create chances to be with them. Even if it's just to play cards or watch a movie together.

Maintain daily routines.

Knowing when mealtime is and understanding what is expected of them at home helps them feel safe.

Allow them to make certain decisions for themselves.

For example, if they do not want to go to a gathering, let them stay at home.

This way, you help them feel that they are in control of their lives.

How can adults help children after trauma?

Click to read more
on ways and resources



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