

# Psychological First Aid for Teens





## Objectives

- To provide students with the knowledge and skills to help themselves and others cope with stressful or traumatic events.
- To increase students' awareness of the signs and symptoms of psychological distress.
- To teach students how to offer support to those who are struggling.
- To help students develop coping mechanisms for dealing with stress.



## Learning Outcomes

- By the end of this program, students will be able to:
- Identify the signs and symptoms of psychological distress.
- Understand the importance of self-care in coping with stress.
- Offer support to those who are struggling.
- Develop coping mechanisms for dealing with stress.

## Activities

Lectures on the topics of stress, coping, and psychological first aid.

Group discussions and activities on topics such as stress management, communication, and emotional regulation.

Role-playing exercises to practice skills such as offering support and listening to others.

Guest speakers who can share their experiences with stress and coping.

