

# Supporting Students & Each Other

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# Maslow's Hierarchy of Needs



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# Maslow's Hierarchy of Needs

## PHYSIOLOGICAL

- Food
- Water
- Warmth
- Rest



## SAFETY

- Security
- Safety





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# Maslow's Hierarchy of Needs

## **BELONGINGNESS & LOVE**

- Intimate Relationships
- Friends

## **ESTEEM**

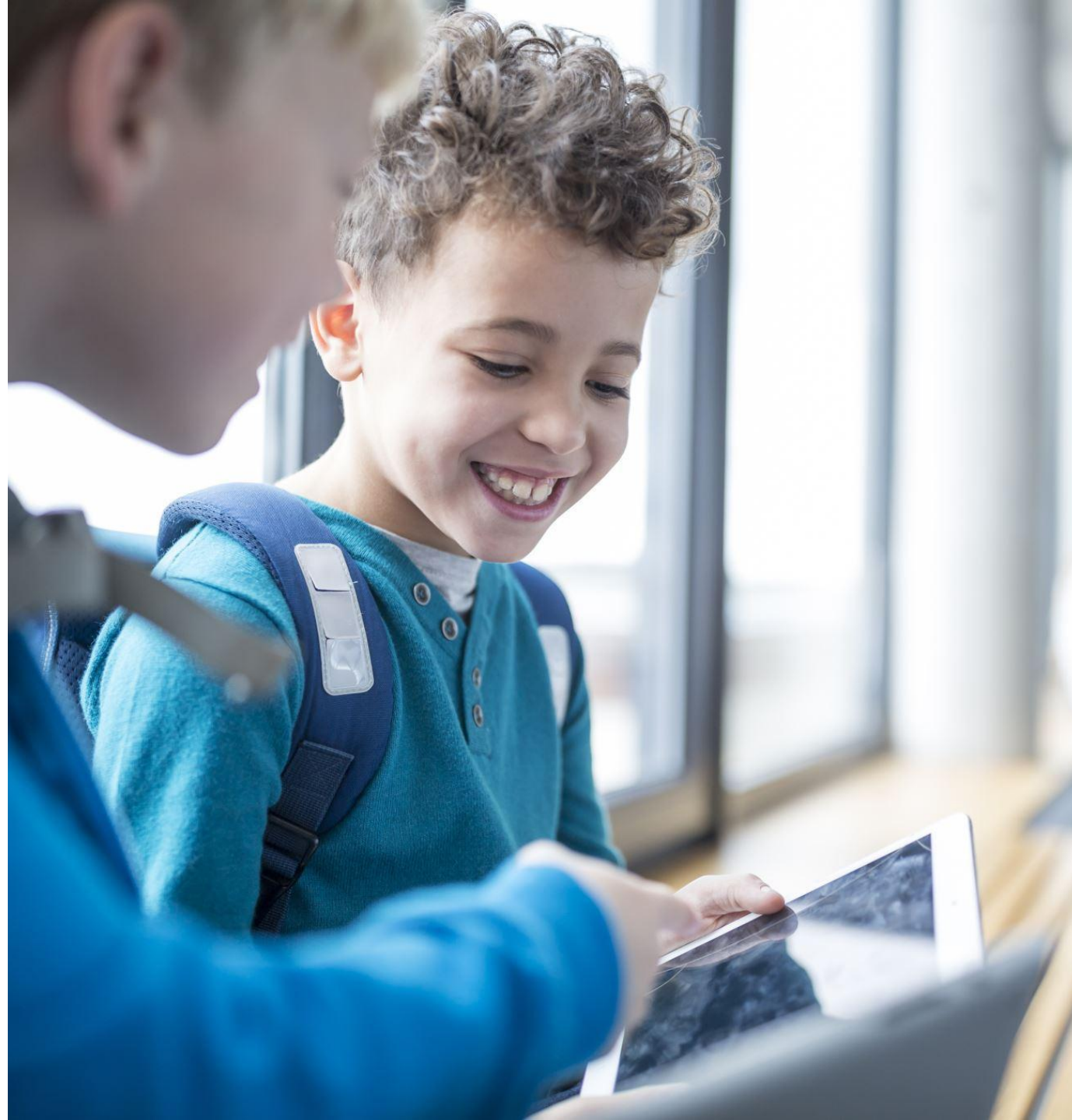
- Prestige
- Feelings of Accomplishment

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## Maslow's Hierarchy of Needs

- Self-Actualization  
(Self-Fulfillment)

Achieving one's full potential,  
including creative activities



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# Why is this important?

- We must first take care of ourselves before we take care of others.
- Meeting basic needs is the first step to being healthier.
- Following Maslow's Hierarchy of Needs assists in assessing the needs and functioning of your students and yourselves.
- This helps determine what your next steps are in helping your students and yourself.
- .....Let me explain how...



# Cause I Ain't Got a Pencil

by Joshua T. Dickerson

I woke myself up  
Because we ain't got an alarm clock  
Dug in the dirty clothes basket,  
Cause ain't nobody washed my uniform  
Brushed my hair and teeth in the dark,  
Cause the lights ain't on  
Even got my baby sister ready,  
Cause my mama wasn't home.  
Got us both to school on time,  
To eat us a good breakfast.  
Then when I got to class the teacher fussed  
Cause I ain't got a pencil.

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## Supporting Students & Each Other

- Acknowledge
- Give time
- Encourage Questions
- Address Safety & Other Concerns
- Routine & Normalcy





# Awareness

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Isolation or Chronic Loneliness

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Decreased Motivation

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History of Depression or Anxiety

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Moderate to Severe Emotional Distress

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Experiencing prejudice, discrimination, or pressure to be someone they are not.

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Loss of appetite, disruption of sleep

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Feeling restless or on edge

Awareness....Listen,  
Observe...

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Talking about wanting to die, be dead,  
or about suicide

Cutting or burning

Feeling like things may never get better  
(hopelessness)

Having thoughts of suicide or past  
attempts

Abusing drugs or alcohol

# Trust Your Gut!

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- Prevention  
Presence & Support
- Action  
Acknowledge, Listen, Encourage, Safety, Tell  
Someone
- Intervention  
Parent/Caregiver, School Counselor, Teacher,  
Friend, Therapist  
Assessment & Planning

# WHAT ARE COMMON REACTIONS TO TRAUMA?

## Common Emotional and Behavioral Responses to Trauma

- Denial
- Confusion
- Anger
- Fear
- Guilt
- Anxiety
- Depression
- Flashbacks to the event
- Difficulty concentrating
- Withdrawing from friends and family

## Common Physical Responses to Trauma

- Insomnia or disrupted sleep
- Fatigue
- Muscle tension
- Headaches
- Chest pain
- Chronic unexplained pain or health challenges



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# What Does Trauma Look Like?

| Preschool Children   | Elementary School Children   | Middle and High School Children   |
|--|--|---|
| <ul style="list-style-type: none"> <li>• Feel helpless and uncertain</li> <li>• Fear of being separated from their parent/caregiver</li> <li>• Cry and/or scream a lot</li> <li>• Eat poorly and lose weight</li> <li>• Return to bedwetting</li> <li>• Return to using baby talk</li> <li>• Develop new fears</li> <li>• Have nightmares</li> <li>• Recreate the trauma through play</li> <li>• Are not developing to the next growth stage</li> <li>• Have changes in behavior</li> <li>• Ask questions about death</li> </ul> | <ul style="list-style-type: none"> <li>• Become anxious and fearful</li> <li>• Worry about their own or others' safety</li> <li>• Become clingy with a teacher or a parent</li> <li>• Feel guilt or shame</li> <li>• Tell others about the traumatic event again and again</li> <li>• Become upset if they get a small bump or bruise</li> <li>• Have a hard time concentrating</li> <li>• Experience numbness</li> <li>• Have fears that the event will happen again</li> <li>• Have difficulties sleeping</li> <li>• Show changes in school performance</li> <li>• Become easily startled</li> </ul> | <ul style="list-style-type: none"> <li>• Feel depressed and alone</li> <li>• Discuss the traumatic events in detail</li> <li>• Develop eating disorders and self-harming behaviors such as cutting</li> <li>• Start using or abusing alcohol or drugs</li> <li>• Become sexually active</li> <li>• Feel like they're going crazy</li> <li>• Feel different from everyone else</li> <li>• Take too many risks</li> <li>• Have sleep disturbances</li> <li>• Don't want to go places that remind them of the event</li> <li>• Say they have no feeling about the event</li> <li>• Show changes in behavior</li> </ul> |

# How to Cope with Triggered Trauma Memories

- **Move your body.** Get your body moving to release endorphins and shift your body's response.

- **Use grounding techniques.** Bring yourself into the present by getting in touch with your senses.

- **Go outside.** This is a great place to apply grounding techniques. Breathe the fresh air.

- **Practice cozy self-care.** Draw a warm bath. Put on your comfiest pajamas.

- **Let emotions be.** Allow yourself to process the emotions with patience.

- **Try tapping.** Tapping calms anxiety, builds self-acceptance and draws your awareness into your senses.

- **Get support.** Having a sense of community is essential to avoid falling prey to isolation.



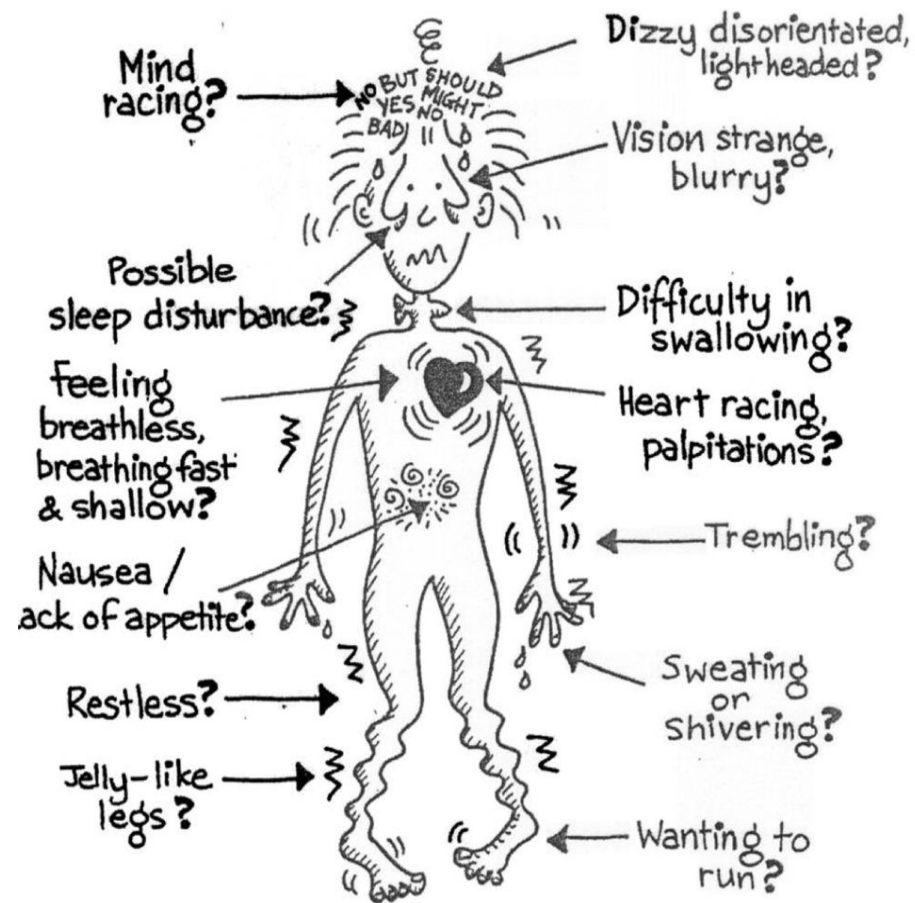
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## Coping

# THINGS I DIDN'T KNOW WERE ANXIETY



## Signs of Anxiety



# Depression



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# Resources

Teachers, Administration,  
School Counselors, Mental  
Health Providers, Coaches,  
Community Supports

Alta clients have access to  
a 24/7 crisis line where  
mental health providers  
are on-call to prevent,  
assess, intervene, and plan  
for safety or de-escalation.

24/7 Help Network  
Northeast Ohio Dial 211 or  
call 330-747-2696

Crisis Text Line TEXT  
*HOME* TO 741741

Suicide Crisis Line Call 988

National Suicide Hotline  
1-800-273-8255

PFLAG text *START* to  
741741

THETREVORPROJECT.ORG  
for LGBTQIA+ offers chat,  
text, and phone call  
•Phone: 1-866-488-7386  
•Text *START* to 678-678

Emergencies Dial 911