

Foundation House Briefing for School Staff: Supporting students and families of Afghan background

With Greg Gow, Zabi Mazoori, Claudia Thoms & Christine Bakopanos

- Please Mute your video
- Place questions/comments in Chat



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Key message 1

Provide assistance by prioritising wellbeing and connection with students and families of Afghan background.



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Key message 2

Acknowledge what is happening in Afghanistan and communicate your solidarity with families and the community.



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Sample communication:

To our {insert name of school} community. We would like to take this opportunity to express our solidarity with and care for, our students and families of Afghan background and to their loved ones still in Afghanistan. We want you all to know that we are here, we see what you are going through. We are so glad that you are here in our community and we want to offer our support to you and your families. We will be reaching out to families and please contact us if we can help.



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Key message 3

Revisit individual risk assessments and consider onsite supervision for any vulnerable students – which may increasingly include students of Afghan background.



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Discussion with Zabi Mazoori
Community Project Worker
Foundation House
COVID Mental Health Response Project

Acute stress and trauma responses

Distress, fear, hopelessness, anger, and withdrawal are normal responses to these events and don't always require a mental health intervention

Referral to a mental health professional is indicated:

- if the response doesn't subside in the weeks or months after the event
- if a student discloses thoughts or actions of self-harm or suicidal thoughts
- if you notice their daily functioning is significantly impacted in the long term



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What can you do to support your students of Afghan background?

- Acknowledge what is happening in Afghanistan
- Respond to disclosure of distress and trauma
- If you are worried about a student offer support
- Look after yourself and your colleagues and share the load

Your feedback please



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Please complete our short Zoom Poll



For more information

Visit www.sifr.foundationhouse.org.au

Contact EducationandEarlyYears@foundationhouse.org.au

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