



Training in Psychological First Aid for children



What is Psychological First Aid (PFA)?

PFA is a set of skills and knowledge that can be used to help people who are in distress. It is a way of helping people to feel calm and able to cope in a difficult situation.



PFA is...

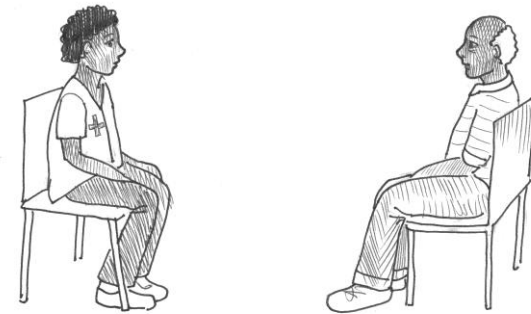
- comforting children and caregivers in distress and helping them feel safe and calm
- assessing needs and concerns
- protecting children from harm
- providing emotional support
- helping to address immediate basic needs (e.g. food, water, a blanket or shelter)
- listening to children and caregivers without pressuring them to talk
- helping children and caregivers access information, services and social support

PFA is not...

- something only professionals do
- professional counselling or therapy
- encouraging a detailed discussion of the distressing event
- asking children or caregivers to analyse what has happened to them
- pressing children or caregivers for details on what happened
- pressuring children or caregivers to share their feelings and reactions.

PFA skills include knowing:

- how to assess a situation
- about common reactions to crises
- how to approach someone in distress
- how to calm someone who needs it
- how to provide emotional support and practical help



Who needs PFA?

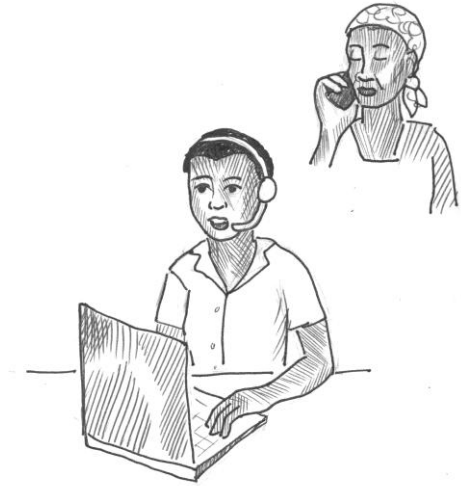
- PFA can be of help to anyone in distress.
- However, not everyone who is in distress may need or want PFA.
- PFA can help people who are going through personal crises, including social or health challenges.
- It is an important part of larger scale responses to disasters, conflict and violence and forced migration.



When do you provide PFA?

- PFA can help at different times after a crisis event.
- Most people need PFA during or shortly after a crisis.
- Others may feel distress much later: weeks, months or even years after an event. New challenges or reminders of the crisis, such as anniversaries of the day, may set off memories and lead to distress.





Who can provide PFA?

- Everyone can provide PFA – volunteers, first responders, educators, social workers, members of the general public.
- It is not something only professionals can offer.
- PFA skills are not difficult to learn. Most people already know and use them without realising they are PFA skills.



Basic Training in Psychological First Aid (Basic PFA)

Training in Psychological First Aid for Children (PFA for Children)



Funded by
the European Union

Children

- are dependent on adults or older children for care and protection
- understand situations and react differently than adults
- have different needs according to age and gender
- need different care and support than adults



Safety

- Avoid putting people at further risk as a result of your actions.
- Make sure to the best of your ability that the people you help are safe and protect them from physical or psychological harm.

Dignity

- Treat people with respect and in accordance with their cultural and social norms.



Rights

- Make sure people can access help fairly and without discrimination.
- Help people to claim their rights and access available support.
- Act only in the best interest of any person you encounter.

A Short Introduction to Psychological First Aid



For Red Cross and Red Crescent Societies

A Guide to Psychological First Aid



For Red Cross and Red Crescent Societies

Training in Psychological First Aid For Red Cross and Red Crescent Societies



MODULE 3 PFA for Children

TRAINING SCHEDULE

1. Introduction

2. What is PFA for children?

3. Distressing events

4. Children's reactions to distressing events

BREAK

5. Identifying children and caregivers that need PFA

6. 'Look, Listen, Link'

7. Communicating with children

LUNCH

8. Demonstrating 'Look, Listen, Link'

9. Developing case studies

BREAK

10. PFA role play

BREAK

11. Complex reactions

12. Self-care

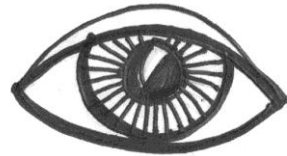
13. Workshop close



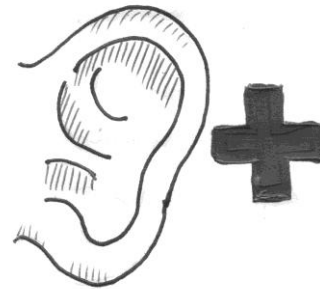
- The training is free of charge.
- Certificates will be issued upon completion.
- The minimum number of participants is **8**, and the maximum is **18**.
- The training duration is **8 hours**, including breaks.
- We conduct training sessions across all of Poland.
- We conduct training sessions in both Polish and Ukrainian.

There are three basic sets of actions:

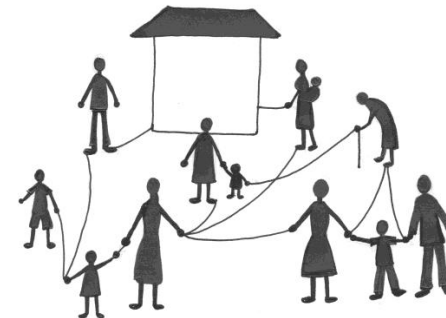
LOOK



LISTEN

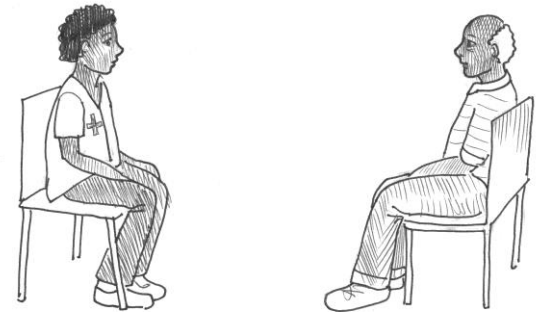


LINK



LOOK *for*

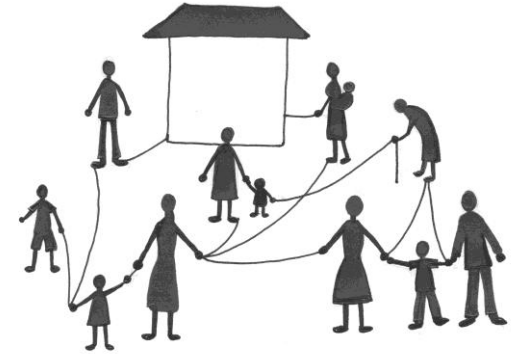
- information on what has happened
- safety and security risks
- who the child is with or is the child alone
- physical injuries
- immediate basic, practical and protection needs
- emotional reactions



LISTEN *refers to how the helper*

- approaches the child and introduce themselves
- calms the child (and parent)
- pays attention and listens actively
- accepts and validates the child's reactions and feelings
- asks about needs and concerns with age-appropriate questions
- helps the child find solutions to their immediate needs and problems





LINK *is to*

- assess the child's needs, with the child, if possible
- help the child access protection and services for basic needs
- give age-appropriate information
- connect the child with loved ones and, if needed, social services

The seven communication techniques that have been identified as helpful for communicating with children in distress:

- Initial contact
- Gathering information
- Active listening
- Normalisation
- Generalisation
- Triangulation
- Calming



The e-learning on PFA for Children is available in Polish on the ChildHub page.

This course complements traditional PFA training for children by providing additional insights and perspectives.

Access it here:

<https://childhub.org/en/online-learning-materials/pierwsza-pomoc-psychologiczna-dla-dzieci>



Support Contacts:

In-person PFA Training for Children

Martyna SKRZYPKOWSKA - MHPSS Project Manager, Polish Red Cross Headquarters

martyna.skrzypkowska@pck.pl

Oksana VITVITSKA - MHPSS Specialist, Polish Red Cross Headquarters

oksana.vitvitska@pck.pl

E-learning on PFA for Children

Amanda AMIGUES - Project Officer, DG SANTE / EU4Health, IFRC

amanda.amigues@ifrc.org



Thank you

- www.pck.pl