

Keep Safe and Support Each Other

Good morning fellow cast members of this apocalyptic movie we find ourselves in. A reminder that it is completely natural to be feeling anxiety and other negative emotions during this uncertain and turbulent time.

We are actively supporting some frightened and concerned young men (who are also being very brave) and involved in community trauma responses.

Our School Psychologist has provided important information regarding FREE therapy resources that are available. Please share these with our boys and make use of them for yourself and your family if urgent.

Lifeline 0861322322

SADAG 0112344837

Suicide crisis line 0800567567

Trauma helpline 0800205026

The following have also been provided to assist people with managing fear and anxiety from the unrest, especially resulting from exposure to the media, during this time:

Manage Media Coverage:

Limit the information Stream



- Continued exposure to sensational and emotion-stirring images (e.g. burning buildings, riots) can be re-traumatizing.
- Limit exposure to News bulletins and video streams.
- Explain the content and context.
- Ask your child how they feel about what they hear and see. Recognize the emotion, encourage conversation.
- Talk positively about First Responders including Police, Medical Staff, Private Security and others.
- Reinforce that your child is safe.
- Comfort those who are struggling with anxiety, fear, or anger.



SAPS Crime Stop: 10111
Childline: 08000 55 555

Be the Safe Space

Chaos and confusion in our communities may increase the vulnerability of our at-risk children and families. We encourage you to strengthen your support networks. Protect your families by reaching out for help when needed. You are not alone during lockdown or this period of civil unrest.



Estelle van Eeden
Sparrow Trust



SAPS Crime Stop: 10111
Childline: 08000 55 555

Civil Unrest: Tips for Parents

Foster Resilience
Instead of Fear in children



Create a Safe Space

Allow children to speak about what's on their minds and reflect their feelings back to them.

Validate Big Feelings

This allows your child to feel heard and understood.
There's no shame in being overwhelmed by the chaos and uncertainty.

Being scared is OK

But we don't allow fear to rule our home.
At a volatile time for South Africa, we experience many emotions.
This is normal for adults and children. Talk openly about these feelings.



SAPS Crime Stop: 10111
Childline: 08000 55 555

Manage Big Emotions:

Feelings and Emotions are normal.

- Manage your own reactions as a parent. Be vigilant about how you talk about the events and the individuals responding and perpetrating.
- It is natural to be stressed and worried, but be careful not to vent to the child and burden them with your emotions.
- This is an opportunity to model good coping skills for your child.
- Answer questions honestly but without adding unnecessary info that may confuse or overwhelm your child.
- Use open-ended questions to help children voice their feelings.
- For kids who struggle with words, encourage them to write or draw what they feel or what scares them most.
- Find a positive way for your family to deal with the situation. Ideas include baking for first responders and writing thank you notes that can be delivered once it is safe to do so.



SAPS Crime Stop: 10111
Childline: 08000 55 555

You Are Not Alone

Now more than ever we need to breathe, stay calm and be the holding space for ourselves and our children.

We will get through this and in days to come will have modeled to our children what bravery and courage are. We are standing together and truth is prevailing through the storm.

Don't give up!

Belinda Rykenberg
Life Heroes



SAPS Crime Stop: 10111
Childline: 08000 55 555

Take care and stay safe!