

We know that traumatic events can stir up emotions in many of us. For this reason, we would recommend that you be available to your children, answering questions as you are able, and reassuring them of their safety at school as well as at home and in the community.

Our primary concern is that all students receive the services they need and to assist families in need. If you notice any changes in your child's behavior please call the guidance office at 617-984-8747, to speak directly to your child's counselor, or call Mrs. Skinner, Guidance Department Head at 617-984-8985 or Mrs. Farren, School Psychologist at 617-984-8982 for further assistance.

Children and adults express signs and symptoms to stressful events in many different ways. Common reactions to stressful events include the following:

- Trouble concentrating
- Preoccupation with the event
- Recurring dreams or nightmares
- Depression or sadness
- Irritability, anger, resentment
- Despair, hopelessness, feelings of guilt
- Phobias, health concerns
- Anxiety or fearfulness
- Isolation/social withdrawal
- Increased conflicts with family
- Sleep problems
- Headaches
- Fatigue
- Increased medical complaints

Below are some websites with additional information regarding the side effects of stress and trauma on children.

[U.S. Department of Health and Human Services \(Helping Children Cope With Violence and Disasters\)](#)

[International Society for Traumatic Stress Studies](#)

[American Academy of Child & Adolescent Psychology](#)