

Notice the signs

Ākonga often show noticeable signs when they are experiencing stress or distress. This includes those who may have witnessed or been involved in the distressing situation.

Signs can include:

- disengaging, lack of concentration or avoiding work tasks
- restlessness
- making noises and disrupting others
- talking fast, excitedly or loudly
- repeating other people's words or sentences
- rocking or pacing
- hand movements, clenching fists and jaws
- breathlessness or flushed face
- hurting themselves
- arguing or swearing.

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