

## UNDERSTANDING YOUR REACTIONS

### For Young People

This resource has been developed to provide you with some suggestions for understanding possible reactions you may have and how to manage reactions after receiving information about alleged inappropriate behaviour online that you may have found distressing.

Young people are sometimes exposed to distressing information about alleged incidents that may have violated their privacy and integrity. It is important for you to know that there are people available who can support you, help you to manage your reactions, help you to understand what has happened and to help you work through any feelings associated with the alleged incidents.

It is important for you to know that young people have a unique response to stressful events. There is no 'one way' to respond to something you have found upsetting and/or distressing.

There are a number of reactions a stressful situation can evoke and it can be helpful to talk to a trusted adult.

Typical reactions to a distressing incident include:

- Feeling angry
- Shocked
- Feeling anxious, fearful or guilty
- Distressed, tearful
- Difficulty concentrating
- Trouble sleeping
- Feeling physically sick, headaches

These reactions are normal reactions and these usually subside after a while. If however you find that you are still experiencing any of these reactions after some time, it may be worthwhile seeking some professional support.

Suggestions for helping you manage your reactions include:

- Talk to a trusted adult about how you are feeling
- Spend time with people who care about you

- Try to keep to your normal routine
- Continue to engage in your normal activities such as exercise, sport etc
- Continue to do the things that you enjoy such as social activities
- Express your feelings

Supports available to you include:

- School – The school has counselling available over the coming weeks to support you. If you would like to see someone through the school please see your House Leadership Team so that an appointment can be made for you.
- Online support is available to you, including:
  - Kids helpline Ph.: 1800 551 800
  - [www.esafety.gov.au](http://www.esafety.gov.au)
  - [www.afp.gov.au](http://www.afp.gov.au)