



Psychological First Aid for Students and Teachers

What is Psychological First Aid (PFA) for Students and Teachers?

Psychological First Aid (PFA) is a tool to support victims during critical incidents. **Listen, Protect, Connect – Model & Teach, Psychological First Aid** is for educators and school staff to use with students and their families during a crisis.

The two primary goals are to:

1. Restore a sense of physical and psychological safety for students and families.
2. Return students to an improved emotional state so they can reengage in the learning process.



Listen, Protect, Connect – Model & Teach

Listen

Listen to understand and observe what someone is concerned about, what their needs are, and how to best support them with what they might need in the moment.

Protect

Provide immediate support in the moment. This could include creating a predictable routine, providing reassurance, or sharing information.

Connect

Teachers do not have all of the answers! Identify other people, resources, and organizations that can further support and enhance physical and psychological safety.

Model

Model a sense of calm, confidence, and optimism, even if you don't always feel that way on the inside.

Teach

Normalize some of the experiences someone may be having and provide helpful coping strategies.

How Can You Start?



Start by recognizing how you and your students are impacted by the crisis. Both you and your students may be worried about sick family members, irritable from lack of sleep, or unable to concentrate due to financial stress. During a crisis, adjusting to changes and coping with stress can be exhausting. To set expectations, acknowledge that you and your students are not expected to function at full capacity. Normalizing different reactions and developing positive coping strategies will support you and your students' recovery.

Source: [ready.gov](https://www.ready.gov) | PFA for Students and Teachers: ssetprogram.org/static/tsa/uploads/files/pfa_schoolcrisis_%281%29.pdf
Sample Questions for Each Step: Listen, Protect, Connect-Model & Teach During the World-Wide Pandemic, nactatr.com/files/2020NACTATR-PFA.pdf