

Guide for Teachers and Schools

Recognizing concerns, supportive response and safe referral.

Notice changes, not diagnoses

Teachers may notice attendance changes, withdrawal, concentration problems, sudden decline, conflict, fear or distress. These signs do not prove a condition, but they may indicate that a private supportive conversation is needed.

Respond safely

1. Speak privately and calmly.
2. Listen without interrogation or judgment.
3. Explain the limits of confidentiality.
4. Follow the school safeguarding and referral procedure.
5. Record only necessary factual information.
6. Contact emergency services and responsible adults when there is immediate risk.

Classroom practices

- Clear routines and expectations
- Respectful, non-stigmatizing language
- Reasonable breaks and inclusive participation
- Anti-bullying response
- Referral information displayed discreetly

Do not investigate abuse or provide therapy beyond your role. Preserve safety, document factual concerns and refer through the proper safeguarding pathway.