

TIPS FOR STUDENTS



You have been through something very unexpected, violent and scary. Lots of other students are feeling what you are feeling. Everything you are feeling right now is NORMAL! Over time, your feelings will calm down and you will feel better. Here is some information that will help:

1. Don't be afraid of your feelings. If you feel like crying, go ahead. Crying will help you to feel better, because it lets go of stress.
2. Everyone has different feelings at different times. Accept your own feelings and those of others.
3. If you feel sad or angry a lot, or if you feel numb, talk about it with a friend, a teacher, a parent or a counselor.
4. If you are afraid, nervous or spaced out, don't worry---that's normal.
5. You might have nightmares or think about bad things a lot. Try to talk it out with someone. Other ways you can work out your feelings are to write, draw, play music, hike, run, or bike.
6. The grown ups around you have a lot of feelings about what happened, too. Be patient. They are doing the best they can.
7. If you're jumpy or bad-tempered, know that this will go away.
8. Don't pressure yourself or others to "get it together". Everyone heals in their own way. It takes time.
9. Don't be afraid to ask for help. If you feel like you need help with your feelings, ask your parent or teacher to arrange for a counselor to help.
10. When you feel you are ready, try to go back to some of the activities you enjoyed before.

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