

Example script: preparing students to watch the animation

We are going to watch an animation about recovering from trauma.

People use the term ‘trauma’ to describe lots of everyday stressors but in the context of today trauma means something that has happened that is deeply shocking or disturbing, resulting in emotional or physical harm, near death or actual death. It can be a one off event like a road traffic accident or it can be repeated events like bullying.

The animation you are going to watch does not have specific details about anyone’s trauma experience but you may pick up that these young people were at the Manchester Arena terrorist attack. You will hear them talking about some of the difficulties they experienced after the attack, some of their trauma symptoms, what was hard about school but also what helped them on their journey of recovery.

It may be that some of you were directly affected by the Arena attack but even if you were not directly affected please be aware that hearing about other people’s experiences of trauma can be distressing.

*So if you are watching the animation and you feel upset and you would like to take a break then please do. You can.... (Please insert your own safety plan for your students about where they can go to take a break with a trusted adult present. Please refer to the last 2 pages of the Resource Pack; *Looking after yourself*)*