

# De-escalation



STUDENTS AT THE MILL

**Watch Video:** <https://vimeo.com/1096949237/fd14f99dd5?ts=0&share=copy>

## Leaders Responsibilities

- Remember you have been entrusted with a big responsibility - *The souls of students*
- Be Prayerful, Stay Calm, Show Compassion, Know Your Limits, Remember Your Purpose.

## Factors That Influence Students To Remember

- First time away from home
- Lack of sleep
- Anxious about fitting in
- Overstimulated with Schedule
- Introverted
- Wrestling with deep spiritual convictions
- Hormone Changes
- Possible difficult home life
- Dehydration

*\*\*These factors build up and can come out in big emotions and outburst.*

**You can not fix emotions BUT you can lead them - Proverbs 15:1**

## Steps To Take

### 1. Observe

- a. What is the intensity?
- b. Is it disruptive?

### 2. Own Your Posture

- a. Pray, gather yourself, be calm
- b. Simple and few words

### 3. Invite truth and hope and do it gently

- a. Open body posture
- b. Don't force interaction

- c. Physical stress - hot
- d. Do you need to listen or redirect

- c. Can we sit and talk
- d. Validate what they are saying

- C. Be aware of physical space

## When Do you need to get help?

- a. Student is harming himself or someone else
- b. Out of your depth

- c. Student is unresponsive
- d. Medical Emergency
- e. You are not weak for asking for help

## Preventative measures

- a. Follow all expectation and schedules
- b. Do not try to be the cool leader

- c. Prepare for changes and what's coming next
- d. Allow them to share their feelings
- e. Foster good communication

## If a panic attack happens

- a. Guide to quiet area
- b. Slow deep breathing

- c. Encourage that they are safe

## If a student is Angry or unresponsive

- a. Avoid arguing
- b. Give space

- c. Do not say, "calm down"

\*\*\*Shepherd with Love (1 John 3:18)

# De-escalation

\*\*\*Follow Up Care - Follow up with a student either at camp or at home



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