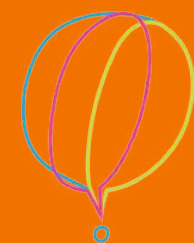


• Visegrad Fund



t o ż s a m o ś c i

Welcome to Kaleidoscope: Visegrad INTRODUCTION

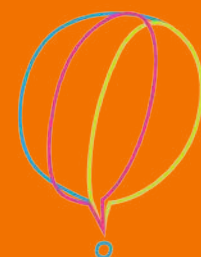
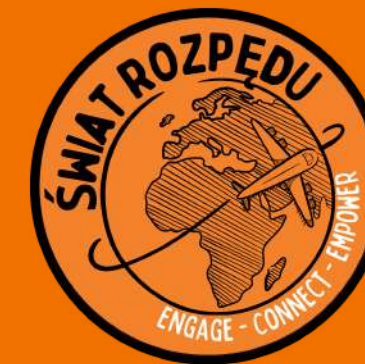


our team

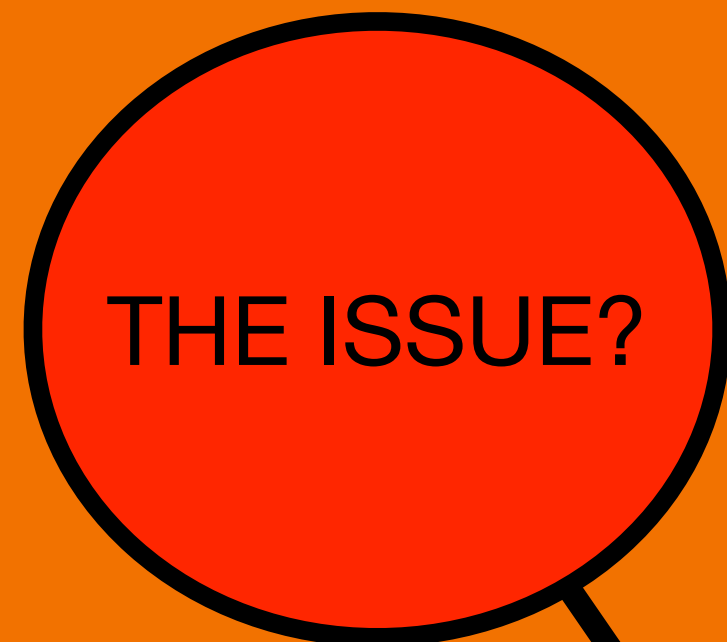




Kaleidoscope: Visegrad



t o r e s p a e

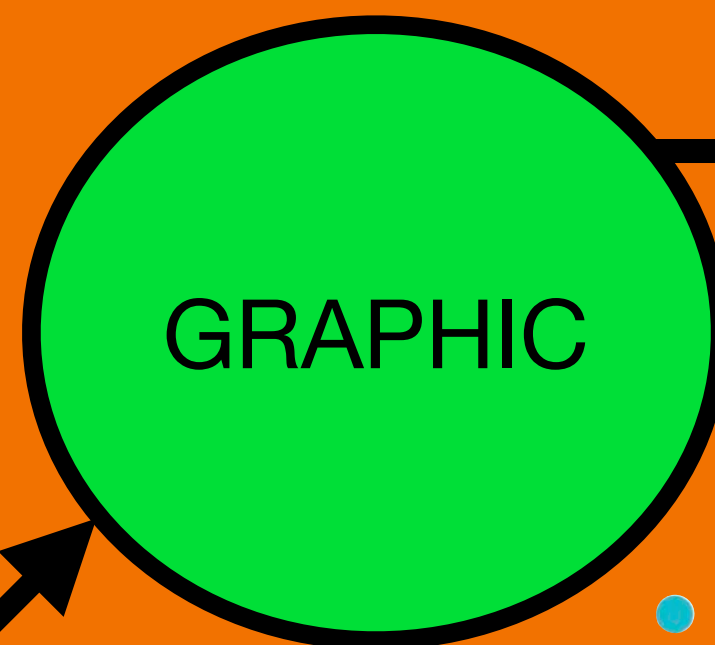


Cultural lens

Creative method



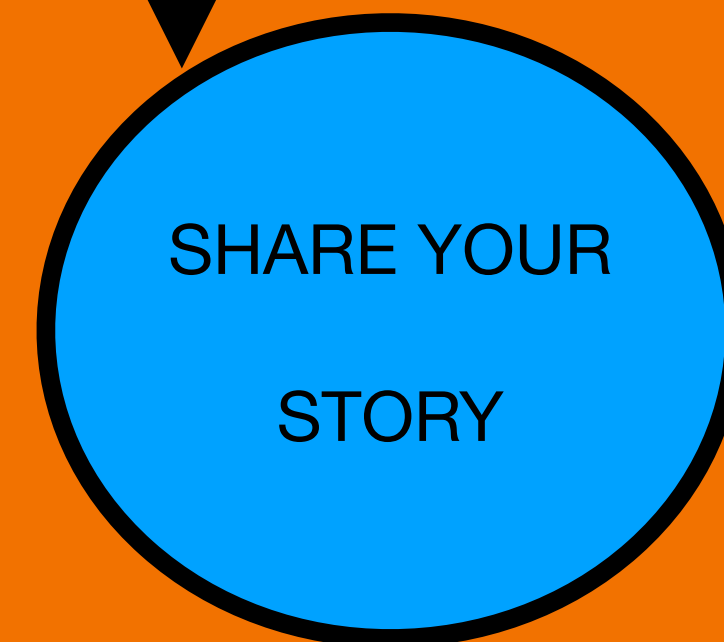
Participant led



Mixed groups



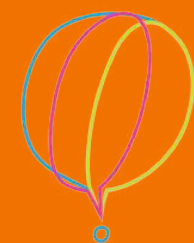
Only based on the
Previous piece



www.swiatrozpedu.org

• Visegrad Fund

• Visegrad Fund



t o ż s p a e

Our Kaleidoscope



Ineffective Mental health support:

TEENS ARE IN NEED OF MENTAL SUPPORT!



• Visegrad Fund

Many teenagers in different schools don't understand the purpose of a school psychologist. Behaviour of teenagers is directly connected with their mental health. High school students don't pay attention to the group sessions with psychologists because they do not consider them as important and don't value their mental health. It influences the way they deal with their emotional struggles. After our team had a consultation with the experts, we came up with 2 solutions.

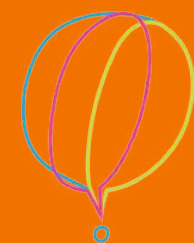
First one offers increasing salaries of psychologists in public schools.

The second one is making the work of psychologists stand out and visible for high schoolers.





• Visegrad Fund



t o r e r s p a e

Our Local project:





Slides Presentation

- Visegrad Fund

School Psychologist

**By Anastasia Kurbet, Marharyta
Yezhela, Ivan Kozbar, Yaroslav
Karakhim, Yehor Shvets**

Slides Presentation

- Visegrad Fund

School Psychologist

**By Ivan Hlukhenkyi, Yaroslav
Yalovskyi, Victoria Nechay,
Po Sidelnikova**

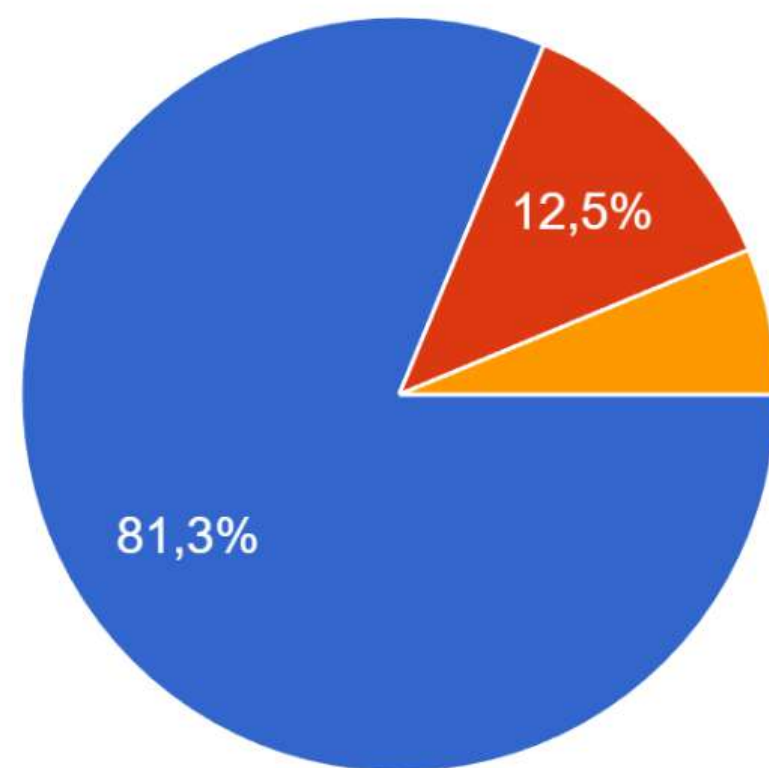


We conducted a survey among teenagers

Do you have a psychologist in your school?

Чи є в вашій школі шкільний психолог?

16 відповідей



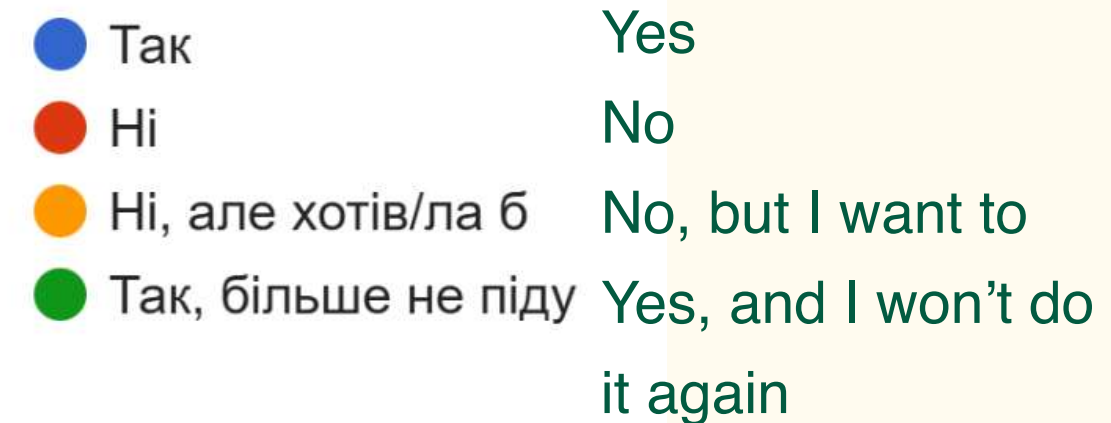
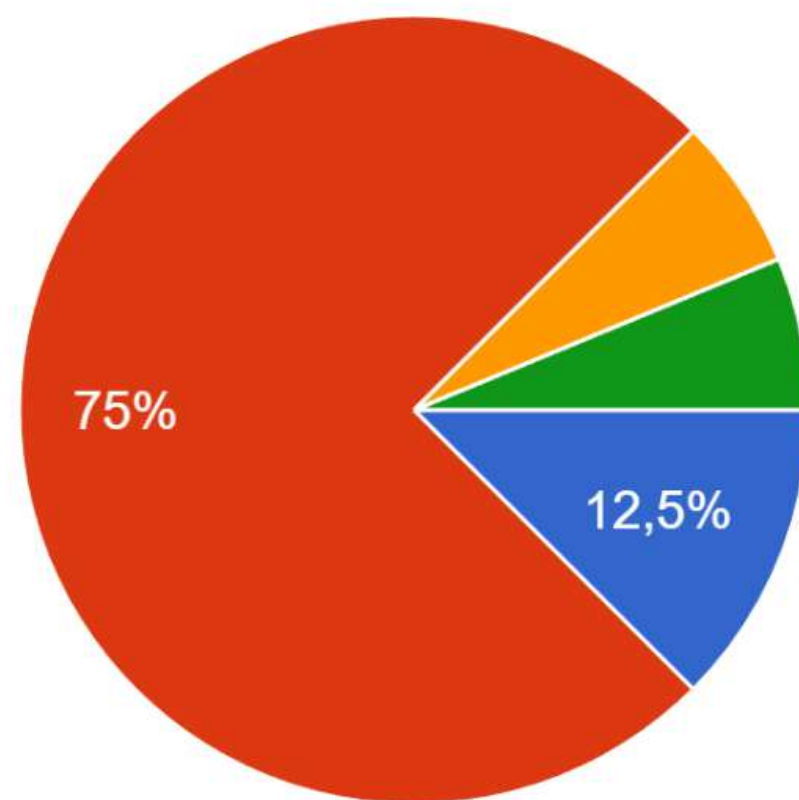
Так	Yes
Ні	No
Не знаю	I don't know

We conducted a survey among teenagers

Have you ever consulted a school psychologist?

Чи зверталися ви коли-небудь до шкільного психолога?

16 відповідей



Why didn't you contact the school psychologist?

**What is even their
job?**

**What if they will
tell my parents?**

**bullying from
classmates**

**Negative
experiences with
previous school
psychologists**

**Distrust of
all adults at
school**

We talked to actual school
psychologists!
(To find out their answers)



Miroslav Grinberg





Nadia Sunuchyk

psychologist in First City Gymnasia

How should
teachers at school
behave so that
teenagers trust
them?



“If a student says something there or even does something, and this can be resolved within the school without parents, then there is no need, relatively speaking, to disclose that information to their parents.”



“Trust in school will still be limited because teachers are teachers. They have their own function, they do not have the function of a trusted person, and therefore it is possible to trust, but everyone chooses for themselves who they trust”



Why is it important for a psychologist to work at school?

"First and foremost, it's crucial support, especially during wartime when we have prolonged air raids, and children are confused, and their emotional state is deteriorating. In such cases, it's very important to have a third party that the child, and also the teacher, can turn to."



How adults in
general should
behave so that
children trust
you?





“In a human way. By supporting children, giving them the opportunity to speak, listening to them and respecting both their, relatively speaking, personality and their opinions. That's how. Then trust will be formed.”

How to cope with stress while studying, how to calm yourself, how to calm down during air alarms?



“There is a way to skip the test, and there is a way to prepare for the test.

There is a way to find a friend who will give you hints during the test. There is a way to turn to the teacher and ask for help before the test, because I feel that I won't be very successful. And the key is flexibility, that is, skills. You tried one thing, it didn't work, you switch to another.”



“A teenager should, if he feels that he is inclined to panic, or too strong emotions, turn to someone. Well, and have pre-developed protocols. What will I do if. And they should be developed before the situation occurs, that is, with a calm head”



Anxiety in relationships with
people, trust issues and how to
deal with them



“Trust consists of two parts. A certain part is a basic trust in the world, it is formed very early. And there is such current trust it is formed and changes all the time.”



“One of the important things is the creation of rules of interaction, that is, and control over the implementation of the rules. And then a person knows that there are certain limits of what is permitted, and this allows him to trust the situation.

If I know that they will not beat me at school, and if they try, there is a special way of reacting so that they protect me, then my trust in the school will be higher.

And this applies to everything.”



“Trust is not a state. Trust is built in a process. And often through trials.”



Can a school psychologist help with the issue of communication between classmates or with the issue of alienation of one specific person?



“If a teenager feels alienated, then this is definitely a reason to contact a psychologist. A psychologist will help to understand the reasons and make a plan for what to do with this alienation, how to overcome it. If this is true, a person does not just feel that the truth is alienation, isolation, and this is bad for the teenager himself. Because a certain number of teenagers exist on their own, without a class, and they do not feel bad about it.”



“A psychologist, again, does not guarantee that everyone will love you.”



Can you identify any specific systematic problems either in the training of school psychologists or in their role in schools?



“There are about two thousand students in my school and I am the only psychologist there.”



“Do something with this boy.
Something is possible, but
perhaps it is simply beyond the
scope of a school psychologist.

For example, suicidal
intentions, if I find out, I am
unlikely to work with this, I will
find a specialist for this child.
My task is to quickly find out
and direct”



How do you collaborate with class teachers and the administration?

We cooperate with class teachers constantly. We announce planned activities at pedagogical councils, and then we attend these events. If necessary, class teachers can contact us at any time. We can plan an activity based on the class teacher's needs and also provide **recommendations** that they can use to adjust their work with students. With the administration, we also hold scheduled meetings where we discuss all pressing issues and urgent problems and **coordinate the work** jointly with teachers, deputies, and everyone else.

“There is a principle of confidentiality, which does not apply to issues related to violation of the law and security.”



“If a teenager complains about their parents, that they are, I don't know, looking into their backpack and trying to find out what they are writing in Telegram, then maybe it's worth talking to the parents and saying that the child needs a certain level of privacy and autonomy.”



“You can contact a psychologist, but you can be referred to a psychologist. And these are two different distinctions.

If a child comes to a psychologist on their own, then they probably already trust him somehow, and there is a basis. If a child was sent to a psychologist because they are behaving badly, they come to a psychologist without wanting to, then there will also be distrust, because the psychologist can be perceived as another repressive person.”



What stops children from coming to you?

In my opinion, it's mostly a matter of **conviction that comes from the family**. If parents are convinced that there is no need for a psychologist and they impose their opinion on the child, the child doesn't react. When the child reaches an extreme situation and realizes they need to seek help, it's very difficult for the child to get to that point. Usually, it all stems from the family and their **own personal beliefs**.

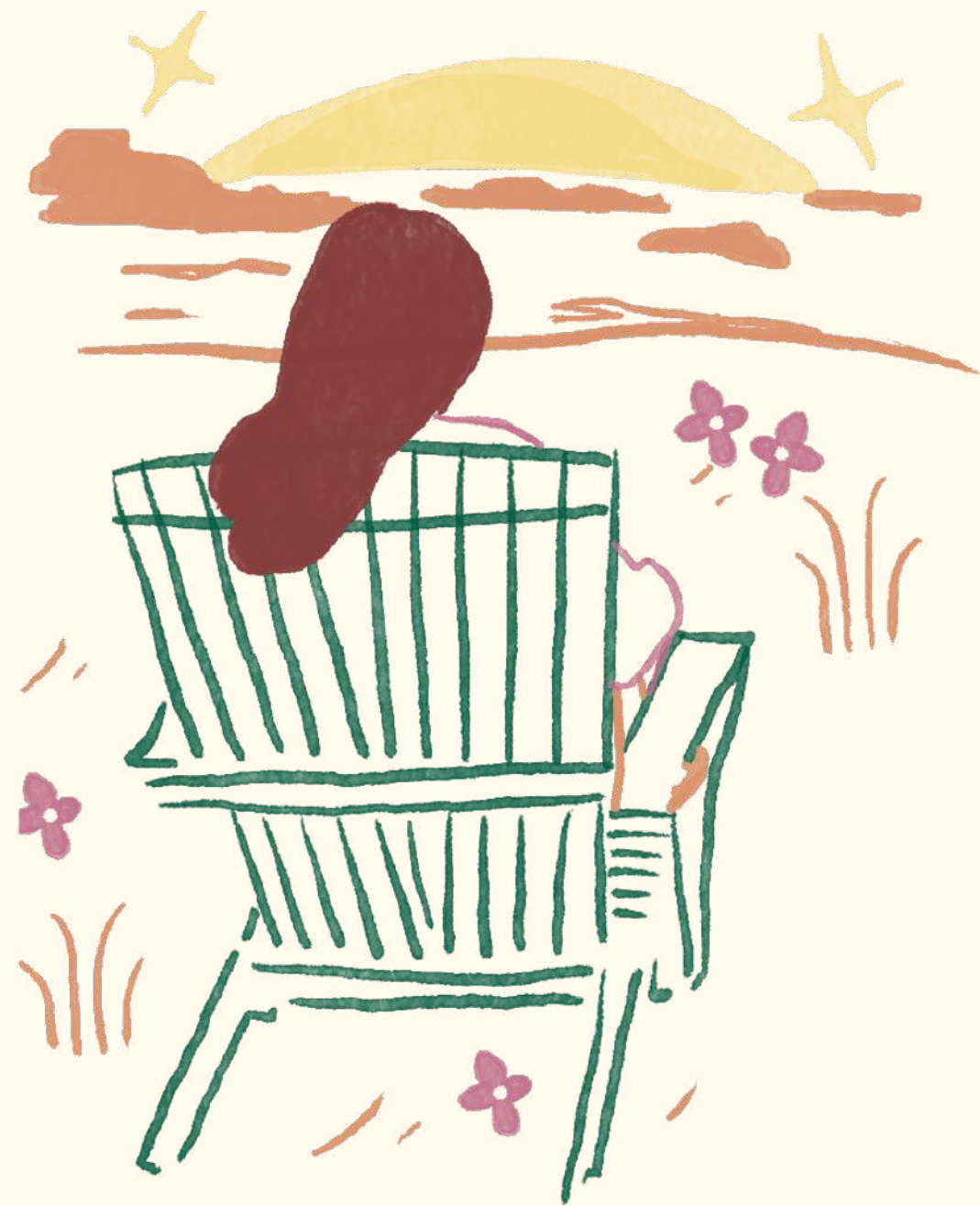
To sum up

School psychologists can be both good and bad but you won't know until you try



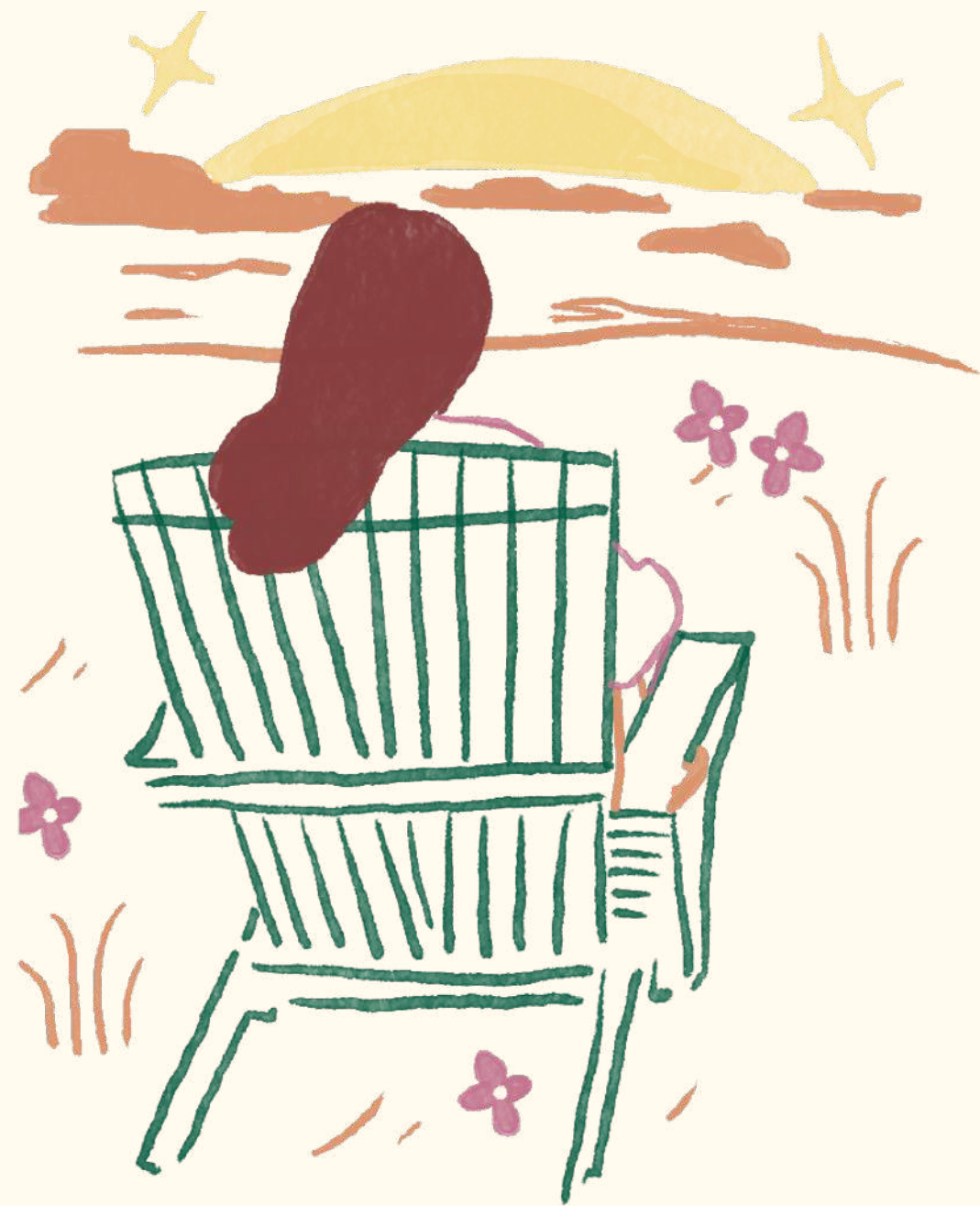
- Visegrad Fund

- •



Q&A

-
- Visegrad Fund
-
-



Thank you for your attention!!

-
- - Visegrad Fund
 -
 -