



## The Massachusetts Aggression Reduction Center **RED FLAG BEHAVIORS IN STUDENTS**

Following their return to school after Extended Absence following a disaster, such as the COVID-19 Pandemic.

Classroom teachers should consider referral to counseling staff if any of the following symptoms are noted:

- **Unpredictable emotions**
  - Examples:
  - Hysterical laughter when a serious subject is being discussed
  - Bursting into tears unexpectedly
- **Bizarre denial**
  - Example:
  - Students who you know suffered a significant loss, but deny it
- **Physical symptoms**
  - hair-pulling, signs of cutting, can't sit still, etc.
  - Students who cannot stay awake, or who seem very fatigued
- **Hypersensitivity/ "paranoia"**
- **Depression**
  - Persistent sadness; little/no reactivity; no pleasure in activities they used to enjoy; problems with attention
- **Significant anxiety and worry**
- **Aggressive acting-out**
- **Excessive irritability**

\*\* DISCLAIMER: this list is intended to be a brief checklist, not a diagnostic tool. Do not use this list to diagnose anyone. Any students who cause you concern should be referred to counseling staff **immediately**.