

Activities to Module 7

Activity 1

Sam is a 13 year old child in your football group who is actually one of your best players and enjoys training a lot. His parents got divorced recently. At first, everything seemed fine, but now Sam showed some unusual behavior. At the last training, he didn't take part in the warming up but was sitting annoyed on the bench, refusing to talk to you. When you started a game, he fouled the others and didn't pass the ball. In the end, he stormed off the field, yelling at you how everyone was treating him unfair. When you followed him, he shut the door of the locker room in front of you and you returned to the others.

What would your next steps of action be? At what point do you need to talk to the parents, to a psychologist or other professional?

- ➔ *The issue here is not so much the classification of the behavior. Reflect on how long you would observe an unusual behavior and at what point you would involve the child and his relatives or other professionals. Do you have a timeline in mind? What resources are available in your community? Take notes and compare them to your learning here.*

Activity 2

Which referral units do you already know? Which support programs or crisis intervention facilities are available locally? Check online, with colleagues or information services of the health care system. Write them down so you have them at hand when you need them! Complete your list with the suggested mental health services, professionals and other points of contact in your country.