

The Impact of Distressing Video Material

As you may be aware, there is video footage of last Friday's terror attack that has been circulating on-line. Authorities and internet providers are working together to identify those people who have shared it, and it's being removed from circulation.

This video material may be highly distressing. We encourage those who are impacted by viewing this material to seek support as needed. You can phone or text 1737 at any time to access free confidential counselling services. You can also access EAP and / or Workplace Support in the usual ways.

Please be aware of the impact of recent events and the repeated viewing of distressing video material on children and young people. Some key messages in relation to supporting family members are as follows -

- it is normal for people to feel increased levels of anxiety, stress and worry following a traumatic event
- children and young people need to feel heard if they express concerns or worry, even if they have not directly experienced the event
- children in particular will learn about how to respond to traumatic events by how those around them respond
- repeated viewing of traumatic video material can increase anxiety and should be restricted
- limit setting and monitoring of access to screens for children and young people will be important during this time. (Please be aware that the footage of the attack has been classified objectionable; therefore it is an offence under New Zealand law to possess or share it. We've also been advised that there are people using the footage of Friday's atrocity as an opportunity to perform targeted online cyber-attacks.)
- children and young people benefit from validation of their feelings, modelling of appropriate expression of feelings and reassurance that those around them will assist in keeping them safe
- returning to daily routines and stability as soon as possible assists children and young people in feeling safe and secure